

PALM DRIVE HOSPITAL EVENTS

Got health questions? Get answers from a local physician during the new "Meet the Doc" presentations sponsored by Palm Drive Hospital. The presentations are free, and will include the latest research, practical tips for healthy living, and ample time for questions and answers.

"Almost every day, we seem to hear something new about what is good for our health, and yet certain basics still apply," said Mike Lieb, Interim CEO. "We hope this series of presentations will be helpful. It's our way of giving something back to the community that has given us so much."

Events for November include:

**** Dr. Rosa's Italian Yoga.** Greg Rosa, M.D., director of the Palm Drive Medical Center, will tell you the secrets to making exercise fun and worthwhile. 7 p.m. Tuesday, November 16 at the Community Church of Sebastopol, 1000 Gravenstein Highway North, Sebastopol. Light refreshments will be served.

****Meditation as Medicine.** Connie Ayers, M.D., a Sebastopol family practice doctor, will discuss using body awareness to treat the causes of stress instead of relying on pharmaceuticals to treat the symptoms. 7 p.m., Tuesday, November 23 at the Community Church of Sebastopol, 1000 Gravenstein Highway North, Sebastopol. Light refreshments will be served.

****When Sleep is the Issue.** Harry Simms, M.D., a Sebastopol family practice doctor, will talk about sleep and ways to improve the quality of sleep. 9 a.m., Tuesday, November 30, at the Sebastopol Area Senior Center, 167 North High Street, Sebastopol. Continental breakfast will be served.

For more information, call Diane Emler, physician liaison for Palm Drive Hospital, 707-829-4244.