

INhealth

HEALTH AND WELLNESS MADE PERSONAL

Spring/Summer 2019

Inova teams provide medical care in **THE PHILIPPINES** 2

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*choices,
choices*

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The Best Around

One of Inova's core values is Excellence. What better way to demonstrate that

value than by earning Joint Commission Center of Excellence designations? Both Inova Fair Oaks and Loudoun hospitals have achieved these distinctions, which set us apart from other hospitals in the region. Learn more on pages 6-7.

We strive for excellence in other ways. As you'll see in the special Foundation section on pages 8-11, Inova and the community are involved in supporting key health-care programs, from Inova Schar Cancer Institute, to initiatives that help us provide world-class care each and every day. We look forward to rallying team members behind an important health and wellness-related philanthropy project for 2019. Stay tuned.

DON BRIDEAU, MD
President
Inova Fair Oaks Hospital

MORE ONLINE

Interested in learning more from the *INhealth* newsletter?

Visit inovanewsroom.org to read additional stories, as well as view videos and podcasts pertaining to hospital news, programs, treatments and cutting-edge research.

Missions Acc

Medical trips to the Philippines yield positive results



Inova has completed two medical mission trips to the Philippines. Above and right are members of the February 2019 team.



Making Progress

Inova Loudoun Hospital's tower nearing completion

Construction is ongoing for Inova Loudoun Hospital's (ILH) Master Plan expansion project. Here's what's new:

Patient Tower: Construction of the 382,000-square-foot tower at ILH is approximately 70% complete. The tower will feature all-private patient rooms; new progressive care, oncology and post-surgical units; a new labor, delivery and postpartum unit with an expanded NICU; hospital and outpatient labs; and a new main entrance, gift shop, lobby and cafe. The tower for inpatient and ambulatory care will open in 2020.

Radiology Oncology Center: The new linear accelerator (LINAC) project will be completed in October 2019. LINAC machines are used in radiation therapy for cancer treatment. The upgraded technology will allow for a more precise delivery of external beam radiation therapy. The project will be completed in October 2019.

ER Lobby: The Inova Virts Miller Family Emergency and Trauma Center is in the final stages of its renovation with phase 3 of the lobby construction nearing completion. Connections within the front vestibule are still being finished, with construction to be completed in July 2019.

omplished

Here in the United States, we can take access to quality healthcare for granted. In that spirit, Inova medical staff recently completed two mission trips to the Philippines, where healthcare for low-income residents is often inadequate.

In 2018 and early 2019, the two teams of Inova specialists set up medical clinics with local doctors and performed dozens of surgeries. “Since I’m from Lipa, Philippines, I thought organizing a medical mission trip and providing vital medical care would be a great way to help people,” says Gerry Alcantara, CRNA at Inova, who spearheaded both missions.

Prior to the trip in 2018, he contacted the mayor and hospital administration in Lipa, who graciously accepted his request to stage the mission there. “We paid for our own airfare, and asked friends and family to donate other funds for things like accommodations, food and personal supplies,” Alcantara explains.

For the most recent trip, eight team members from across Inova Fair Oaks (IFOH) and Inova Loudoun (ILH) hospitals participated, with surgeons, anesthesiologists, nurses and surgical techs among those represented. IFOH and ILH also donated medical supplies and equipment for the mission.

More trips are planned, possibly as early as 2021. “The support of the staff members, both from Inova and those in the Philippines, was incredible,” says Chelsea Verdin, RN, of this year’s trip. “Everyone worked together to help make people’s lives better. It was truly inspirational.”

A Winning Combination



Hospitals recognized for care

Inova Fair Oaks (IFOH) and Inova Loudoun (ILH) hospitals continue to receive national recognition for their care efforts, which reflect, among other measures, that patients feel positively about their experiences and safety is sound.

Healthgrades, a leading resource for healthcare information, recently ranked IFOH and ILH among the 250 Best Hospitals in the U.S. IFOH received further designation as one of the 100 Best Hospitals, according to Healthgrades.

