



## NEWS RELEASE

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***FOR IMMEDIATE RELEASE***

### **ST. LUKE'S HOSPITAL OFFERS WELLNESS COLLEGE**

*The first phase of this innovative, two-part program begins January 25.*

**CHESTERFIELD, MO, January 21, 2011** – On January 25, St. Luke's Hospital will launch an innovative, two-part program called St. Luke's Wellness College. The initiative is designed to empower community members with information to improve their health and ultimately the quality of their lives.

The first phase of the program includes free lectures each Tuesday from 6 to 8 p.m. from January 25 through March 1. Topics include heart, stroke, sleep and women's health and more. Medical experts from St. Luke's Hospital will lead the sessions and discuss the latest recommendations for prevention and detection regarding each topic. To register, please visit [www.stlukes-stl.com](http://www.stlukes-stl.com) or call 314-542-4848.

Participants may attend one or both of the one-hour St. Luke's Hospital Wellness College lectures on each date:

**Tuesday, Jan. 25, 6 to 8 p.m.**

Why Wellness and Prevention? – James Loomis, MD, internist  
Cardiovascular Health – Morton Rinder, MD, cardiologist

**Tuesday, Feb. 1, 6 to 8 p.m.**

Metabolic Health (metabolic syndrome, diabetes) – Norman Fishman, MD, endocrinologist  
Neurological Health (Alzheimer's disease, stroke prevention) – Todd Silverman, MD, neurologist

**Tuesday, Feb. 8, 6 to 8 p.m.**

Orthopedic Health – Edward Schlafly, MD, orthopedic surgeon  
Building a Healthy Mind/Body Connection – Sherri Bassi, PhD, licensed psychologist

**Tuesday, Feb. 15, 6 to 8 p.m.**

Women's Health Issues Part I (breast health and cancer prevention) – Patricia Limpert, MD, surgeon  
Women's Health Issues Part II (ovarian, cervical and overall pelvic health) – Carlton Pearse, MD, OB/GYN

**-more-**

**Tuesday, Feb. 22, 6 to 8 p.m.**

Bone Health and Osteoporosis – Katharine Mikulec, MD, endocrinologist  
How Sleep Health Affects Your Physical Health – D. Troy Curry, MD, sleep medicine specialist

**Tuesday, March 1, 6 to 8 p.m.**

Colon Health and Colon Cancer Prevention – Paul Buse, MD, gastroenterologist  
Skin Health and Skin Cancer Prevention – Lawrence Samuels, MD, dermatologist

The second phase of St. Luke's Wellness College will begin April 5 with the Personal Path to Wellness course, an individualized series of six classes designed to help participants explore how they can reach their personal health goals. The fee for this interactive program is \$149, and it includes blood work, an online health risk assessment and a fitness assessment with a personal trainer to help each participant set their wellness goals. To register for the course, visit [www.stlukes-stl.com](http://www.stlukes-stl.com) or call 314-542-4848.

**About St. Luke's Hospital:**

St. Luke's Hospital, located in Chesterfield, Missouri, is a regional healthcare provider committed to improving the quality of life for patients and the community. The 493-bed, not-for-profit hospital offers more than 60 specialty areas including cardiovascular care and surgery, cancer care, neurosurgery and neurology, orthopedics, maternity and other women's health, general medicine, outpatient services, pediatrics and comprehensive surgical services.

St. Luke's was the only Missouri hospital recognized in 2007, 2008, 2009 and 2010 as an America's 50 Best Hospital™ by HealthGrades®, ranking among the top one percent in the nation based on superior clinical quality.

St. Luke's Hospital is also part of the Spirit of Women® Hospital Network, a coalition of hospitals and healthcare providers across the United States that ascribes to the highest standards of excellence in women's health, education and community outreach. For more information about St. Luke's Hospital, please visit [www.stlukes-stl.com/newsroom](http://www.stlukes-stl.com/newsroom).

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