

Better Breathing

An Educational Series for the Community

*Presented by Munson Medical Center Community Education
via REMEC TeleHealth Network (May/June 2010)*

May 3	Lung Anatomy & Physiology
May 10	Know Your Medications
May 17	Breathing Devices & Exercise; Pulmonary Hygiene; Travel Tips
May 24	Panic Control, Stress & Relaxation
May 30	No Class – Memorial Day
June 7	Psychological Aspects of Chronic Illness; Intimacy
June 14	Nutrition & Lung Disease
June 21	Building Strength & Endurance
June 28	Energy Conservation

Time: 1:30 pm – 3:00 pm

Cost: No Charge for REMEC Member sites
There is a charge for Non-REMEC Member sites,
Contact REMEC at 231-935-7944 for details

*For information and to register:
Call Karen Kain, Respiratory Care at 231-935-6736*

Confirm broadcast with your hospital & site contact listed below

Munson Locations:
MCHC Classrooms A & B

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library

Aging Parents and Legal Issues

Learn About Elder Law

Even though aging parents may be healthy and doing well now, their situation can change very quickly. It is important to know what legal issues you may need to address ahead of time. If a crisis arises with your aging parents, you will have enough to handle without having to learn how to navigate all the legal issues at that time.

Deborah Rysso, Elder Law Attorney

Deborah Rysso, Elder law Attorney, will present a community program discussing legal issues of aging parents such as estate planning, wills, probate, power of attorney, and Medicaid for nursing home residents.

Deborah Rysso practices at Rizzo & Associates, PLC in Traverse City.

Open to the Public

No Cost

Registration is required for participants attending at Munson Medical Center Only

Contact & Registration

Munson Community Health Library
550 Munson Ave., Suite 100
Traverse City, MI 49686
(231) 935-9265
Library-MCHCCommunityHealth@mhc.net
munsonhealthcare.org



**Tuesday
June 15, 2010
6:00 - 7:30 pm**

*Presented live via the
REMEC TeleHealth Network
from Munson Community
Health Center,
Classrooms A & B
550 Munson Avenue
Traverse City, MI 49686*

To participate via REMEC at your facility, contact your site coordinator to confirm availability at your location:



Michigan State University-School of Human
Medicine, Michigan Center for Rural Health and
Geriatric Center of Michigan Present:

GERIATRIC GRAND ROUNDS

via REMEC TeleHealth Network

GERIATRIC GRAND ROUNDS
IS ON SUMMER HIATUS FOR THE
MONTHS OF **JUNE, JULY AND AUGUST**

THE NEXT PROGRAM IS SCHEDULED FOR:

SEPTEMBER 1, 2010



FOR MORE PROGRAM INFORMATION :

Contact Phyllis Ball, MCRH @ 517-355-7979

Or visit their website at www.mcrh.msu.edu



Munson Healthcare
Munson Sleep Disorder Center



WAKE UP CALL

*When Do Sleep Disorders
Impact Your Heart Health?*

Margaret Moen, MD

**Wednesday
June 2, 2010
6:00 pm – 7:30 pm**

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*

To participate please register by calling
the sleep disorder center at:
(231) 935-9307 or 800-358-9641.

Contact your site coordinator to
confirm availability in your area:

The Impact of Untreated Sleep Disorders

Join Margaret Moen, MD for a lecture and discussion on the
impact that untreated sleep disorders have on your heart health.

Margaret Moen, MD

Dr. Moen is a Board Certified Sleep Specialist by the
American Academy of Sleep Medicine and Medical Director of
Munson Sleep Disorders Center. She has 20 years of
experience in sleep and has been practicing in Traverse City for
over 10 years. She also provides services in Cadillac,
Grayling, Gaylord and Manistee.

Contact Information

**Munson Sleep Disorder Center
(231) 935-9307 or 800-358-9641**

