



*Women's Tea*  
 May 7th, 10 a.m. - 1 p.m.  
 Scottsdale Healthcare  
 Shea Medical Center  
 Free



*Thank you for your  
 continued interest and  
 support of Women's and  
 Children's services at  
 Scottsdale Healthcare.*

To receive future issues via e-mail, please go to [shc.org/women](http://shc.org/women) and register to be a member of our Women's Wellness Club. Select e-mail as your preferred method of contact. If you are already a member, please submit your information online and we will convert your method of contact to e-mail.

**SCOTTSDALE HEALTHCARE**  
 Women's Services  
 9003 E. Shea Boulevard  
 Scottsdale, AZ 85260  
 Scottsdale Healthcare Shea Medical Center

## Special May Events

### 7 Women's Tea

FREE Women's Tea and Brunch  
 10 a.m. - 1 p.m.  
 Brady Conference Center at Shea Medical Center  
 Speakers and topics include:  
 Preparing Your Body for a Healthy Pregnancy - Cheryl Roth, NP-  
 Managing Work Life Balance - Dr. Abby Garcia, Psychologist.  
 Bio-Identical Hormone Replacement Therapy - Dr. Jennifer Simone, Gynecologist.  
 Sleepless in Scottsdale, Tips to Help Those Who Cannot Sleep - Dr. Dave Engstrom, Psychologist.  
 Latest Advances in Gynecological Healthcare for Women- Dr. Burt Webb, OB/GYN  
 The Fashion Show will feature E & J's Shoes, Christy Alvarado Design Jewelry, Ava Rose Designs Clothing, and MomBomb Boutique Clothing.

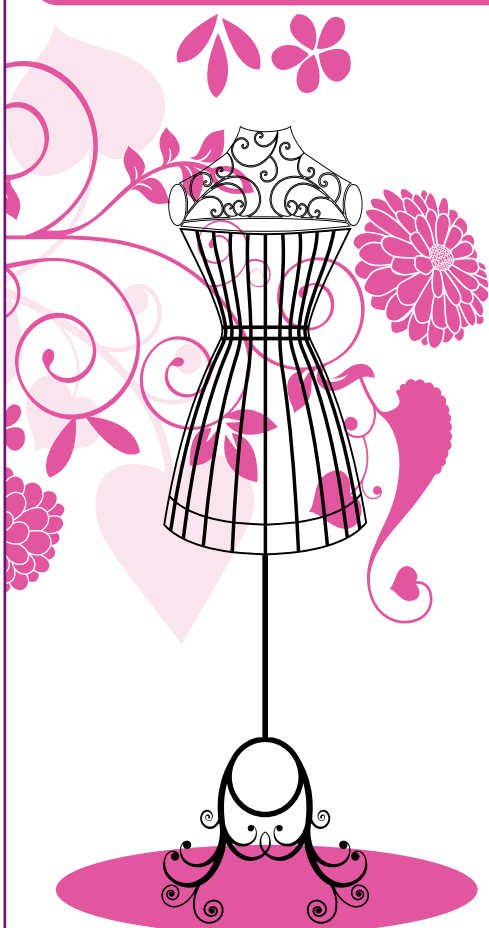
Bring your mom, daughter, aunt, sister, grandmother or best friend to this wonderful event.

### 19 A Minimally Invasive Approach to Endometriosis

6 - 7 p.m.  
 Thompson Peak Hospital Conference Center.  
 Join us for an engaging discussion on women's gynecological issues, focusing on Endometriosis. Dr. Jennifer Simone has a new approach to helping women who suffer from Endometriosis by way of using minimally invasive surgical avenues, including Robotic surgery.

*All Special Events are free and located in the Scottsdale Healthcare Shea Medical Center, Brady Conference Center unless otherwise noted.*

*\*\*For Special Events, registration is required. Call 480-882-4636 or visit [shc.org/calendar](http://shc.org/calendar) unless otherwise noted.*



**Nutrition & Fitness**

**Dr. Robin Blackstone presents:  
Weight Loss Surgery Options**

May 1 & 15, June 5 & 26, July 10 & 24, 1 - 3 p.m.

Donna & Tom Brady, Brady Conference Center at Scottsdale Healthcare Shea Medical Center at Scottsdale Healthcare Shea. Call 480-391-3885 to register. Free.

**Essential Touch Wellness Center Fitness**

Exercise for a healthier you! Sign up for fitness memberships, personal training, specialized classes, body composition testing and much more. Contact the Essential Touch exercise physiologists at 480-323-3662 for more information.

**Psychology of Weight Loss for Emotional Eaters**

Speaker - Lisa Galper, psychologist

\$399 for 10 classes, includes:

- A 60 minute consultation with a registered dietitian (\$92 if purchased separately)
- A 60 minute consultation with an exercise specialist (\$65 if purchased separately)
- Weekly wellness coaching
- Fitness membership (for the duration of the program)
- Wellness evaluations at the start and end of the series

Call 480-323-4300 to register.

**Weights to Success – 10-week program**

Monday's 6 - 7 p.m.

Classes facilitated by Registered Dietitian at Scottsdale Healthcare Shea. Cost is \$175 and includes:

- An understanding of how to combine carbohydrates, proteins and fats to stabilize your appetite and promote maximum fat loss
- Practical strategies to make your metabolism work like a machine
- Tips on using supplements to manage food cravings
- A 1-hour individual nutrition consultation

Call 480-323-4300 to register.

