

York Hospital and the Kittery Adult Education Department are happy to present three FREE community lectures on staying healthy. Join us for one or more of these informative, free lectures. Registration is required.

**Pelvic & Bladder Health - Improving incontinence and pain
Tuesday, March 3 at 6pm**

Looking for more information on incontinence or pelvic pain? Join York Hospital Urologist David Poplawski, MD and Physical Therapist Laurie Knox, PT for an evening of straight talk on the causes and treatment options for incontinence and pelvic floor disorders.

**Colon Health
Wednesday, March 11 at 6pm**

Join York Hospital Oncologist Dr. Barrett Newsome and certified oncology nurse Julie Davis, RN, BSN to learn about colon health, preventative screenings and treatment.

**Breast Health
Monday, March 23 at 6pm**

Find out what is new on the breast cancer and prevention front. Surgeon Nina Edwards, MD and Physical Therapist Elisa Fraser, PT will present information on screenings, treatments and the role of exercise in the management and prevention of breast cancer.

To sign up for these lectures, please contact the Kittery Adult Education Department at 207-439-5896 or visit www.kitteryschools.org.