

EduCare Calendar April-May-June 2004

Seating for our EduCare programs is limited. Please pre-register by calling 923-9771 or online at www.hhc.org/educare. Classes may be cancelled due to lack of registered participants. All programs are free unless a cost is noted.

GENERAL HEALTH & WELLNESS

Walk for Wellness
Need to exercise? Like to set your own schedule? We have the program you are looking for!
What: Houston Healthcare - sponsored Walking program
Where: Sign up at Houston Health Pavilion EduCare Center
When: Anytime! Call 923-9771 to make an appointment to sign up and get your first fitness evaluation.

Cost: \$25 per person
Monthly evaluations including blood pressure, weight, blood sugar (if diabetic) performed by a registered nurse. Participants will also receive a walking logbook. Walking is done on your own. Incentive awards will be given after completing 100 miles, 500 miles 1000 miles, etc.

Smoking Cessation
A free four-session course to help you quit smoking.
Thursdays, May 6, 13, 20, 27
6 - 7:30 pm
Houston Health Pavilion EduCare Center

Hypertension Self-Management
Have a high blood pressure? Hypertension Self-Management is a comprehensive course to equip you with all the skills and knowledge you need to control your hypertension. This course is comprised of six sessions taught on a weekly basis. At each weekly session a specific topic will be discussed, educational materials, blood pressure and weight screenings will be offered. Please call 923-9771 to pre-register.
Tuesdays, April 6, May 4, June 1
4 - 5 pm
Houston Health Pavilion EduCare Center

Walk-A-Weigh
Group support for weight loss and maintenance. Through this eight-week weight control program participants will change their eating and activity patterns leading to permanent weight control. Participants will also learn to eat foods with less sugar, fat and sodium (salt). Your doctor's permission is required because exercise (walking) is included in each class. Class size is limited. Call 923-9771 to pre-register.
Thursdays, April 15 through June 3
6 - 7 pm
Houston Health Pavilion EduCare Center
Cost: \$40 (Must be paid in advance.)

Critical Conditions Program
In an age when more Americans fear the process of dying than death itself, the citizens of Houston County are set to be the beneficiaries of improvements in health care at the end of life. Houston Healthcare, in a joint effort with Georgia Health Decisions, is sponsoring CRITICAL Conditions SM, a program to educate and engage the citizens of Houston in planning for health care at the end of life. To learn more about this program and to receive a copy of the legal document that combines durable medical power of attorney and the living will, call 923-9771 to pre-register.
Wednesdays, June 23
2 - 3 pm
Houston Health Pavilion EduCare Center

Epilepsy STEPS
Strategies for Treatment-resistant Epilepsy Patients
A neurology nurse educator will present a free program on how seizures cause epilepsy, how to identify the different types of seizures, what treatment options are available, what options there are when drug therapy fails, and how to obtain resources in the community. Call 923-9771 to pre-register
Thursday, April 29
7 pm
Houston Health Pavilion EduCare Center

American Cancer Society Relay For Life
Friday, May 14 at 7pm til Saturday, May 15 til 10 am
Georgia National Fairgrounds and AgriCenter
Contact Carol Hayes, Co-Chair at 988-1627 for more information.

SENIORCARE Perry SeniorCare
Join us for a special program for senior adults. Each Friday includes an exercise class featuring strength and flexibility stretching, followed by a healthy lunch and guest speaker. Call 923-9771 to make a reservation.
Every Friday
10 am
Rozar Park - Perry
Cost: \$5 (includes lunch)

Warner Robins SeniorCare
Each Thursday 'strength and flexibility stretching' exercise is led by a certified instructor. Once a month (usually the third Thursday) a mini-check is provided focusing on required annual checks for senior adults such as vision, dental and/or hearing tests. Call 923-9771 to make a reservation.
Every Tuesday and Thursday
9 am
YMCA (corner of HWY 96 and Moody Road- 922-2566)

Blood Pressure Checks for Senior Adults
Tuesdays, April 27, May 25, June 22
9 - 10 am
Recreation Department - Warner Robins Wellston Senior Citizens Center