Also this year, the Centers for Medicare and Medicaid Services (CMS) released its quality ratings for hospitals nationwide. Both IFOH and ILH received the top designation: five stars. Of the more than 4,500 hospitals evaluated by CMS nationwide, only 337 — or 7% — received five-star ratings.

Learn more about Inova’s awards at inova.org/awards.

Improved Breast Cancer Care

Inova offers new technology to increase ease, speed of mammograms

Getting a mammogram is not the most comfortable experience for women. In addition to the anxiety that it can trigger, the screening itself can cause physical discomfort.

For these reasons, Inova takes steps to update its technology to provide the best possible experience.

Comfortable Equipment: One way the Peterson Family Breast Center at Inova Loudoun Hospital (ILH) recently made the patient experience better is by adding a new SmartCurve™ stabilization system to its 3D mammography equipment. “The new system provides more comfort,” says Crystal Dooms, RT(R)(M), Imaging Clinical Coordinator at the



center. “Instead of the [compression] paddle being square and symmetrical, it’s concave and curved, so the part that goes against the chest mimics the chest’s shape and is more comfortable.”

This minor change demonstrates the commitment that ILH has to providing the best care around, she says. The breast care center at Inova Fair Oaks Hospital (IFOH) also plans to add the SmartCurve technology later this year. “We offer the best technology and a skilled clinical team of experts including fellowship-trained breast imagers,” Dooms says. “We also focus on the little things that make the patient experience better, like offering warm robes.”

Cutting Edge: IFOH has also upgraded its technology recently, adding Genius™ 3D mammography capability. This provides radiologists and surgeons better visualization, creating a clearer picture on which to base diagnoses. Studies show that it detects between 20% and 65% more invasive breast cancer compared to 2D mammography. “The Genius 3D system is more comfortable for women and it’s faster, so not only is the workflow more efficient ... but women also spend less time compressed,” says Stephen Hunt, Director of Diagnostic Imaging, IFOH.

Learn more about Inova’s approach to breast cancer at inova.org/breastcancer.

Healthy *Minds*

Inova provides inpatient and outpatient behavioral health services for all ages in Loudoun and western Fairfax counties

The numbers are staggering; millions of people are affected by mental health conditions annually. According to the Centers for Disease Control and Prevention (CDC), an estimated 50% of all Americans are diagnosed with a mental illness or disorder at some point in their lifetime. Inova understands that access to behavioral health and acute crisis interventional resources are imperative for a community to thrive.

“We’re here for our community every day,” says April Brown, DNP, Senior Director of Emergency, Trauma and Behavioral Health Services at Inova Loudoun Hospital (ILH). “Because Inova provides easy access to multiple mental health and addiction treatment services, they may come to us sooner — enabling us to be proactive instead of reactive.”

Some key behavioral health services for Loudoun County and western Fairfax County residents:

Outpatient Behavioral Health

Inova offers an array of outpatient behavioral health services across Loudoun and western Fairfax counties. These offices accept nearly all commercial health plans as well as Medicaid and Medicare. “We’re one of the few providers in the area that can say this,”

explains Maria C. Hadjiyane, MA, LPC, CSAC, Senior Director of Inova Behavioral Health Adult Ambulatory Services.

Inova Kellar Center: It has been providing pediatric and adolescent outpatient behavioral health services for 25 years. In addition to the facilities in Fairfax, the Inova Kellar Center opened its first location in Loudoun County in 2018. It offers the community a full continuum of



Help for Moms

Whether you have just welcomed your first or fourth baby into the family, there’s a possibility that you may experience feelings of postpartum depression. This condition is loosely defined as having extreme feelings of worry, sadness, high-anxiety or a disconnect to your baby for more than two weeks post-delivery.

If you experience any of these symptoms, there are two things to remember, says Marie Tolliver, BSN, RNC-OB, Women’s Health Navigator, Perinatal Services, Inova Loudoun Hospital (ILH): 1. You’re not alone. 2. You need to seek help.

