Atrium Medical Center
Premier Health Partners

FREE WALK-IN FINGER-STICK BLOOD SUGAR SCREENINGS*

Do you have high blood pressure or a family history of Type 2 diabetes? Have you had a baby weighing nine pounds or greater? If so, you are at a higher risk of developing diabetes. Stop by the Diabetes Wellness Center for a free finger-stick blood sugar screening. **Please call (513) 727-5475 for more information.**

COST FREE
DAYS Monday through Friday, 8:30 to 11:30 a.m. and 1:30 to 4 p.m.
LOCATION Diabetes Wellness Center, Grand Medical Plaza, 4218 Grand Avenue, Middletown

*This program is made possible by generous donations to the Atrium Medical Center Foundation's Diabetes Community Outreach Program.

CPR FOR THE HEALTH CARE PROVIDER

This class is for those in the health care field. Upon completion, participants will be able to perform CPR for people of all ages (including ventilation with a barrier device, a bag mask device and oxygen), use an automated external defibrillator (AED) and provide relief from foreign-body airway obstruction. **Please call (513) 420-5663 for dates and to register.**

COST $65 (includes a manual, barrier protection mask and cost of card)
DATES Monday, May 24; Monday, June 14; Friday, July 2, July 23 or August 13.
DAYS Fridays, 8 a.m. to 1 p.m.; Monday, 8 a.m. to 1 p.m.
LOCATION Atrium Medical Center, Professional Building, 5th Floor, Classroom 5A

sports & fitness

PHYSICAL THERAPY AND AQUATIC THERAPY

Take a step forward with decreased pain and increased mobility. With a referral from your doctor, our staff can develop a personalized treatment program that can increase your strength and range of movement while decreasing pain.

PHYSICAL THERAPY LOCATIONS

Atrium Sports Medicine & Physical Therapy
Middletown **(513) 420-5013**
Springboro **(937) 886-1511**
Lebanon **(513) 934-3850**
Franklin **(937) 746-7026**
Mason **(513) 492-5959**

AQUATIC THERAPY LOCATIONS

Atrium Sports Medicine & Physical Therapy
Middletown **(513) 420-5013**
Springboro **(937) 886-1511**
Lebanon **(513) 934-3850**

FREE SKIN CANCER SCREENINGS

Take care of your skin with a skin cancer screening. In recognition of National Skin Cancer Detection and Prevention month, Atrium will host two free screenings.

DATE Tuesday, May 11, 1 to 4:30 p.m.
LOCATION Atrium Medical Center, Professional Building, 2nd Floor, Heart Failure Center

Registration is required. Please call CareFinders toll free at (866) 608-FIND (3463).

DATE Wednesday, May 12, 1 to 4:30 p.m.
LOCATION Atrium Medical Center, Professional Building, 2nd Floor, Heart Failure Center

Jennifer Ridge, MD, a board-certified dermatologist, and Nancy Hogan, NP, will perform these free screenings. **Registration is required. Please call (513) 424-7231.**

SET (SPORTS ESSENTIALS TRAINING)

The SET program can give you the advantage you need to dominate the competition. This program is for athletes of any age, involved in any sport. SET is a performance-based training program designed to increase speed, strength, power and endurance. The SET program now utilizes the Cybex Trazer®, a computer simulator designed to enhance sports performance physically and mentally. Cybex Trazer combines the concepts of video games with the tracking of real-time human movement. Sessions are scheduled individually with our professionally certified staff.

COST $25 per session; $200 for 10 sessions; $350 for 20 sessions

LOCATION Atrium Sports Medicine & Physical Therapy, Lebanon **(513) 934-3850**

WARM-UP TO GOLF

Let our professionally licensed staff take you through an exercise program designed to increase your strength and flexibility. Sessions are scheduled two times a week for six weeks. Two sessions will include a swing analysis performed by PGA professional Brad Smith. Your golf swing will be videotaped and played back to you frame-by-frame to break down each important step of the swing. This program is also great for those recovering from a cardiovascular or orthopedic injury who would like to get back in the game.

COST $225

LOCATIONS Atrium Sports Medicine & Physical Therapy

Middletown **(513) 420-5013**
Springboro **(937) 886-1511**
Lebanon **(513) 934-3850**

DINE AND DISCUSS:

ADVANCEMENTS IN PROSTATE CANCER TREATMENT AND THE DA VINCI ROBOT

Join David Miller, MD, and Martin Walsh, MD, as they discuss the latest advancements in the treatment of prostate cancer with da Vinci robotic surgery. Atrium is hosting two opportunities for you to meet our robotic surgery team and experience hands-on operation of the robot. Learn how robot-assisted surgery can decrease discomfort and improve recovery time. Dinner will be provided. **Registration is required. Please call CareFinders toll free at (866) 608-FIND (3463).**

COST $5

DATES Tuesday, May 18 or Tuesday, June 8. Registration at 5:30 p.m., program at 6 p.m.

LOCATION Atrium Medical Center, Professional Building, 5th Floor, Auditorium

LOOKING FOR A PHYSICIAN?
Call CareFinders toll free at (866) 608-FIND (3463) for access to credentials, practice information and contact information for area physicians.