



**Deanna Latson**  
*Director, Good  
Thinking Company*

## **Mindless Eating**

It seems when Americans sit down to eat, our minds are “out to lunch”, yet our mind chooses many of the foods we eat. What are some tricks we can use to make better choices? Your eyes affect you more than you know. Deanna will share SIMPLE tricks that can make the difference between maintaining a healthy weight or being overweight.

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**Kirk Seegmiller**  
*Exercise Physiologist  
FMH Cardiac Rehab*

## **The Why's and How's of Exercise**

Get off the couch and start moving! Come and learn, or re-learn, the basic benefits and guidelines of exercise.

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Memorial Hospital***



**Sandy Hoak, RN**  
*Fairbanks Memorial  
Hospital*



**Melissa Bostrom, RN**  
*Fairbanks Memorial  
Hospital*

## **Women and Heart Disease: Knowing the Facts May Save Your Life**

Why is heart disease thought of as “belonging” to men? Learn about the incidence of heart disease, the risk factors, and the symptoms of heart attack for women. Take charge of your heart by keeping tabs on your lab work and understanding your medication.

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