To ignite the healing process for new moms, Inova Fair Oaks Hospital (IFOH) and ILH host free Postpartum Depression & Anxiety Support Groups, offering a combination of social support and facilitated talk therapy. If further intervention is needed, the facilitator can help.

For new moms seeking general support in a nonjudgmental environment, both hospitals offer free support groups for moms with babies at varying ages.

Postpartum & Depression Anxiety Support Groups:

IFOH: 1st and 3rd Thursdays of each month, 7:30–9 p.m. For more information, email fairoaks@postpartumva.org.

ILH: 1st and 3rd Wednesdays of each month, 11:30 a.m.–1 p.m. For more information, email loudoun@postpartumva.org.

Moms & Babies Support Groups:

IFOH: Wednesdays, 11 a.m.–12:30 p.m.

ILH: Babies 0–4 months, Fridays, 10 a.m.–12 p.m.
Babies 4–8 months, Mondays, 10 a.m.–12 p.m.



outpatient mental health, substance use disorder treatment services and special education programs for children, adolescents and their families.

Behavioral Health Outpatient Center at Fair Oaks: This center, serving people 18 years of age and older, provides four on-site therapists. It provides individual therapy, assessments prior to bariatric surgery, and medication management with a psychiatric nurse practitioner.

Inova Behavioral Health Outpatient Center at Fort Evans Road (Leesburg): Adults have access to individual therapy, medication management and an intensive outpatient addiction program. The Comprehensive Addiction Treatment Services (CATS) program involves three-hour sessions, three times a week for 10 weeks. Coming this summer: a second intensive outpatient program, which will be focused on mental health and mood disorders. This program will also meet three times a week.

Inova Primary Care With Behavioral Health Services: Inova has taken the important step of integrating behavioral health services into several primary care locations, giving patients 18 years and older easier access to a therapist. Here are those locations:


- Ashburn (Filigree Crt)
- Ashburn HealthPlex (Landmark Crt)
- Gainesville
- Centreville
- Dulles South
- Manassas
- *Chantilly

*Services coming late 2019

Abuse and Crisis Intervention

FACT: The Inova Ewing Forensic Assessment and Consultation Team (FACT) serves the unique emotional and physical needs of abused children and adults. FACT provides expert medical evaluation, forensic evidence collection and expert interpretation for victims of intimate partner violence, sexual assault, strangulation and/or child abuse.

In May 2018, Inova Loudoun Hospital opened a FACT department on its Cornwall medical campus in Leesburg. Before its opening, police drove victims from Loudoun to Fairfax. “Opening this location at our Cornwall Medical Campus was one of our proudest moments,” says Brown of ILH.

LAMPS: Located on the Inova Loudoun Cornwall Medical Campus (Leesburg), Loudoun Adult Medical Psychiatric Services (LAMPS) is an inpatient, 22-bed program that serves adults (18+ years of age) who are experiencing an emotional crisis. Services include individual therapy, group therapy and medication management. “Our goal is to help these patients stay safe and transition into wellness,” Brown says. 

If you or a loved one is experiencing a mental health or substance use emergency, please visit the closest emergency room (ER) or contact your county for 24/7 assistance.

- Loudoun County Crisis Intervention Team (CIT) Assessment Center: **703.777.0320**
- Fairfax County Community Services Board (CSB): **703.573.5679**

THE RIGHT CARE

Learn more about Inova’s behavioral health services at inova.org/behavioralhealth.

To make an appointment at an outpatient center, please call **703.289.7560** for adults and **703.218.8500** for children and teens.

