



COCHISE COLLEGE
Center for Lifelong Learning

Nursing and Allied Health

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



The Weight of Medication in Physical and Mental Health

By Nanhee Lee, PharmD, Rph

Dr. Nanhee Lee, pharmacist, will discuss what you need to know when taking medications and what you can do to take control of your physical and mental health.

Tuesday, Jan 23

1 - 2 p.m.

COVID: Symptoms, Treatment & What to Do Next

By Anna Ray, RN

Join Anna Ray, ICU/PCU Director, as she discusses the symptoms, treatment, how COVID spreads, the long-term effects, what we can do to stay protected, and how we can protect those around us.

Tuesday, Feb 6

1 - 2 p.m.

Basic Medication Safety

By Shaun Phillips, PharmD, CEO of CVMC

Join Dr. Shaun Phillips as he shares how to determine your best options, communicate with your provider and how to properly store your prescribed medications. He will also share some general updates on the hospital and our physician partners.

Tuesday, Feb 20

1 - 2 p.m.

The Importance of Colon Health

By Michael Thompson, DO

Dr. Michael Thompson, general surgeon, will share the importance of having a healthy colon, why colonoscopies are needed, and what to expect from a colonoscopy.

Tuesday, Mar 5

1 - 2 p.m.

The Invisible Part of Balance: What to Know to Stay Active for a Lifetime

By Monica Michalski, PT, DPT, OCS, Cert MDT, Cert Vestibular Therapist

Dr. Monica Michalski, physical therapist and balance specialist, will present on the hidden part of balance – the vestibular system. This system is vital for safe balance and mobility. Learn how to strengthen this system and rehabilitation exercises to improve balance.

Tuesday, Mar 19

1 - 2 p.m.