



Valley General Hospital Hot Topic Program presents...

# Preventative Medicine 101

**Saturday, June 27, 2009**

9 – 11 a.m. at Valley General Hospital

Join Valley General Hospital for this informative session. Pay only \$25 for an optional lab work-up. Our health care providers will help you make sense of the numbers.

**\$25 lab fee includes:**

- **PSA (men) or Thyroid (women)**
- **Glucose**
- **Lipid Panel (HDL, LDL, Cholesterol, Triglycerides)**

The two-hour seminar will discuss:

**VGH Diabetes Program**

Learn the importance of blood glucose control

**Jim Congdon, DO – Medical Oncologist, WWMG**

The importance of early detection. The latest cancer statistics and education.

**John Chisholm, DO – Internist, PPG - Monroe**

Preventative Medicine, including understanding Thyroid and Lipid Panel

Pre-registration is required and there are a limited number of spaces available –  
so register early! Call 360-794-1411.

**\*25 spaces available and pre-registration is required!**