Choosing the Best Hospital

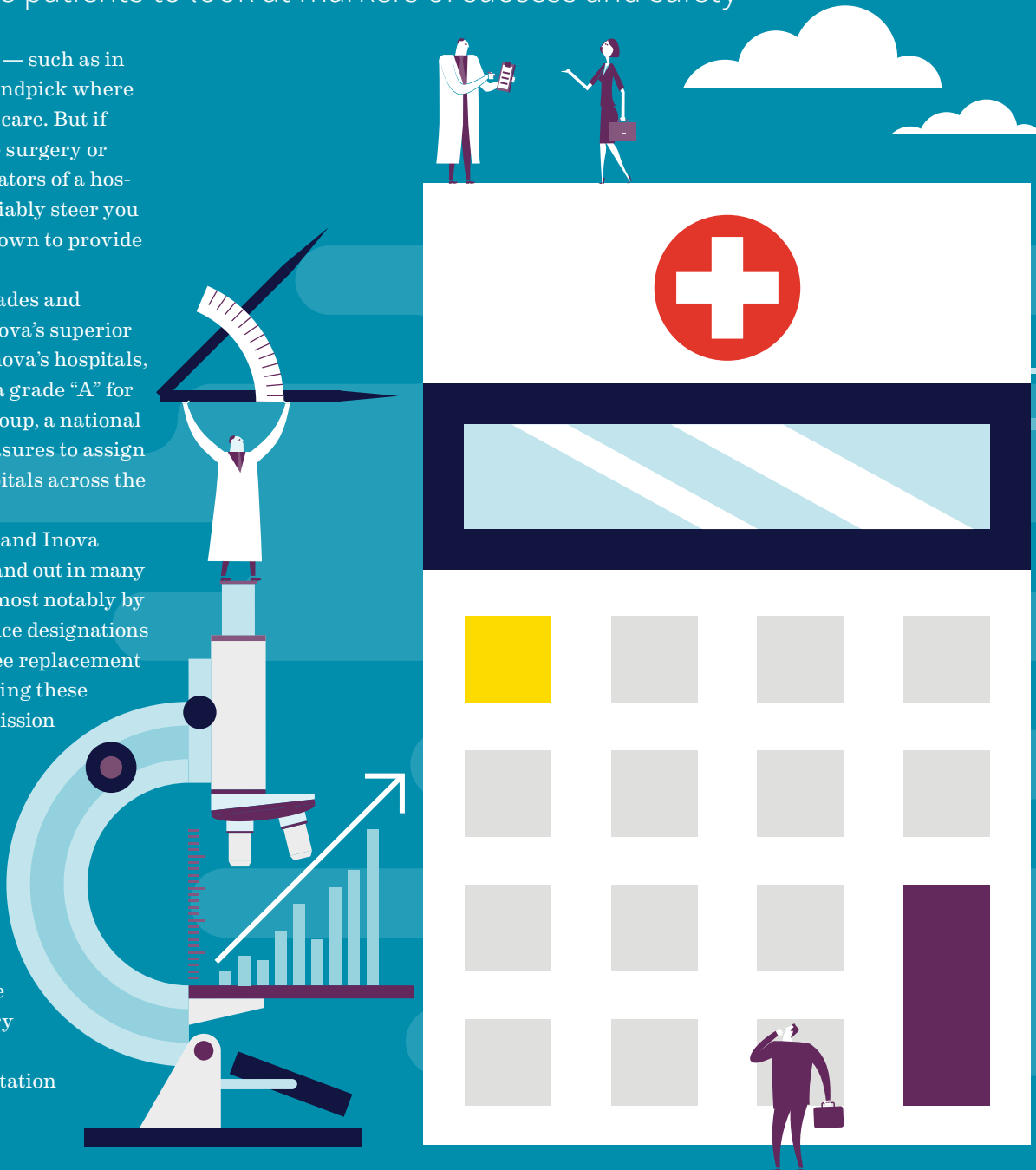
Inova experts urge patients to look at markers of success and safety

It's not always possible — such as in an emergency — to handpick where you'll receive medical care. But if you're undergoing elective surgery or other treatment, key indicators of a hospital's track record can reliably steer you to a place that has been shown to provide the best results.

A bevy of national accolades and accreditations points to Inova's superior patient outcomes. All of Inova's hospitals, for example, have earned a grade "A" for safety by The Leapfrog Group, a national organization using 28 measures to assign grades to about 2,600 hospitals across the United States.