**Screenings**

**Body Composition Testing**

Want to know what you are made of? Body Composition analysis quickly and accurately provides detailed information on your weight, body fat percentage, body mass index, fat mass, fat-free mass and hydration status. Call 480-323-3662 now to schedule your appointment! Women's Diagnostic Center at Scottsdale Healthcare Shea. Cost \$15.

**Bone Density Screenings**

May 12, June 14 & 29, July 5 & 27, 1 p.m. - 4 p.m.

Women's Diagnostic Center at Scottsdale Healthcare Shea. Cost \$20.

**Cholesterol & Bone Density Screenings**

May 10th, June 14th, July 19th, 8:15 a.m. -11 a.m.

Includes a FREE Body Composition testing at Shea - Women's Diagnostic Center. Cost \$35.

May 24th, June 28th, 8:15 a.m. - 11 a.m.

Thompson Peak Hospital Conference Center. Cost \$35.

**Heart Health Screenings**

May 5th, June 23rd, July 21st, 8 a.m. - 11:45 a.m.

June 8th, July 6th, 9 a.m. - 12 p.m.

A nurse practitioner will assess your risk for heart attack and stroke. Women's Diagnostic Center at Scottsdale Healthcare Shea. To register for the screenings above, call 480-882-4636. For additional times and locations, call 480-323-3663. Cost \$20.

**Working Women's Wellness Package**

Saturdays: May 21st, June 25th, July 23rd, 7 a.m. - 10:45 a.m.

This is a combination screening event followed by a manicure at Essential Touch. It includes a cholesterol check, bone density screening and a body composition analysis.

Total appointment time is 90 minutes. Women's Diagnostic Center at Scottsdale Healthcare Shea. Cost \$75.

**Support Groups**

**Heart of a Woman**

First Tuesday of every month, 10 - 11 a.m.

This group is for women with heart disease or its risk factors, including blood pressure, high cholesterol, diabetes and provides an informal educational forum.

Brady Conference Center at Scottsdale Healthcare Shea Medical Center.

**Moms on the Move**

Thursdays: 0 - 5 months, 1 - 2:30 p.m., 6 - 12 months, 11 a.m. - 12:30 p.m.

Brady Conference Center at Scottsdale Healthcare Shea Medical Center.

Wednesdays: 0 - 12 months, 1 - 2 p.m.

OB Classroom at Scottsdale Healthcare Osborn M.O.M. is for moms and babies to provide social interaction, support and practical information for new mothers. For more information, call 480-323-3878.

**Moms version 4.0**

1st Wednesday of each month, 6 - 7:30 p.m.

Brady Conference Center at Scottsdale Healthcare Shea Medical Center. This group is for new moms over the age of 39 and offers a unique opportunity to meet other new moms experiencing the same challenges. For more information, call 480-323-3878.

**Preemie Playgroup**

Every Friday, 12 p.m. - 1 p.m.

This group is for preemies and their parents to socialize with other families that have gone through the NICU experience and to be part of a group that understands the concerns that go along with bringing a preemie home from the hospital. This group also focuses on giving tips to the parents on progression of developmental skills as this group is guided by the supervision of the therapy department. Healthy babies only please and no siblings. Group meets on the 4th Floor, Room 4000 (OP Pediatric Therapy Gym). For more information, call 480-323-3871.

**Pregnancy and Infant Loss Support Group**

1st Thursday of every month, 6 - 8 p.m.

This group is for those who have experienced the loss of a pregnancy through miscarriage, stillbirth, ectopic pregnancy and neonatal death. Educational topics will be presented and discussed monthly. Group is facilitated by a licensed psychologist. Women's Diagnostic Center at Scottsdale Healthcare Shea Medical Center. For more information, call 480-323-3413.

**Pregnancy & Postpartum Depression Support Group**

1st Friday of every month, 9:30 a.m. - 11 a.m.

This group is for moms that are experiencing depression or anxiety during pregnancy or after childbirth. Group is facilitated by a licensed psychologist.

Women's Diagnostic Center. Scottsdale Healthcare Shea Medical Center. For more information, call 480-323-3878.

**Osteoporosis Educational Forum**

Third Wednesday of every other month, 9 - 10 a.m.

Free educational forum for women living with low bone density, osteopenia or osteoporosis. Gain helpful information on topics such as nutrition, exercise and medications. Brady Conference Center at Scottsdale Healthcare Shea Medical Center.

**Scottsdale Bariatric Center Support Group\***

May 2nd & 18th, June 6th & 15th, July 20th, 6 - 7:30 p.m.

Scottsdale Healthcare Bariatric patients and their families only. Brady Conference Center at Scottsdale Healthcare Shea Medical Center. Call 480-391-3885 for more information.

\*Scottsdale Bariatric patients and their families only.

All Support Groups are free and open to the public unless otherwise noted.

**Phone Directory**

<b>Bone Health Program</b> . . . . .	480-323-3663
<b>Essential Touch Wellness Center and Boutique Center for Breastfeeding Support</b>	480-323-3655
Shea . . . . .	480-323-3638
Osborn . . . . .	480-882-4827
<b>Weight Management</b> . . . . .	480-323-4300
<b>Heart Health Program</b> . . . . .	480-323-3663
<b>Women's Diagnostic Center</b> . . . . .	480-323-3400

\* **Scottsdale Healthcare** • shc.org/women

**Shea Medical Center**  
9003 E. Shea Boulevard, Scottsdale, AZ 85260

**Osborn Medical Center**  
7400 E. Osborn Road, Scottsdale, AZ 85251

**Thompson Peak Hospital**  
7400 E. Thompson Peak Parkway, Scottsdale, AZ 85255

