

Brown Bag Lunch Talks

Live Virtual Health Education

All Brown Bag Health Talks are free.
Registration is required.

Register online at
stlukesonline.org/brownbag

Once you have registered, you will receive more information about participating in the event.



Health Care through MyChart, Telemedicine and Video Visits

While virtual and electronic communication between patients and providers is not new, it has been supported more than ever in recent months. Not only do these methods keep patients and providers safer during a pandemic, they save time and resources and improve access to care for those with transportation barriers, disabilities or other scheduling challenges. Courtney Christenson, patient access administration manager for St. Luke's Health System, will walk you through how and when to use electronics and video to message or visit your provider, check on test results, schedule appointments and more.

Tuesday, October 27, 1-2 p.m.

Dermatologic Manifestations of COVID-19

Garrett Coman, MD, dermatologist and recent addition to St. Luke's Wood River's team of medical providers, sheds light on the dermatologic manifestations of COVID-19. Dr. Coman will review the recent literature regarding the signs and symptoms of COVID-19 affecting the skin, including "COVID toes."

Tuesday, November 17, 1-2 p.m.

The Facts You Should Know about Vaping: What's So Cool About Juul?

You have heard the term "vapes," but what about "Juul," "Mods," or "Puff Bar"? This presentation will explain the basics of these nicotine delivery system devices, also known as electronic cigarettes or e-cigs. Vicky Jekich, CPH, St. Luke's Community Health, and Athena Evans-Campbell, RN, certified tobacco treatment specialist through Mayo Clinic, will discuss myths such as "it's only water vapor" and share the facts about the marketing tactics used by tobacco companies to lure teens into these popular devices. Vaping health concerns and information about local and online resources to help teens and adults with nicotine addiction will also be covered.

Tuesday, November 24, 1-2 p.m.

Palliative Medicine: A Caring, Team Approach for Serious Diagnoses

Daniel Preucil, MD, director of St. Luke's Magic Valley Palliative Care Program, will explain the comprehensive approach of palliative care in managing serious and long-term illnesses. Diagnoses such as cancer, chronic obstructive pulmonary disease (COPD), Parkinson's and Alzheimer's—and many others—often bring on multiple physical and emotional symptoms, stress and lifestyle changes. Learn how a coordinated and caring team of experts can help patients and their families gain strength to manage daily life, navigate physical and mental health needs, and maintain quality of life—in spite of illness.

Tuesday, December 1, 1-2 p.m.

Know the 5 Signs

Often our friends, neighbors, co-workers or family members are suffering emotionally and don't recognize the symptoms or won't ask for help. Laurie Strand, LCSW, mental health therapist for Blaine County Schools, and Erin Pfaeffle, LMSW, director of community health and community engagement for St. Luke's, will provide important information about how we can help by learning to identify five important signs of emotional pain and getting people connected to resources. As part of the 5B Suicide Prevention Alliance, these presenters will help participants know how to build a culture of awareness, understanding, acceptance and action around our community's mental well-being.

Tuesday, December 8, 1-2 p.m.

Healing Touch and Self-Care

Mary Kay Foley, physical therapist and certified Healing Touch and Feldenkrais practitioner, will demonstrate how to add to your well-being tool box with skills for self-care including Healing Touch, Feldenkrais movements, breath and meditation, and energy-based exercises that you can fit in to any amount of time available throughout your day to clear your mind, balance your spirit and boost your energy.

Tuesday, December 15, 1-2 p.m.