Inova Fair Oaks (IFOH) and Inova Loudoun (ILH) hospitals stand out in many additional ways, perhaps most notably by earning Center of Excellence designations in stroke care, hip and knee replacement and spine surgery. Bestowing these honors is The Joint Commission — the country's oldest and largest standards-setting organization in healthcare — following rigorous evaluations, inspections and interviews.

IFOH is also an accredited Comprehensive Center for bariatric surgery under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®).



“When researching hospitals, be sure to look for Joint Commission-designated Centers of Excellence,” comments Donald Brideau, MD, President of IFOH. “This designation proves that the hospital’s quality and safety outcomes are better. A Center of Excellence is designed to provide the greatest level of care for that service.”

“The designation process is rigorous and thorough,” states Christopher Chiantella, MD, Chief Medical Officer at ILH. “It is confirmation that the programs are providing patients with excellent quality of care.”

Reassuring Evidence

“In addition to patient outcomes, patient instruction and education also contributes to the success of a program,” says Rachna Krishnan, Growth Officer at ILH.

“To become a Joint Commission Center of Excellence, the hospital often has additional requirements,”

Krishnan explains. “Patient education both before and after surgery is imperative so they know what to expect and can take better care to help themselves heal and recover. This ultimately leads to better outcomes.”

Community members — particularly those planning to undergo elective surgery — can use a Center of Excellence or other national achievement to help with their decision-making when shopping for the best hospital for them. Chris Silveri, MD, Co-Chair of Inova Spine Institute at

IFOH, advises prospective patients to look critically at any facility describing itself as a spine center.

“We haven’t just named our spine program as part of a spine Center of Excellence. We’ve been able to prove to The Joint Commission that we have, in fact, achieved the level of excellence in cervical and lumbar spine surgery,” he says. “IFOH is the only hospital in the area to have 10 years of continuous, successful designations by the Joint Commission for this.”

Dr. Silveri’s colleague, Donald Hope, MD, also Co-Chair of the Inova Spine Institute, said patients can gain reassurance from such a national honor.

“Certainly, a Center of Excellence is really a report card or a certification based on a proven process that has been shown to work,” Dr. Hope says. “It’s considerably safer for patients to have procedures at a hospital that has received these awards.”

Proactive Patients Are Key

When choosing a hospital, patients have two options. They can first choose a doctor to perform their procedure and then ask where that doctor performs surgeries, or they can first choose the hospital for their procedure and then select a doctor that performs their procedures there. Patients have the right to request a specific facility for their surgery, since many doctors have privileges at multiple hospitals. It is also important to speak with your insurance company to determine your medical coverage for a specific doctor or facility.

“It’s most important that the patient is an active participant in the process,” Dr. Chiantella says. “If you’re having an elective procedure, make sure you’re heavily engaged in your own care and that you have a great support system.”

Questions to Ask Your Doctor Before Surgery

When shopping for a surgeon, it’s especially crucial to determine their expertise and safety record. Inova doctors suggest asking the following:

- How many of these surgeries have you performed over the past year? Past five years? Look for a surgeon who handles a high volume of the same procedure.
- What are your complication rates for this surgery? What are the most frequent complications your surgical patients experience?
- What can I expect as my outcome? How do you envision my recovery?
- Where do you perform your surgeries?



Personalized Cancer Care *for the Comm*

Inova Schar Cancer Institute offers the best in clinical and holistic care



As Inova Schar Cancer Institute (Inova Schar) has evolved over the years, one idea has remained the same: the patient is at the center of care. Now a state-of-the-art 430,000-square-foot facility, a department of Inova Fairfax Hospital, Inova Schar is the flagship of a multisite cancer program. From nationally renowned specialists, genetic counselors and emotional support services to groundbreaking research, Inova Schar offers patient-designed amenities on-site, such as local art displays, spa services and a café focused on health. “No one else in the metro DC area offers anything close to this level of holistic care,” notes John Deeken, MD, President, Inova Schar.

