



CANYON VISTA MEDICAL CENTER

Conversations About Health Series

Cochise College Downtown Center, Rm G106 - FREE

2600 E. Wilcox Drive, Sierra Vista, AZ 85635 | Ph. 520-515-5492



Everyday Spine Care: Prevention and Wellness

By Dr. Elena Kwon

Dr. Elena Kwon, Emergency Room Medical Director, will share simple tips on keeping your spine healthy, preventing common injuries, and maintaining strength for everyday activities.

Tuesday, Jan 27

1 - 2 p.m.

Understanding High Blood Pressure and Your Medications

By Chaninat Saengchan, PharmD

Learn what high blood pressure means for your health and how medications help manage it in this informative session with Chaninat Saengchan, PGY-1 pharmacy resident at Canyon Vista Medical Center.

Tuesday, Feb 17

1 - 2 p.m.

Medication Management: How to Avoid Interactions and Stay Safe

By Amy Tanase, PharmD

Learn how to recognize and prevent medication interactions—whether with other prescriptions, foods, or supplements—in this helpful session with Amy Tanase, PGY-1 pharmacy resident at Canyon Vista Medical Center. Discover simple tools, resources, and questions to ask your healthcare providers to help you stay safe and informed.

Tuesday, Mar 10

1 - 2 p.m.

Healthy Knees and Hips: Care Before and After Surgery

By Abby Alvarez, PA-C

Certified Physician Assistant, Abby Alvarez, will share how to keep your knees and hips strong, what to expect if orthopedic surgery is needed, and simple steps to support recovery and long-term mobility.

Tuesday, Mar 31

1 - 2 p.m.

Keeping Your Eyes Healthy: Basics of Everyday Eye Care

By Jacob Hrkal, DO

Dr. Jacob Hrkal, a CVMC Family Medicine Resident, will share essential tips for protecting your vision, preventing common eye problems, and supporting long-term eye health.

Tuesday, Apr 21

1 - 2 p.m.

Learn more about Canyon Vista Medical Center or Find a New Provider at
CanyonVistaMedicalCenter.Com