

# Wellness Ministry • Office for Mission and Spiritual Care

Dear colleague in Ministry:

Greetings!

I am thrilled to share with you exciting and useful health and wellness related educational programs we will be offering at our hospitals, which will be of great use to your ministry. These educational topics will cover four focused areas: health, ministry with Veterans, substance abuse, and mental health.

To meet our audiences' needs we will offer them in small, interactive settings to maximize learning. A few of the topics will be delivered in a large, daylong seminars or symposiums. For all these events the seating will be limited, so I encourage you to register for the events as soon as possible.

Our team has worked diligently to select the topics. To maximize the best learning experience, each presenter will be an expert communicator and the best in the industry with years of experience. All events will be free of charge to the participants.

I encourage you to attend, as well as, communicate with your congregation about these events. We would love to see the people of faith joined together, building a healthier community.

Attached please find a list of upcoming events. Any promotion you could offer is greatly appreciated.

We are always here to listen and to serve. If you have any questions or suggestions regarding these events, please direct them to me or to Chaplain Suzanne Martinez, Coordinator, Congregational Outreach at [Suzanne.martinez@advocatehealth.com](mailto:Suzanne.martinez@advocatehealth.com).

God bless you.

The Rev. Fred Rajan  
Vice President, Mission and Spiritual Care  
Advocate Condell Medical Center  
Advocate Good Shepherd Hospital  
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**ADVOCATE**  
for our **FAITH**  
**COMMUNITY**



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### Two Easy Ways to Register Today:

Log in on-line:  
<https://healthadvisor.advocatehealth.com/classes>  
 and enter the **HealthAdvisor Code**

or Email:  
**Advocate Condell Medical Center:**  
[maria.martinez1@advocatehealth.com](mailto:maria.martinez1@advocatehealth.com)

**Advocate Sherman Hospital:**  
[mari.duchaj@advocatehealth.com](mailto:mari.duchaj@advocatehealth.com)

Events are Free and meal is included!

**Date:** Saturday, May 21, 2016  
**Registration:** 9:30 a.m.  
**Time:** 10:00 a.m. – Noon  
**Event:** **Stroke Seminar**  
**Location:** West Tower 2/3  
**HealthAdvisor Code:** **5C54**  
**Description:** **STROKE HEROES KNOW WHAT THE ACRONYM F.A.S.T. STANDS FOR. Be a Hero!**  
 Learn to spot stroke signs and how to act quickly. Interactive seminar with clinical specialists! Be empowered to make the difference between life and death or between full recovery and permanent disability. We want heroes all around us, to help when needed.

**Date:** Saturday, May 21, 2016  
**Registration:** 9:30 a.m.  
**Time:** 10:00 a.m. – Noon  
**Event:** **Stroke Seminar**  
**Location:** Medical Office Building  
**HealthAdvisor Code:** **10C72**  
**Description:** **STROKE HEROES KNOW WHAT THE ACRONYM F.A.S.T. STANDS FOR. Be a Hero!**  
 Learn to spot stroke signs and how to act quickly. Interactive seminar with clinical specialists! Be empowered to make the difference between life and death or between full recovery and permanent disability. We want heroes all around us, to help when needed.

**Date:** Saturday, June 25<sup>th</sup> 2016  
**Learn To Save A Life**  
**Event:** Train the Trainer CPR & AED  
**Time:** 8:00 a.m. 9:00 Train the Trainer  
**HealthAdvisor Code:** **5C55**  
**Event:** By-stander CPR & AED Training  
**Time:** 9:00 – Noon  
**HealthAdvisor Code:** **5C56**  
**Location:** West Tower 2 & 3

**Date:** Saturday, July 16, 2016  
**Learn To Save A Life**  
**Event:** Train the Trainer CPR & AED  
**Time:** 8:00 a.m. 9:00 Train the Trainer  
**HealthAdvisor Code:** **10C73**  
**Event:** By-stander CPR & AED Training  
**Time:** 9:00 – Noon  
**HealthAdvisor Code:** **10C74**  
**Location:** Medical Office Building

### National Healthcare Decision Day—April 16<sup>th</sup>

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. The theme for 2016 is **"It Always Seems Too Early, Until It's Too Late."**