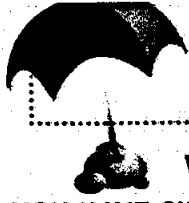


JULY 2008



**LECTURE**

**WET HANDSHAKE?**

**DO YOU HAVE SWEATY PALMS OR FEET?**  
 Have you ever felt embarrassed to shake or hold someone's hand? Your palms, feet or underarms sweat excessively or you have facial blushing?

If so, you could suffer from a condition known as Hyperhidrosis (the medical term for excessive or uncontrollable sweating). Sweaty or wet hands can be embarrassing and significantly impact your quality of life. Women and men of every age and race may suffer from Hyperhidrosis.

Wet hands can sometimes be brought-on by stress, emotion or exercise, but can also occur spontaneously.

Plan to join **Gordon Katske, M.D.** at this free lecture as he discusses some of the newest treatments available today.

Refreshments Served.

Reservations are recommended, 1-888-257-5476

**Thursday, July 24th, at 5:30 PM**

Hospital Conference Center



**CLASSES**

**OSTEOPOROSIS CLASS**

Come to an informative class to learn more about this "silent disease." Sessions begin each month and consist of a total of 4 classes. Each class includes information about osteoporosis/osteopenia as well as exercises designed specifically for this condition.

Class size is limited to 6 participants per month.

Fee \$40.00 per month

Call 408.866.4059 to register

Tuesdays at 11:30 am

Physical Performance Institute

555 Knowles Drive, Suite 100 Los Gatos

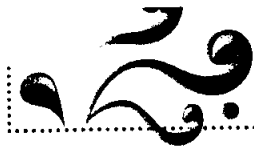
**IF YOU'RE EXPECTING...**

Growing Expectations classes are available: Early Pregnancy, Childbirth Preparation, Basic Baby Care, Breast-feeding, Sibling Preparation, Infant/Child CPR, Infant Massage Basic First Aid, Prenatal Yoga/ Pilates and Postnatal Yoga/Pilates.

**Call to schedule your free tour of the Family Birth Place or for more information about class dates, times & fees at**

**888.257.5476**

*All lectures and support groups are FREE (unless otherwise noted) and are offered to our community members to help support your good mental and physical health.*



**SUPPORT GROUPS**

**BREAST-FEEDING SUPPORT**

Meets every Thursday  
 2:30 pm - Hospital Conference Center

**NEW MOMS SUPPORT**

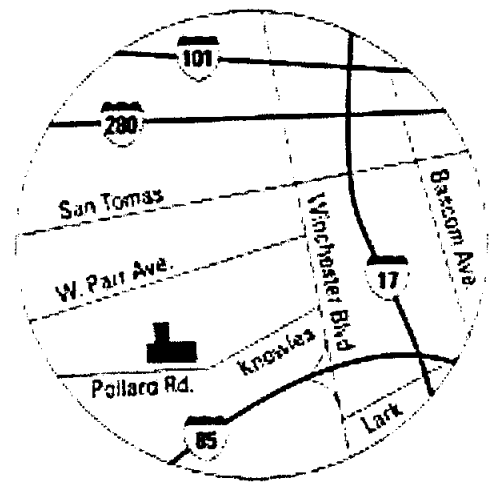
Meets every Wednesday  
 9:30 am - Hospital Conference Center

**STROKE EDUCATION/CLASS**

Meets 1st and 3rd Wednesdays  
 4:00 pm - Rehabilitation Center Conference Room  
 355 Dardanelli Lane, Los Gatos

**STROKE CARE GIVERS & SURVIVORS SUPPORT**

Meets 2nd Tuesday of each month  
 3:00 pm - Rehabilitation Center Conference Room  
 355 Dardanelli Lane, Los Gatos



**COMMUNITY HOSPITAL OF LOS GATOS**

815 Pollard Road  
 Los Gatos, CA 95032  
[www.communityhospitalLG.com](http://www.communityhospitalLG.com)

For more information about a lecture, class or support, please call:

**1 (888) 257-5476**

PLEASE PRE-REGISTER FOR ALL LECTURES & CLASSES.  
 or click link to register online:

► [COMMUNITYHOSPITALLG.COM](http://COMMUNITYHOSPITALLG.COM)