

Presents

STAR Health: Conversations on Healthcare, Wellbeing and Prevention

Located at the:

STAR Campus Health Sciences Complex Atrium
540 South College Ave., Newark, DE 19713



*Featuring,
Rita Landgraf*

October 26, 2017, 5-6:30pm: Anxiety, health and heart disease

Introduction: How does anxiety affect your health in school, at work, and at home? We will explain how stress and heart diseases are related and what education and prevention resources are available to us to manage stress.

Dec 5, 2017, 5-6:30pm: A patient-centered comprehensive healthcare team

Introduction: The most important person in a healthcare team is the patient. This discussion will focus on the patient as the core of a comprehensive approach to healthcare. Learn how crucial communication is for driving excellence in care and how essential it is to interactions with your healthcare team.

March 8, 2018, 5-6:30pm: Is this just a phase? Supporting the Journey from Childhood to Adulthood

Introduction: All parents can relate to the many changes their kids go through as they grow up. This session will help parents and health professionals make the best choices for children as they transition from childhood to adulthood. The discussion will cover a variety of health topics, including behavior, mental health, special needs and disabilities. We will identify respective resource services to support and encourage healthy and productive adulthood years.

April 26, 2018, 5-6:30pm: From stable to flourishing, redefining "good health"

Introduction: Leaders in the health and prevention field will peel away the myths of "good health" and go through the essentials and importance of clinical practice guidelines.

July 12, 2018, 5-6:30pm: Lessons learned: A disastrous day of a patient

Introduction: As a patient, you always expect quality, compassionate, comprehensive, culturally competent and convenient care. In reality, it does not always happen. This dynamic discussion will display a variety of healthcare settings from the lens of a patient. Patients, caregivers and providers will learn how to enhance the patient experience, and to prepare and advocate for better healthcare!

Register at:

www.udel.edu/004156