Thursdays, April 22, May 27, June 24
8:30 - 9:30 am
Ted Wright Park - Warner Robins

Thursdays, April 15, May 20, June 17
9 am
New Centerville City Hall

Senior Excursion on the SAM Shortline Train
Hop aboard for an exciting tour through scenic countryside and historic towns! You will enjoy a mix of romantic yesteryear with the excitement of today's south. Lunch buffet at Mom's Kitchen in Plains, Georgia, included. Call 923-9771 to pre-register
Thursdays, April 15
9 am charter bus leaves Perry's Rozar Park
Cost: \$40 per person

PHYSICIAN FACTS Managing Everyday Stress
Dr. Richard Ellis, Psychiatrist, will discuss how to manage everyday stress. Stress can make you physically and mentally sick. If you are a diabetic, it also raises your blood sugar as well as your blood pressure. Don't miss this informative talk. Call 923-9771 to pre-register.
Thursdays, April 8
7 pm
Houston Health Pavilion EduCare Center

Do You Need A Gastroenterologist?
Gastroenterologists are medical specialists with extensive training in diseases of the digestive tract, equipped to answer your questions, perform tests in making a diagnosis and to prescribe the best course of treatment to help you feel better. Come meet Dr. Fred Oni, Gastroenterologist, and have your questions ready.
Tuesday, June 22
12 noon
Perry Hospital Medical Library

Skin Lesions
Skin lesions can range from cosmetically unwanted blemishes and dark spots to malignant conditions that can be life threatening if left untreated. Dr. Charles Mann, General Surgeon, will discuss this occurrence in both young and old and various treatment options.
Wednesday, May 5
12 noon
Perry Hospital Medical Library

New Laser Treatments
Summertime is coming. Do you have spider veins that keep you from wearing shorts or bathing suits? Men, do you have problems with shaving bumps or a hairy back? Join us as Dr. H.V. Cabasares tells us how his FDA approved Laserscope laser can take care of any one of these problems. He offers elimination of spider veins, permanent hair removal and skin procedures. You can have a treatment during your lunch hour and for as little as 15 minutes, begin transforming into the new you. Call 923-9771 to pre-register
Tuesday, April 20
7 pm
Houston Health Pavilion EduCare Center

HEALTH FAIRS & SCREENINGS Robins Air Force Base Health Fair
This health fair is open to the community. Health and wellness information will be available. Call 327-8480 for more information.
Tuesday & Wednesday, May 25 & May 26
8 am - 4 pm Tuesday & 8 am - 3 pm Wednesday
Museum of Aviation, Century of Flight Hanger
Cost: \$5 per person, covers cholesterol and glucose screenings. Blood pressure, pulse rate and oxygen saturation will be free of charge.

FREE PVD SCREENINGS
Thursday, June 3
10 am - 3 pm
Health Connections
Cardiac Rehab Center
Leg pain while exercising may not be due to overexertion, feeling tired, or merely a sign of old age. These symptoms may be due to peripheral vascular disease (PVD). You must have an appointment. Call to 923-9771 to schedule your appointment.

COMMUNITY CPR American Heart Association CPR
Learn how to recognize a heart attack and how to perform CPR and the choking maneuver. All participants will receive the American Heart Course C Certification. Class size is limited. Pre-registration is required by calling 923-9771.
Saturdays, April 24, May 22, June 5
9 am - 1 pm
Houston Health Pavilion EduCare Center
Cost: \$25

Re-certification for American Heart Association CPR Course C
Is it time to renew your CPR card? With current CPR card you can re-certify for Omega class time.
Saturdays, April 24, May 22, June 5
1 pm
Houston Health Pavilion EduCare Center
Cost: \$ 25

ACCIDENT PREVENTION 55 Alive
A comprehensive driving course designed to update drivers aged 50 and over on the knowledge and skills of driving. Upon course completion, participants are eligible for a 10% discount on auto insurance. Pre-registration is required by calling Phil Baker at (478) 922-4680.
Mondays & Tuesdays, May 10 and 11
5 - 9 pm
Houston Health Pavilion EduCare Center
Cost: \$10