In fact, adds Thomas Graves, Vice President, Inova Schar, it’s a model of cancer care that is usually only available at prominent teaching hospitals

in the United States. “Unlike traditional community medical centers, this model brings nationally renowned specialists, surgeons, genetic counselors and leading researchers to the patient — all under one roof,” he says.

Graves points out that Inova Schar is the hub of an integrated care network, with locations across Northern Virginia offering the same standard of expertise.

Innovation Matters

Innovative treatments and technology underlie Inova Schar’s patient-centered approach to cancer care. Here are just a few examples:

- Inova Schar is a center for the APOLLO program, a research arm of the National Institutes of Health’s Cancer Moonshot, which strives to profile tumors using proteogenomics, the next level of analysis for precision oncology.

- Inova Schar is one of the sites for the groundbreaking TAPUR trial being conducted by the American Society of Clinical Oncology, applying targeted therapies across tumor types to patients in need of treatment options.
- The Molecular Tumor Board gives patients with advanced cancers personalized treatment plans.
- The Cancer Genetics Program serves individuals concerned about personal and family history.

Care Down to a Science

The ultimate objective of this research is to provide the most well-rounded clinical care. “It’s our goal to provide the same academic level of care that patients receive at only the best cancer centers in the country,” notes Gopal Bajaj, MD, MBA, Chairman and Medical Director of the Center for Advanced

unity




Radiation Oncology and Proton Therapy at Inova Schar. “Working backward from that, we asked ourselves, ‘When a patient

comes through our door, how can we provide the broadest spectrum of care possible — from treating the disease to treating the person?’”

Inova Schar delivers on that promise through an integrated team of specialists who include patient coordinators and nurse navigators. One of the cornerstones of Inova Schar is Life with Cancer®, a nationally recognized program offering educational and emotional support. With services located at every Inova Schar location, Life with Cancer offers wellness and exercise programs, seminars, individual and family counseling, and nurse navigation. These services are available to anyone

Inova cancer survivors and families, community leaders, donors and Inova leaders gather in April to dedicate Inova Schar Cancer Institute (Inova Schar), a department of Inova Fairfax Hospital. Inova Schar opened for patients in May.

affected by cancer, regardless of where the patient is being treated, at no cost. Based on an evidence-based, integrative approach, certified oncology nurses and licensed clinical therapists provide support throughout the continuum of care.

Life with Cancer’s clinical and emotional resources are centralized at Inova Schar. “Our nurse navigators see patients as individuals and bring together all of the support each patient needs,” says Shairna Bluesteen, Oncology Nurse Navigator, Life with Cancer. 

A DESTINATION FOR CANCER CARE
Get more information at inova.org/cancer.

Valued Partnerships

Located on the 117-acre Inova Center for Personalized Health campus, the \$270 million Inova Schar Cancer Center facility was made possible through a \$50 million lead gift from Dwight and Martha Schar — as well as contributions from countless members of the Inova community.

Every gift matters in the creation and advancement of this unparalleled, state-of-the-art cancer care destination. Philanthropic support makes training, education, recruitment of physicians and other activities possible. Philanthropy is the lifeblood of two Inova programs in particular. Some 70% of Life with Cancer®, which provides ongoing education and emotional support along with hundreds of wellness and survivorship classes to cancer patients, is philanthropically supported. Arts in Healing is 100% philanthropically supported.

“These two programs in combination are unique in the United States,” says Sage Bolte, PhD, Chief Philanthropy Officer and President, Inova Health Foundation. “Generous donations have allowed us to create a holistic healing environment for our patients, family members and caregivers.”

To learn more and/or make a donation, visit inovacancer.org/donate.

Art in Action




(Above left) Lisa Ellis, artist and loyal donor to Inova Fair Oaks Hospital, stands by her quilt, Castor Bean, part of the “Healing Quilts in Medicine” exhibit and (above right) Sandi Croan, photographer, donor and grateful patient, with one of her photos, Morning Glory.

