

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# FEBRUARY 2012 BLUM CENTER UPCOMING EVENTS

All programs are free and open to MGH staff and patients.  
No registration needed.

## **Book Talk: Smart at Heart: A Holistic 10-Step Approach to Preventing and Healing Heart Disease in Women**

**Tuesday, February 7, 12-1pm**

**Blum Center, White 110**

Join Malissa Wood, MD, for a free talk on her new book **Smart at Heart**; a breakthrough mind-body approach to preventing and healing heart disease by strengthening the ten “bridges” that create total heart health.

## **Healthy Living:**

### **Searching for Health Information on the Internet**

**Thursday, Feb 16, 12-1pm**

**Blum Center, White 110**

Join Jen Searl, MLS, for a free talk on how to search for health information online. Learn how to tell a ‘good’ website from a ‘bad’ website, as well as the best websites to begin your health searches.

## **Shared Decision Making:**

### **Coronary Heart Disease**

**Tuesday, February 21, 12-1pm**

**Blum Center, White 110**

Shared Decision Making is a program sponsored by the Stoeckle Center that promotes active and shared decision making between patients and clinicians at MGH. Join Doreen Defaria-Yeh, MD for a free talk discussing options for Coronary Heart Disease,

For more information:

Call 617-724-3823

Or

Email [pflc@partners.org](mailto:pflc@partners.org)

Maxwell & Eleanor Blum  
Patient & Family Learning Center  
White 110

