

Health & Wellness

JANUARY - JUNE 2026

From sudden to seasonal, **Washington Health Urgent Care**

Difference between
Urgent Care and
Emergency
Department?

Upcoming
seminar helps
explain.

See pg. 2.



Embracing Care

www.washingtonhealth.com



Community Health Seminars & Events

To register or for more information about community seminars, visit washingtonhealth.com/events or call 800.963.7070.

Saturday Seminars

As part of our commitment to community health education, our health system presents a series of online Health & Wellness seminars at 10 a.m. twice a month.

Watch these seminars at [YouTube.com/@washington_health](https://www.youtube.com/@washington_health).

Keeping Kids Healthy with Vaccines

When: Jan. 10, 10 a.m.

Presenter: Shilpa Sulochana, MD, Pediatrics

From infancy through adolescence, vaccines play a key role in helping kids stay healthy and thrive. This seminar explores the pediatric vaccine timeline, explains each vaccination protection, and offers guidance for parents to stay informed and confident.

Understanding Swallowing and Reflux Problems

When: Jan. 24, 10 a.m.

Presenter: Zaid Imam, MD, Gastroenterology

Learn the signs, causes, and treatments for swallowing difficulties and reflux disease. Understand what's normal, when to seek help, and ways to manage symptoms.

TAVR: A Modern Option for Heart Valve Care

When: Feb. 7, 10 a.m.

Presenter: Ramin Beygui, MD, FACS, Cardiothoracic Surgery

Hear how transcatheter aortic valve replacement (TAVR) is helping patients with heart valve disease recover faster and live better. Learn who qualifies, what to expect, and how this minimally invasive procedure works.

Choosing the Right Care: PCP, Urgent Care or Emergency?

When: Feb. 21, 10 a.m.

Presenter: Chet Morrison, MD, Trauma

For a sudden illness or injury, knowing the proper level of care can save valuable time. Washington Health provides all levels of care, but how do you know when to call your doctor's office, when to go to Urgent Care, or when to visit the Emergency Department? This seminar explains important considerations.



Colon Cancer Awareness

When: March 7, 10 a.m.

Presenter: Jasmine Huynh, MD, Medical Oncology

In the U.S., colorectal cancer is the second-leading cause of cancer-related death for men and women. Learn risk factors, symptoms, and the latest screening options that can help keep you healthy.

Nutrition Therapy for Diabetes Management

When: March 21, 10 a.m.

Presenter: Nancy Liu, RD, Diabetes Education

Managing diabetes starts with understanding how food affects your body. Learn practical strategies and supportive tools to take control of diabetes through nutrition.

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From Bump to Baby Blues: Understanding Peripartum Emotions

When: April 4, 10 a.m.

Presenter: Suselina Acosta-Goldstein, MD, Psychiatry

Pregnancy and parenthood bring big changes — not just physically, but emotionally too. Learn about the range of emotions parents may experience before and after birth, including signs of postpartum depression and anxiety.

Faster, Safer, Home Sooner: New technologies for same-day anterior hip replacement

When: April 18, 10 a.m.

Presenter: Alexander Sah, MD, Orthopedic Surgery

Discover how advances in surgical techniques and technology are transforming hip replacement recovery. Learn how same-day anterior hip replacement allows patients to walk, move, and return home with less pain and faster healing, and what this approach could mean for mobility and quality of life.

Protect Your Brain: Hypertension, Stroke, and You

When: May 2, 10 a.m.

Presenter: Jack Rose, MD, Neurology

Learn how controlling blood pressure can greatly reduce the risk of stroke and dangerous brain bleeds. Discover lifesaving warning signs, prevention strategies, and what to do when every second counts.

Sun: Beauty or Beast?

When: May 16, 10 a.m.

Presenter: Sunil Dhawan, MD, Dermatology

We may admire healthy-looking bronze skin, but is a tan ever a sign of good health? How can you enjoy outdoor fun while protecting your skin?



Cementless Knee Replacement

When: June 6, 10 a.m.

Presenter: Bryant Bonner, MD, Orthopedic Surgery

Explore the benefits of cementless knee replacement, including improved bone integration, long-term durability, and faster recovery. Learn how this next-generation approach is helping patients move with greater comfort and confidence.

Stop the Bleed to Save a Life

When: June 20, 10 a.m.

Presenter: Garrett Cordes, Trauma

Learn simple, lifesaving steps to help control bleeding in an emergency before professional help arrives.



Celebration of Life

When: Thursday, May 21, 6 p.m.

Location: Washington West, 2500 Mowry Ave.,
Anderson Auditorium

Cancer survivors, friends, and loved ones are invited to join the Celebration of Life.

COMMUNITY SERVICES & SUPPORT GROUPS

Please visit washingtonhealth.com/SupportGroups or scan the QR code for information on Diabetes Education, Palliative Care, Pulmonary Rehab, and many support groups.



From
coughs to
scrapes to
breaks

Urgent Care

Extended hours, 7 days a week.
Walk-ins and same-day appointments.

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or by phone 510.248.8201.



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Free designated parking.

**Our reason
is you**

