



To register for classes, go to [islandhospital.org/classes](http://islandhospital.org/classes) or call 360-299-4204. For details on evening events or to make a donation, go to [islandhospitalfoundation.org](http://islandhospitalfoundation.org).

**MAY 2021**  
**A week-long virtual adventure through health and wellness**

| 17. MONDAY   | 18. TUESDAY   | 19. WEDNESDAY  | 20. THURSDAY   | 21. FRIDAY   |
|--|---|--|--|--|
| <p><b>Healthy Digestion</b><br/>10:00 - 10:45 a.m.</p>                                 | <p><b>Healthy Lifestyle: Sleeping Your Way to Health</b><br/>9:00 - 10:00 a.m.</p>              | <p><b>Exercise for Osteoporosis</b><br/>9:00 - 10:00 a.m.</p>  | <p><b>Out of the Pandemic: Returning to the New Normal</b><br/>9:00 - 10:00 a.m.</p>   | <p><b>Aging Mastery: SLEEP</b><br/>9:00 - 10:00 a.m.</p>   |
| <p><b>Hospice 101</b><br/>12:00 - 1:00 p.m.</p>  | <p><b>Nutrition for High Cholesterol</b><br/>11:00 - 11:45 a.m.</p>                             | <p><b>Osteoporosis &amp; Nutrition</b><br/>10:00 - 10:45 a.m.</p>  | <p><b>Managing COVID Weight Gain</b><br/>11:00 - 11:45 a.m.</p>  | <p><b>Practical Mediterranean Diet</b><br/>10:00 - 10:45 a.m.</p>  |
| <p><b>Take Your Child from Picky Eater to Fabulous Feeder</b><br/>2:00 - 3:00 p.m.</p> | <p><b>Spot the Signs of Stroke: Learn to BE FAST</b><br/>1:00 - 2:00 p.m.</p>                   | <p><b>Living Better with Diabetes</b><br/>1:00 - 1:45 p.m.</p>   | <p><b>Caring for the Caregiver</b><br/>3:00 - 4:00 p.m.</p>  | <p><b>Advanced Care Planning</b><br/>12:00 - 1:00 p.m.</p>   |
| <p><b>Meditation 101</b><br/>4:00 - 5:00 p.m.</p>                                      | <p><b>The Essential for Fun &amp; Safety in the Great Outdoors</b><br/>3:00 - 4:00 p.m.</p>     | <p><b>Pelvic &amp; Bladder Health</b><br/>3:00 - 4:00 p.m.</p>   |  | <p><b>Mediterranean Cooking Demo with Chef Michael</b><br/>2:00 - 3:00 p.m.</p>                                    |
|  | <p><b>Live Doc Talk Panel</b><br/>Small, but Mighty: Practicing Medicine in a Rural Setting</p> | <p><b>MEDTalk</b></p> <ul style="list-style-type: none"> <li>• The Power of Compassion</li> <li>• Respiratory Training &amp; Parkinson's Disease</li> <li>• Goal Setting for Wellness</li> </ul> | <p><b>The Great Bagel Bake</b><br/>A cooking demonstration inspired by the teaching kitchen with Island Hospital Commissioner, Warren Tessler.</p> | <p><b>Wellness Experience Finale</b><br/>A virtual live-streaming event full of entertainment, impact and fun.</p> |

All classes are online. For more information and details on events visit [islandhospitalfoundation.org](http://islandhospitalfoundation.org).