



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMING OUT OF COVID SAFELY

## Current, Immediate & Future with COVID-19 YMCA OF GREATER DES MOINES & SAVE YOUR BRAIN

Offered in partnership with Broadlawns Medical Center, join us for this free virtual program as we cover what's currently happening with the COVID-19 pandemic.

Coordinated by Dr. Patricia Quinlisk, this free series will be presented three Mondays in March from 1-2 p.m. After a short presentation, the rest of the time will be devoted to answering your questions.

- **March 15 — The Present - Vaccines, Masks and More**  
What kind of vaccines are there, which should I get, what about side effects?  
**Presented by Yogesh Shah, MD, Chief Medical Office, Broadlawns Medical Center**
- **March 22 — Soon - Going Back to Normal Activities**  
When can we go to restaurants, gyms, get back together with family, friends?  
**Presented by Thomas Benzoni, DO, Emergency Medicine, Methodist Hospital**
- **March 29 — The Future - When Will Things Get Back to Normal?**  
When will things be normal? When can I stop wearing masks? Will I need more vaccines?  
**Presented by Patricia Quinlisk, MD, State Epidemiologist Emeritus - Iowa**

**WHEN:** Mondays, March 15, 22 and 29  
**TIME:** 1-2 p.m.  
**LOCATION:** ZOOM VIRTUAL WEBINAR  
Join us for free by registering at  
<http://bit.ly/covidspring2021>