Thursdays & Fridays, April 29 and 30
1 - 5 pm
Perry Hospital Cafeteria
Cost: \$10

DIET INSTRUCTION FOR SPECIAL DIETS
Taught by Sandra Brenner, Ph.D., clinical dietitian, this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 to pre-register. Please state type of diet when registering.
Tuesdays, April 13, May 11, June 8
9 am - 1:30 pm
Houston Health Pavilion EduCare Center

Fridays, April 9, May 14, June 11
11:30 am - 1 pm
Houston Health Pavilion EduCare Center

DIABETES MANAGEMENT Diabetes Diet Instruction
This class, taught by Sandra Brenner, Ph.D., clinical dietitian, is for individuals with diabetes who need a diet review or people with newly diagnosed diabetes. A physician diet prescription is required. Call 923-9771 to pre-register.
Mondays, April 26, May 24, June 28
6 pm
Houston Health Pavilion EduCare Center

Thursdays, April 8, May 13, June 10
1:30 - 4 pm
Perry Hospital Cafeteria

Fridays, April 2, 9, 16, 23; May 7, 14, 21, 28; June 4, 11, 18, 25
9 - 11:30 am
Houston Health Pavilion EduCare Center

Diabetes "In Control" Course
This American Diabetes Association class is taught by certified diabetes educators. The course will consist of 2 five-hour classes. It's all you need to know to control your diabetes. Attendance to the diabetic diet is a pre-requisite. Physician referral is required. Medicare and most insurance companies accepted. Pre-assessment is also required. For more information and to pre-register call 923-9771.
Tuesdays, May 18 & 25
4 - 9 pm
Houston Health Pavilion EduCare Center

Thursdays, April 8, 15 & June 10, 17
10 am - 3 pm
Houston Health Pavilion EduCare Center

DIABETES EXERCISE PROGRAM
An exercise program specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to diet and medication.
Tuesdays and Thursdays
Between the hours of 8 am and 4 pm.
Health Connections
Call 923-1731 for more information and program fees.

DIABETES DAY-1st ANNUAL DIABETES DAY IN WARNER ROBINS
If you or a loved one has diabetes, this program is for you. An informative day filled with screenings, exhibits, door prizes and giveaways. Information presented by various speakers. Topics include: diabetes burnout, helpful hints in travel/diabetes medication, low carbohydrate diets, exercise and sexual health. Lunch provided for those who pre-register by calling 923-9771.
Wednesday, May 5
8:45 am - 2:15 pm
Wellston Senior Center

MATERNAL/CHILD Childbirth Education
Houston Medical Center offers a series of childbirth education classes. Participants attending all five classes in the series will receive newborn products. The cost is covered by many insurance plans, including Medicaid. Other classes offered include Breastfeeding, Early Pregnancy, Big Brother/Big Sister Sibling. For more information and to pre-register call 923-9771.
****NEW phone service for Hispanic expectant mothers. Call Elisa Martinez-Perez at 923-3760 and leave a message.**

PARISH NURSE PROGRAM
Sponsored by Houston Healthcare this program provides resources for churches to promote a healthy lifestyle. If you are interested in becoming a volunteer nurse for your church, please call EduCare at 923-9771.



923-9771
www.hhc.org

ASTHMA EDUCATION
Asthma education is recognized as a vital part of asthma management. AsthmaCare can help you take charge of your asthma. For more information on this free program, call Vicky Alexander, RN, FNP-C at Educare, 923-9771, Bill Gutman, RRT, at HMC, 922-4281, or Cindy Marshall, RRT, at Perry Hospital, 988-1688.