Arts and Healing program makes a difference for cancer patients at Inova

The Arts and Healing program at Inova Schar Cancer Institute (Inova Schar) promotes the healing power of the environment on those affected by cancer, both through art installations and clinical applications. Thoughtfully selected original art can be much more than a simple distraction; it is a source of healing inspiration and hope to those facing life-changing illness. The healing arts initiative began at Inova Schar at Fair Oaks, thanks to the generous philanthropic support of Lisa and Michael Ellis and Sandi and Jerry Croan.

The goal of the Arts and Healing program is to minimize suffering and restore well-being by providing an environment that promotes healing and wellness. Art in its many forms supports those in treatment and recovery, as well as their loved ones. The Fair Oaks program is a hallmark of the flagship Inova Schar, a

department of Inova Fairfax Hospital, which opened on May 13.

This innovative program has a robust permanent art collection and ongoing exhibition along with an Artist in Residence program to provide art expression throughout the facility. Together with Life with Cancer®’s Integrative Oncology program, focused on art therapy, acupuncture, nutrition, mind-body techniques and support groups, these programs truly focus on whole-person wellness for individuals, families, loved ones and the community. They reinforce Inova Schar’s core mission to provide patient-centered care and inspire and encourage all those who come through its doors. 



Inova Fair Oaks Hospital’s Auxiliary offers support to many programs including Life with Cancer, which provides the Integrative Oncology and Arts and Healing programs.

Unmatched Support

Support from the Inova Fair Oaks Hospital (IFOH) Auxiliary is the foundation of philanthropic efforts. Most recently, funding from the IFOH Auxiliary allowed the Life with Cancer® program to continue providing Integrative Oncology and Arts and Healing programs to patients. Auxiliary members are always working on ways to improve the hospital. Recently, they played a large role in bringing the latest 3D mammography equipment to IFOH, making it a more comprehensive source of care for members of our community. “The Auxiliary has been very generous to the hospital and radiology for the past several years, and they’re amazing in their sense of commitment,” notes Stephen Hunt, Director of Diagnostic Imaging at IFOH.

Loudoun Rising Continues to Soar

'Mini' campaigns raise over \$120,000



Left: Inova Loudoun Hospital President Deborah Addo and Medical Staff President Jill McCabe, MD, with a souvenir brick. Above: Loudoun Rising Topgolf Tournament Presenting Sponsor DPR Construction.

The Inova Loudoun Hospital (ILH) Foundation has raised nearly \$17.9 million toward its goal of \$20 million in the Loudoun Rising Campaign, which wraps up in December 2019.

The following events helped nudge up the total: the inaugural Loudoun Rising Topgolf Tournament presented by DPR Construction and HDR, held on April 4, brought together ILH's design and construction partners in a fun day of networking that raised \$64,000.

ILH also concluded its Loudoun Rising Brick Campaign, which raised more than \$60,000 from

employees, board members and other community supporters. Donors to the campaign receive customized bricks, which will be placed at the front entrance of the new patient tower scheduled to open on the ILH campus in Spring 2020. All funds raised from the Brick Campaign will support ILH's Patient Assistance Fund. [📌](#)

Leave It to the Professionals

Foundation continues support of Inova Loudoun Hospital professional development



Inova Loudoun Hospital (ILH) was grateful to be a beneficiary of the Claude Moore Charitable Foundation, which donated \$105,000 to support the creation of a Clinical Technician Residency Program. This is a multifaceted professional development pilot program modeled after Inova's Nursing Residency Program that will provide ILH clinical technicians with training, career guidance and mentoring. Clinical technicians serve an essential role within the hospital, providing direct care to patients across every unit. ILH is incredibly grateful to the Claude Moore Charitable Foundation for its longtime partnership and support. [📌](#)

2019 Ladies Board Rummage Sale

Upcoming donation days

Donations will be accepted at both Inova Loudoun Hospital campuses (44045 Riverside Parkway and 224 Cornwall Street)

