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**Napa Valley Hospice &
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FOR IMMEDIATE RELEASE

THREE IMPORTANT UPCOMING HEALTH SEMINARS

September 21, 2015, Napa, CA – How can we find a deeper, richer, more meaningful experience of living as we face the fierce realities and rare opportunities of aging? Napa Valley Hospice & Adult Day Services (NVHADS) strives to provide answers to this question through the *Community Conversations Series 2015*.

On September 24 at 10:30 a.m., as part of the Community Conversations 2015 series, Celine Regalia, MSW, Program Director, Adult Day Services, will lead an interactive health seminar entitled *The Savvy Patient: How to Talk to your Doctor*. If you need to advocate effectively for yourself or a loved one, clear communication with your doctor is a critical. This seminar will provide tips on how you should prepare for your next doctor's visit; how to make collaborative decisions about treatment; ways to express yourself most effectively; and tools that can improve how you talk to your doctor.

On September 25 at 2:00 p.m., NVHADS will host a health seminar focusing on fall prevention. While falls are the leading cause of both fatal and non-fatal injury for people 65 years of age or older, they are not an inevitable party of ageing. This seminar will provide information and techniques to lower the risk of falling and fall-related injuries. Ellen Corman, BSOT, MRA, Manager, Injury Prevention and Community Engagement Trauma Service at Stanford Health Care will lead this important health seminar.

On October 13, 2015 at 6:00 p.m., also part of the Community Conversations 2015 series, three healthcare professionals will lead a health seminar entitled *Well-Being and You: How to Improve Your Health and Lessen Medical Issues*. The panelists include Douglas Wilson, MD, who will discuss the importance of the numbers relating to your blood pressure, blood glucose and other health issues; Amanda Templeton, MD will identify signs of stress and techniques for stress management; and Sylvia Krick, RD, will speak to the new nutritional values for healthy aging.

These seminars will be held at NVHADS, 414 South Jefferson Street, in Napa. All are welcome to attend, free of charge.

Pre-registration is preferred but not required. To RSVP, please contact Jillian McNab at (707) 258-9087, ext. 272, or HealthEdCoordinator@nvhads.org

Napa Valley Hospice & Adult Day Services (www.nvhads.org), a non-profit organization, provides life-affirming care with remarkable compassion during life's most challenging transitions.

Celebrating our 36th year, our programs have served more than 10,000 families in the Napa Valley over the past decade alone, and provide an important support service within our community.

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