



Tour De Scottsdale

- Sunday, October 2, 2011
 - Week long activities
- 30 & 70 mile rides, walk/run/roll
 - Benefits McDowell Sonoran Conservancy
- <http://www.active.com/cycling/scottsdale-az/tour-de-scottsdale-2011-ne993>



Ask the Expert-Why Can't I Concentrate?

Date: 10/5/2011 7:00 p.m. to 8:00 p.m.

Fee: FREE

Event Status: open – 30 seats remaining – [please register](#)

Type: Seminar

Location:

Barnes & Noble
10500 N 90th St
Scottsdale AZ 85260

Event Description:

Scottsdale Healthcare offers a free weekly "Ask the Expert" health lecture series. Experiencing brain fog? Are your thoughts scattered? Is it hard to stay focused? Learn about concentration and memory, techniques to improve both, and when to seek medical attention. TODAY'S TOPIC: Why Can't I Concentrate? SPEAKER: Nancy Brandon - Corporate Education Specialist Programs offered free of charge. If you have any questions, please call (480) 882-4636. Barnes & Nobles is located across the street from the Shea Hospital, next to Fry's.



19th Annual Susan G. Komen Race for the Cure

- **Free event:** <http://komenphoenix.org/>
- Sunday October 9th.
- 1 mile and 5k route: State Capital



Ask the Expert-Can You Hear Me Now?

Event Date: 10/13/2011 1:00 p.m. to 2:00 p.m.

Fee: FREE

Type: Seminar

Event Status: Open: [please register](#)

Remaining Space: 273

Facility:

Scottsdale Public Library - Civic Center Branch
3839 N Drinkwater Blvd
Scottsdale AZ 85251

Speakers: Erica Williams, PhD Clinical Audiologist Programs

Event Description:

Scottsdale Healthcare offers a free weekly "Ask the Expert" health lecture series. Have a hard time hearing exactly what people say? Audiologist Erica Williams of Scottsdale Healthcare discusses the auditory system, common causes of hearing loss, and rehabilitation strategies for individuals with hearing issues. TODAY'S TOPIC: Can You Hear Me Now? SPEAKER: Erica Williams, PhD Clinical Audiologist Programs offered free of charge. If you have any questions, please call (480) 882-4636. The lecture will be held in the 1st floor auditorium.

Is Weight Loss Surgery Right for You?

Event Date: 10/16/2011 1:00-3:00PM

Fee: FREE

Type: Seminar

Event Status: Open: 106 seats remaining: [please register](#)

Facility:

Shea Medical Center, Brady Conference Center
9003 E Shea Blvd
Scottsdale AZ 85260

Speakers: Melissa Davis NP

Event Description:

Join Melissa Davis, Nurse Practitioner, for an interactive seminar on weight loss surgery options. Our Center of Excellence surgical program specializes in gastric bypass, adjustable gastric banding, duodenal switch and "gastric sleeving." Loved ones are encouraged to attend.

Ask the Expert-Restless Leg Syndrome

Event Date: 10/19/2011 7:00 p.m. to 8:00 p.m.

Fee: FREE

Type: Seminar

Event Status: Open: 44 seats available: [please register](#)

Facility:

Barnes & Noble
10500 N 90th St
Scottsdale AZ 85260

Speakers: Gary Reese , MD

Event Description:

Scottsdale Healthcare offers a free weekly "Ask the Expert" health lecture series. RLS, a frequently under-diagnosed or misdiagnosed condition that includes leg aches, pulling or itching, can make it difficult to relax or sleep. Join our expert for a discussion about treatment options and coping tips. TODAY'S TOPIC: Restless Leg Syndrome: Its Impact on Sleep SPEAKER: Gary Reese , MD Programs offered free of charge. If you have any questions, please call (480) 882-4636. Barnes & Nobles is located across the street from the Shea Hospital, next to Fry's.

Facility Address

Employee Flu Shot Clinic: Round House Café:

10/21/2011 8:30 am – 4:00 pm

Don't let the Flu Catch You

Contact [Bonnie Tucker](#) for more information by [email](#) or 480-362-7343. [Schedule a flu shot online now.](#)



Next Zumbathon!

- Thursday, October 27, 2011
- 6 – 7PM
- Lehi Gym
- WellPath Champion, Robin Mowers, is an instructor!



Halloween Adult, Co-Ed. Slo-Pitch Softball Smash

- WellPath Endorsed as a single event
- October 27-29th
- Double-elimination
- Salt River/Lehi Ball Fields



GET READY, GET SET, GO! Set a goal for yourself, individually or teams

Represent your families, groups, departments or Enterprises

Red Mountain 1/2 Marathon!

Sat., October 29, 2011

Salt River High School

OPEN TO: Members of SRPMIC, Tribal & Enterprise Employees & Other Native Americans

****Individual 1/2 Marathon**

\$20 Community Members w/SRID; \$40 Non-Community. Members before 10/14/11 (\$10 increase after 10/14). Must be 13yrs. or older

****1/2 Marathon Relay**

\$100 (\$20 increase after 10/14). First, second & third leg run 3 miles and final leg runs 4.1 miles. Must be 8yrs. or older

****Youth Progressive 1/2**

A 13.1 mile race completed over a 10 week period prior to the 1/2 marathon on 10/29. Youth can walk, jog or run 0.5 miles a day, 3 to 5 times a week, for a total of 12.5 miles, and then complete an 0.6 mile run on event day. \$5 Community Youth w/SRID; \$10 for Non-Community Youth . Must be 12yrs. or younger

REGISTER EARLY - LAST YEAR WE HAD A SELL OUT!

NO REGISTRATION DAY OF EVENT!

ALL REGISTERED RUNNERS ON OR BEFORE RACE DAY WHO DO NOT SHOW UP WILL FORFEIT T-SHIRT & ENTRY FEE. Information? Contact Michelle N. Reina-Long, Salt River Fitness Center, 480.362.6320