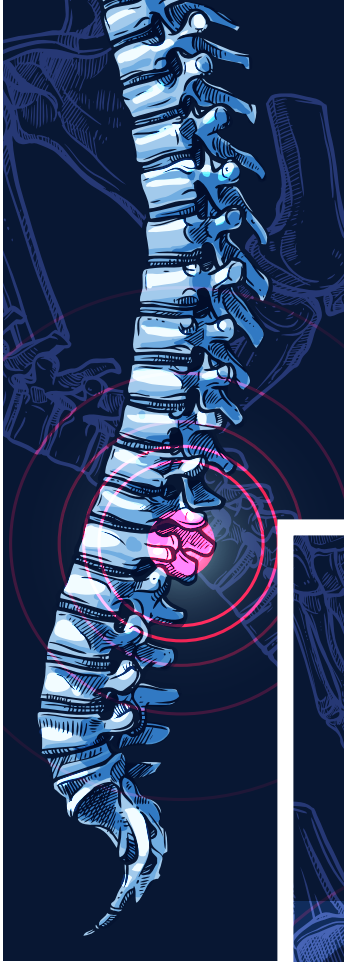
Saturday, Sept. 7
9 a.m.-1 p.m.

Saturday, Sept. 28
9 a.m.-1 p.m.

For more information, call **703.771.2985** or email RummageLadies@gmail.com.

All the Ask the Expert lectures are FREE. Please visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

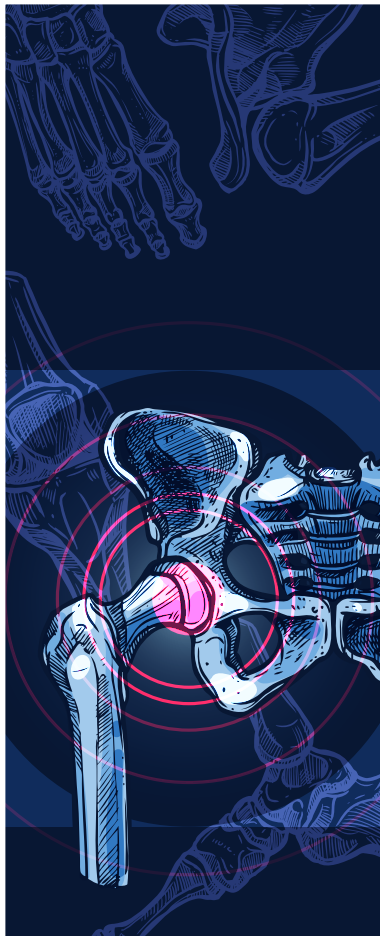
ask THE EXPERT



Joint and Spine

MAKOplasty® Total Hip & Knee Replacements: Meet the Robot

Nauman Akhtar, MD
Wednesday, Aug. 28, 6 p.m.
Inova Loudoun Hospital
Physician Office Building
44055 Riverside Parkway,
Suite 110
Leesburg, VA



Men's Health

Prostate Health — What You Need to Know

Inova Physician Panel
Thursday, June 27, 6 p.m.
Inova Alexandria Hospital
Auditorium
4320 Seminary Road
Alexandria, VA

Heart and Vascular

Living With Afib

Haroon Rashid, MD
Wednesday, Sept. 4, 6 p.m.
Inova Fairfax Medical
Campus
*Physicians Conference
Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar

Managing Heart Disease Risk Factors

Behnam Tehrani, MD
Wednesday, Oct. 2, 6 p.m.
Inova Fairfax Medical
Campus
*Physicians Conference
Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar



Events

Zero Prostate Cancer Run/Walk

Saturday, June 15, 8:15 a.m.
Pentagon Row Courtyard
1101 S. Joyce St.
Arlington, VA

zeroprostatecancerrun.org/dc

Reality Check: Young Driver and Parent Education

Saturday, July 13, or Saturday, Sept. 14
10 a.m.–1:30 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA

inova.org/realitycheck

Fall Prevention Day

Friday, Sept. 20
10 a.m.–3 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA