



# DINING AT DUSK

*at Delaware County Memorial Hospital*



At Delaware County Memorial Hospital, we believe it takes a bold vision and unwavering commitment to make a real difference in our community – and we are up for the challenge.

**We're thrilled to announce we are bringing back our Dining at Dusk health education seminars in 2020.** Whether it be controlling high blood pressure, managing diabetes, eye care, sleep disorders, Alzheimer's disease, Degenerative Joint Disease (DJD), Chronic Obstructive Pulmonary Disease (COPD), or understanding your risk for cancer -- we're there to help our citizens be better educated about their health and get screened and tested for various medical conditions so that they are empowered to live healthier, more fulfilling lives.

Our Dining at Dusk program is presented by Crozer-Keystone's Senior Health Services Department. In addition to being good for your mind, energy, and appetite, Dining at Dusk is a fabulous way to socialize, meet new people, and make new friends.

**As Delaware County's leading health care provider and largest employer, we work in partnership with our local neighborhoods to build and support a healthy, empowered, socially cohesive, and revitalized community.**

We hope you will join us at one of our upcoming seminars. Below are details for our April event titled "*Skin Cancer Prevention*" presented by **John David Sprandio Jr., M.D.** A full list of 2020 events can be found on the backside of this flyer.

On behalf of our leadership and staff, thank you for supporting our bold vision and unwavering commitment to make Delaware County Memorial Hospital the foundation of a healthy future for our community.

**Patrick Kerrwood**  
President  
Delaware County Memorial Hospital

## *Skin Cancer Prevention and Screenings*

**Presented by John David Sprandio Jr., M.D.**

**WEDNESDAY**  
**APRIL 15, 2020**  
**4:30 TO 6 P.M.**

**Meal cost is \$6.00 and includes:**  
**Teriyaki Beef with Broccoli Rabe**  
**and Potato Wedges, Dessert,**  
**and a Fountain Drink.**

**DELAWARE COUNTY**  
**MEMORIAL HOSPITAL**  
**IN THE CAFETERIA**  
501 N LANSDOWNE AVE, DREXEL HILL

For more information or to register, please call **1-800-CK-HEALTH (1-800-254-3258)** or visit **www.crozerkeystone.org** and select "Calendar."

# DINING AT DUSK 2020 SCHEDULE

Wednesday, February 19, 2020	Heart Health
Wednesday, April 15, 2020	Skin Cancer Prevention & Screenings
Wednesday, June 17, 2020	Healthcare Decisions
Wednesday, August 19, 2020	Cancer: Signs & Symptoms
Wednesday, October 21, 2020	Medicare Maze
Wednesday, December 16, 2020	Holiday Blues

**Dining at Dusk is hosted in the  
cafeteria at Delaware County Memorial Hospital.**

**There is no charge to attend the lecture, and parking is included!**  
However, there is a \$6.00 meal charge, payable at the event.

**Registration is required.**

For more information, please call 1-800-254-3258.

**Register early - space is limited!**

To be added or removed from our mailing list,  
please contact Margaret Stevens at (610) 338-2721.