COOKING CLASSES Celiac Sprue Disease
"No Grain-No Pain, Celiac Disease Awareness" Join Sandra Brenner, PhD, clinical dietitian, and Miss Warner Robins 2004, Ashlie Anderson, for an informative and interesting workshop about Celiac Disease. Ashlie is a diagnosed Celiac patient and will be presenting alongside Dr. Brenner. There will be a cooking demonstration and samples of various gluten-free foods. Call 923-9771 to pre-register.
Wednesday, May 26
11:30am - 1pm
Health Connections
Cost: \$5 per person

Diabetic Carbohydrate Counting
Sandra Brenner, PhD, clinical dietitian, will demonstrate several different dishes for diabetics and explain how to count the carbohydrate content of each dish. Recipes and tasting will be available.
Thursday, June 24
6 pm to 8 pm
Health Connections
\$5 per person
Must pre-register to attend. Call 923-9771.

EDUCATION/SUPPORT GROUPS

Alzheimer's Support Group
For families, caregivers and friends dealing with Alzheimer's disease and related disorders. Sponsored by the Alzheimer's Association - Central Georgia Chapter.
Tuesdays, April 27, May 25 & June 22
7 pm
Health Connections

Arthritis Support & Education
Wednesdays, April 21, May 19 & June 16
10 am
Houston Health Pavilion EduCare Center

Breast Cancer Support & Education
Mondays, April 19, May 17 & June 21
7 pm
Health Connections

Cardiac Support & Education
Join us for lunch and get the latest cardiac information. Pre-registration is required. Call 923-9771 to register.
Monday, May 24
12 Noon
Health Connections

Compassionate Friends
For anyone dealing with the loss of a child.
Thursdays, April 22, May 27 & June 24
7 pm
Houston Health Pavilion EduCare Center

"MOMS"- Moms Of Multiples
Tuesday, April 15
7 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group
Tuesdays, April 13, May 11 & June 8
7 pm
Health Connections

National Alliance for the Mentally Ill Consumers Advocating Recovery through Empowerment
This support group is for anyone diagnosed with a mental illness of any kind. Call 329-8498 for more information.
Mondays, April 5 & 19, May 3 & 17, June 7 & 21
10:30 am - 12 noon
Houston Health Pavilion EduCare Center



Spring 2004

Live Healthy, Feel Better...

Houston Healthcare



www.hhc.org

The new year began, and 2004 seems to be flying by! We're in the midst of spring, and unfortunately for many, our new year's resolutions have already dropped by the wayside. Many of us take the beginning of a new year as a time to resolve to exercise more, eat better, lose weight, quit smoking, schedule a physical, get organized, read more... and on and on. By the end of the first month or the first season of the year, our lives are littered with broken resolutions.

How do we get there? How do we make those resolutions stick? "The key to success," says Dr. Sallyanne Pyle, a psychiatrist on the medical staff of Houston Medical Center, "is to set realistic goals with clear, measurable outcomes. Vague goals, such as 'eating better' or 'losing weight', are unlikely to work. Setting a clear goal—eating 5 vegetables each day or losing 5 pounds during the next three months—encourages us to establish distinct steps to achieve or measure it."

Some health-promoting goals recommended by medical professionals include getting adequate sleep (the majority of Americans are sleep-deprived by an hour or more each night!), regularly exercising, practicing stress management, stopping smoking, and eating a healthy diet.

One out of three Americans have at least occasional difficulty falling asleep or staying asleep. Nearly half of those have regular sleep problems. Some helpful hints to improve your sleep are: go to bed and get up at the same time each day; avoid alcohol, nicotine, and caffeine within a few hours of bed time; don't exercise too late in the day; avoid eating large meals late; go to bed when drowsy. Getting plenty of morning sunlight will help regulate your sleep-wake cycle.

Dr. Pyle notes that many medical problems can cause sleep difficulties. Having asthma,

heartburn, arthritis or other medical conditions under optimal control will enhance sleep. If you are taking medications that have insomnia as a side effect, working with your doctor to make adjustments may reduce or eliminate that problem.

"Recent research has shown that adequate sleep is even more essential for good physical and mental health than we knew," explains Dr. Pyle. "Chronic sleep deprivation can reduce your ability to think, leave you without energy and motivation, and cause you to become more irritable. Inadequate sleep is even correlated with gaining too much weight. Allow enough time to get the sleep your body needs."

