



Upcoming Health and Wellness Events

Knee Screening – Thursday, March 8, 9:30am-11:30am
Tuesday, March 20, 6:30pm-8:30pm

The Christ Hospital Wellness and Physical Therapy Center will provide a complimentary Knee Screening at the Cincinnati Sports Club. A brief history and exam designed to troubleshoot and modify activities and exercise programs will be covered. Please call 527-4000 to reserve your time.

Balance Screening – Monday, March 12, 9am-11am

The Christ Hospital Wellness and Physical Therapy Center will provide a complimentary Balance Screening at the Cincinnati Sports Club. A brief history and exam designed to troubleshoot and modify activities and exercise programs will be covered. Please call 527-4000 to reserve your time.

American Heart Association Annual Heart Mini Marathon and Heart Walk – Sunday, March 18

We would like to cordially invite you to be part of Team CSC in the annual Heart Mini Marathon and Heart Walk of 2012. With your help, we can continue to make a difference through events like this.

The 2012 race is on Sunday, March 18th; by joining our team, not only will you be helping us raise money and awareness for this important cause, but you'll also be able to take advantage of special prizes from the American Heart Association

The Facts of Colorectal Cancer - Screening and Early Detection Key to Effective Treatment
Wednesday, March 21, 6pm-7pm at the CSC

March is Colorectal Cancer Awareness Month, and a good time to learn more about colorectal cancer (cancers of the colon and rectum) and how it can be prevented or best treated. Colorectal cancer is the third most common cancer in men and women in the United States and the fourth leading cause of cancer related deaths in the United States. "But colorectal cancer is a disease that is preventable by timely screening; it's even possible that a healthy diet and regular exercise can decrease risk," explained Janice Rafferty, M.D., colorectal surgeon at The Christ Hospital. Join Dr. Rafferty, Manish Chokshi, M.D., gastroenterologist, Lucy Sandoval, R.N., C.G.R.N., endoscopy nurse, and Erin Mundt, M.S., C.G.C., genetic counselor, of The Christ Hospital, for a free seminar to learn more about colorectal cancer, polyps, colonoscopies and modern surgery for colorectal disease. Reserve your seat at the Cincinnati Sport Club by calling 513-585-1000.

To find a physician for your health and wellness needs, visit
www.thechristhospital.com or call 513-585-1000.