



# Buffalo Women's Health Forum

## 2019 Schedule

Johnson County Library (Large Meeting Room) \* 171 Adams Street, Buffalo, WY  
12:00 Noon – 1:00 p.m.

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**THURSDAY, JANUARY 17, 2019**

*“When I’m in pain...”*

What are all of my pain management options?

**Alyse Williams, M.D. Family Medical Center-JCHC**

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**THURSDAY, FEBRUARY 21, 2019**

*“I’ve got a gut feeling...”*

Are probiotics important?

**Mark Schueler, M.D. Family Medical Center-JCHC**

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**THURSDAY, MARCH 21, 2019**

*“Getting the most from your zzz’s.”*

Let’s talk sleep.

**Brian Darnell, D.O. Family Medical Center-JCHC**

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**THURSDAY, APRIL 18, 2019**

*“Just breathe”*

Prevention, diagnosis, treatment, and survivorship of lung diseases.

**Jane Cassel, P.A. Casper Pulmonary-Wyoming Medical Center**

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**THURSDAY, MAY 16, 2019**

*“My best self”*

The nuts and bolts of nutrition and maintaining a healthy weight.

**Julia Bettinger, MS Cardiopulmonary Wellness-JCHC**

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Cost: \$7.00 – Includes forum, lunch, and beverage.

For reservations email [juliab@jchealthcare.com](mailto:juliab@jchealthcare.com). If you do not have an email, call (307) 684-6320 and leave a message. Reservations must be made by noon on the Tuesday BEFORE each forum. If you make a reservation and cannot attend, please cancel your reservation as courtesy to BWHF.

**2019 Sponsor - Johnson County Healthcare Center**  
**Door prize donated by Amie Holt Auxiliary**