



## News Release

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### For Immediate Release

#### **SKYLINE HOSPITAL OFFERS FREE COMMUNITY CLASSES**

**WHITE SALMON, Wash.** – Skyline Hospital recognizes the need to provide health information and services addressing the unique needs of our community. A series of free classes will be held at Skyline in its downstairs meeting space.

**WHAT: ESTATE PLANNING CLASS – GETTING YOUR AFFAIRS IN ORDER**

**WHEN:** Noon – 1 p.m., Thursday, Sept. 22, 2016

**WHERE:** Skyline Hospital’s Meeting Space

**DETAILS:** If someone had to make sense of your financial matters without your help, would they know what you owned, where you kept your will and insurance policies, or even who you wanted to take care of your pet? Do yourself – and your family – a big favor and get organized now. Join Teunis J. Wyers, J.D., local attorney to learn everything you need to know about estate planning. He will guide you from the beginning to end to help make the best decision for you and your family. For more information or to register, call 509-637-2603.

**WHAT: NUTRITION FOR BRAIN HEALTH**

**WHEN:** 5:30 to 7 p.m., Thursday, Sept. 29, 2016

**WHERE:** Skyline Hospital’s Meeting Space



**S K Y L I N E**  
**H O S P I T A L**

**DETAILS:** We may spend a lot of time thinking about the health of our hearts, bones, skin, and even our intestines — with good cause. They are critical to our general health and well-being. But how often do you think about how to nourish our body's most important organ — the human brain? It's an organ that requires excellent nutrition to function at top capacity. Join Skyline Hospital's Neurologist Karleen Swarztrauber, M.D., to learn how — with proper nutrition — you can maximize your brain function now and as you age. For more information or to register, call 509-637-2601.

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