A great way to improve one's health and ability to sleep well is exercise, and walking is one of the most enjoyable and convenient forms of exercise. "Walking is an ideal activity because it is inexpensive and can be done just about anywhere: in the woods, on the streets, in a mall or on a treadmill while watching television," says Beth Jones, RNC, Director of Community Education and Services at Houston Healthcare. "By walking just six-tenths of a mile a day, a person can reach a goal of walking four miles a week. By maintaining a daily routine that includes 30 minutes of walking, it is much easier to build up to your goal."

Regular exercise can help reduce one of the most common problems we face in keeping physically and emotionally healthy—STRESS! Even the word carries negative connotations in our world. "Stressed out", repetitive stress injuries, stress fractures... everywhere around us, "stress" is viewed as a negative reaction to bad things. In fact, if we look at a list of stresses, among the top 25 are such life changes as getting married, having an addition to your family or

outstanding personal achievement, as well as such commonly recognized stresses like losing a job, divorce or personal illness. "Stress is a demand upon our mind and body to adapt or change," shares Dr. Pyle. "It is like the string of a kite, holding it up high by providing tension against the air. Too much or too little tension and the kite falls."

As human beings, we welcome the stress if our ability to adapt can handle the demand. The "stress" allows us to accomplish, to achieve and to soar. But, if the demand is too intense or overwhelming, we feel negative stress. This reaction to stress then comes out in physical symptoms... tight muscles, increased blood pressure, racing heart, hormone urges... and emotional reactions such as worry, doubt, low mood or obsessions.

"How we react to negative stress depends upon our personality style," she says. "If we are take-charge types, we might become more rigid and impatient with others. If we are quiet thinker-types, we might get bogged down in the details to the point of inaction. The socializers among us might become too unfocused and procrastinate; the empathizers might find the demands of keeping up with the needs of others is just too overwhelming to contemplate."

It is common to feel "down in the dumps" or "blue" when stress becomes too much for us. However, depression can cause us to feel more stressed and lead to a low mood that does not go away even when the stress eases.

Live Healthy, Feel Better, continued inside





Hospice of Houston County...

to Open Inpatient Unit at Perry Hospital

For the past several years, Hospice of Houston County has been researching the need within the community for services which would be provided through an inpatient hospice and palliative care unit.

"Studies we have conducted as well as feedback from our own experiences in working with families indicate that there is in fact a great need for this type of service," explains **Ginny Street**, Executive Director of **Hospice of Houston County**. "Having an inpatient hospice and palliative care unit in our community will give us the ability to help families tremendously."

The inpatient hospice unit is scheduled to open at Perry Hospital this summer, operating as a service of Hospice of Houston County and occupying the former obstetrical area of the hospital. Services offered will include symptom management such as pain control, acute or chronic symptom management which cannot be feasibly provided in other settings; transition assistance to help families needing a gradual discharge from inpatient hospital care to long-term or assisted living care; caregiver assistance by offering short-term care for families who are suffering from burnout due to excessive or intensive patient care needs; and respite care giving limited periods of rest to hospice families needing a break from caregiving responsibilities.

"An inpatient hospice unit is a great resource, especially for families with high anxiety about providing care at the end of life or the inability to provide that level of care," **Street** says. "Through this arrangement, families can ensure that their loved ones are able to receive direct patient care and skilled nursing. Counseling will also be available for families and patients."

Lora Davis, administrator of **Perry Hospital**, echoes Hospice's belief that this service will be positive for the community. "We believe it's truly a 'win-win' situation for the community, Hospice and Perry Hospital. It certainly gives us the ability



Offering Hope for Healing & Happiness

No one is immune to the problems associated with the stresses of life – stresses that can lead to anxiety, depression, marital issues, drug addiction and even suicide. **Houston Healthcare's** Behavioral Health program offers an array of services to help individuals deal with problems on an outpatient and inpatient basis.

At the **Pavilion Counseling and Psychological Services Center**, the staff works with adults in counseling for individuals, couples and families. Under the direction of **Carol Moyses, Ed.D.**, licensed professional counselor, the Center is located within the Houston Health Pavilion at Houston Mall in Warner Robins. