



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

Respiratory Illnesses 101: What You Need to Know

By Dr. Elena Kwon

Dr. Elena Kwon, Emergency Room Medical Director, will share important information on respiratory illnesses—including Flu, COVID-19, and RSV. Learn how to protect yourself and your loved ones this season.

Tuesday, Sept 2

1 - 2 p.m.



Furthering our Goal of Making Cochise County Healthier

By Canyon Vista Medical Center Executive Team

They will share updates on the hospital and how CVMC intends to keep care close to home with new technology, growth in services and collaboration with Cochise College.

Tuesday, Sep 30

1 - 2 p.m.

Stroke Awareness: Signs and Treatment

By Dr. Yanny Phillips

Stroke, also known as "brain attack", is the second leading cause of death and the third most common reason for long-term disability in the world. Dr. Yanny Phillips, Neurology, will review current treatment guidelines and give tips for healthy lifestyle choices to help decrease the risk of having a stroke.

Tuesday, Oct 21

1 - 2 p.m.

Mood Changes & When to Seek Help

By CVMC Behavioral Health Team

Mood changes like anxiety and depression are common, but when they become persistent or start affecting daily life, it may be time to seek help. The BHU team will cover the basics on moods change and how to recognize the signs for when it's time to reach out for help.

Tuesday, Nov 18

1 - 2 p.m.

Nutrition and Medicine: The Relationship and Importance of Both

By CVMC Dietician, Anna Keefe

Nutrition and medicine go hand in hand—while medicine treats illness, good nutrition can help prevent it and support recovery. CVMC Dietician Anna Keefe will explain how a balanced diet aids healing and may reduce the need for some medications.

Tuesday, Dec 2

1 - 2 p.m.

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

CanyonVistaMedicalCenter.Com