

BE WELL WITHIN

Your personal and lifelong journey to good health — mind, body and spirit.

MercyBeWellWithin.com



Region Well-being Event Registration

April 2017- Heart Health

Fun, interactive, and engaging events await as part of Be Well Within's NEW Region-based Well-being Programs! Join our local Mercy Health experts as they lead presentations designed to help you be well – mind, body and spirit. Reserve your space at your region's upcoming event for this month by clicking on the link below!

You will receive 50 Be Well Within points for registering and attending! Please allow up to five business days after the events for points to be credited to your account.

You must use a valid employee ID to register for an event.

All presentations are approximately 30 minutes in duration and include time for Q & A.

Cincinnati:

Batavia, OH
Mercy-OH-Clermont Hospital

Hypertension 101: 50 Points

How is your blood pressure? To help raise awareness, Dr. Tyler Campbell discusses heart health and how to help manage our blood pressure to lead to improved well-being.
[4/21/17, 11:30 am- 12:00 pm](#)

Cincinnati, OH
Mercy-OH-Jewish Hospital

What Do These Numbers Mean, Doc? : 50 Points

Dr. Alexander Bingcang lends his expertise on the importance of heart health numbers and what they mean to your overall health.
[4/26/17, 12:15 pm- 12:45 pm](#)

Mercy-OH-West Hospital

Importance of Blood Pressure Management: 50 Points

Dr. Daniel Barnes details the importance of managing your blood pressure and identifies where you can take action.
[4/12/17, 11:30 am- 12:00 pm](#)

Fairfield, OH
Mercy-OH-Fairfield Hospital

Color Your Heart- Eating a Rainbow: 50 Points

Registered Dietician Nutritionist Gretchen Reeb, lends us her nutritional expertise and how the food you consume can lead to improved heart health.
[4/25/17, 11:30 am- 12:00 pm](#)

Home Office:

Cincinnati, OH
Mercy-OH-Bond Hill

Your Wellness & Your Heart: 50 Points

Heart disease is currently the #1 killer. To help raise awareness of this awful disease, Dr. Kent Robinson will discuss heart health and how it correlates to our overall well-being.
[4/28/17, 1:00 pm- 1:30 pm](#)

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Kentucky:

Irvine, KY
Mercy-OH- Marcum & Wallace

Plan, Purchase and Prepare Heart Healthy Foods: 50 Points

Manager of Nutrition Services, Candace Middleton, lends her nutritional expertise and details the process of choosing the right foods and preparing them in a way to optimize your heart health and overall well-being.

[4/26/17, 11:30 am- 12:00 pm](#)

Lima:

Lima, OH
Mercy-OH-St. Rita's Medical Center

Heart Disease Awareness- Because it Matters: 50 Points

Heart Disease is currently the #1 Killer. Heart specialist and Nurse Practitioner, Jennifer Davis puts her skills to the test to help raise awareness of this awful disease.

[4/28/17, 11:30 am- 12:00 pm](#)

Lorain:

Lorain, OH
Mercy-OH-Mercy Regional Medical Center

Take Control of Your Health with Self-Monitoring of Blood Pressure: 50 Points

Medical Director of Quality, Dr. Christopher Hebert talks on the importance of managing our blood pressure and how we can take control to improve our well-being.

[4/26/17, 12:00- 12:30 pm](#)

Springfield:

Springfield, OH
Mercy-OH-Springfield Regional Medical Center

"Table salt, the silent killer": 50 Points

Dr. Surender Neravetla discusses heart health and how table salt can be a silent but deadly component.

[4/18/17, 11:30 am- 12:00 pm](#)

Urbana, OH
Mercy-OH-Mercy Memorial Hospital

"Table salt, the silent killer": 50 Points

Dr. Surender Neravetla discusses heart health and how table salt can be a silent but deadly component.

[4/27/17, 11:30 am- 12:00 pm](#)

Toledo- Metro:

Toledo, OH
Mercy-OH-St. Anne's

Heart Health and Wellness: 50 Points

Pediatric Cardiologist, Kalyani Trivedi discusses the importance of heart health and the necessary steps you can take to improve.

[4/25/17, 11:30 am- 12:00 pm](#)

Mercy-OH- St. Vincent's

Heart Health and Wellness: 50 Points

Pediatric Cardiologist, Kalyani Trivedi discusses the importance of heart health and the necessary steps you can take to improve.

[4/18/17, 12:00 pm – 12:30 pm](#)

Toledo- Rural:

Tiffin, OH
Mercy-OH- Tiffin Hospital

Heart Health and Wellness: 50 Points

Cardiologist and Chief Medical Officer, Dr. Steven Bruhl, raises awareness to heart health and the steps we can take to improve our overall well-being.

[4/24/17, 12:30 pm- 1:00 pm](#)

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Williard, OH
Mercy-OH-Williard Hospital

Blood Pressure, Cholesterol and Smoking Cessation: 50 Points

Nurse Practitioner Matthew Clingman helps to raise awareness to heart health and how we can take control by managing our blood pressure, cholesterol and remaining tobacco-free.

[4/19/17, 1:00 pm- 1:30 pm](#)

Youngstown:

Boardman, OH
Mercy-OH- St. Elizabeth Boardman Hospital

Cardiac Disease: The Heart and Soul of it: 50 Points

Cardiac Care Nurse Practitioner Leslie Spatar raises awareness to heart health and the steps we can take to improve our overall well-being.

[4/26/17, 11:30 am- 12:00 pm](#)

Warren, OH
Mercy-OH- St. Joseph Hospital

Cardiac Disease: The Heart and Soul of it: 50 Points

Cardiac Care Nurse Practitioner Leslie Spatar raises awareness to heart health and the steps we can take to improve our overall well-being.

[4/27/17, 11:30 am- 12:00 pm](#)

Youngstown, OH
Mercy-OH- St. Elizabeth Hospital

Cardiac Disease: The Heart and Soul of it: 50 Points

Cardiac Care Nurse Practitioner Leslie Spatar raises awareness to heart health and the steps we can take to improve our overall well-being.

[4/20/17, 11:30 am- 12:00 pm](#)