



Parish Nurse Network Meeting
November 15, 2018
6:00 – 8:30 pm
Robinwood Professional Center, Suite 142

Opening Reflection – *Prayer of Thanksgiving*

Program Presentation: Plant Based Diet and Cardiac Health
Dr. Payam Fallahi
Hagerstown Heart, 301-797-2525

Program Updates

- Foundations Course, 16 Participants
- Community Health Needs Assessment Findings Presentation: Nov. 20, 9a-12p, Robinwood 142 (free lunch included)
- Blood Pressure Wheel – Copy Right Authority Awarded

Sharing and Networking

- *Living Compass* Resources
- Virginia FCN Network Retreat, Cacapon Resort State Park, April 28-30, 2019

Next Meetings:

Thursday, January 17, 2019, 12-2:30p, Lunch Meeting, Trilogy Center
Dr. Rehan Waheed, Parkway Neuroscience and Spine Institute
Topic: *Latest Treatments for Back Pain*