

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

April 2017 Upcoming Blum Center Events

All programs are free and open to MGH staff, patients, and the general public. Spaces are limited. No registration needed.

Please note the different times and locations for each program.

Good Food for Good Mood: Foods that Help with Anxiety

Monday, April 3

11:00 AM – 12:00 PM

Haber Room, Blake 190

Come join Dr. Uma Naidoo for a program on the mental health benefits of eating well. Dr. Naidoo will discuss how your daily diet can help ease symptoms of mental health conditions as well as reduce the side effects of certain medications.

Skin Cancer and Sun Safety Update

Friday, April 21

12:00 PM – 1:00 PM

Blum Center, White 110

Did you know that skin cancer is the most common form of cancer in the United States? It is important to keep your skin safe. Come join Dr. Shadi Kourosh to learn more about current research and recommendations on skin cancer screening and prevention. She will also discuss ways you can keep your skin healthy this summer.

Shared Decision Making:

Sleeping Better: Help for Long-Term Insomnia

Thursday, April 27

12:00 PM – 1:00 PM

Blum Center, White 110

Are you or someone you know having a hard time falling asleep or staying asleep? Come join us for a presentation and a short video. The video includes a discussion on how patients made decisions on treatments for their insomnia. After the video, Dr. Kathleen Ulman will answer your questions on insomnia and getting better sleep.



For more information:

Call (617) 724-7352

or

Email pfhc@partners.org

Maxwell & Eleanor Blum
Patient and Family Learning Center
White 110

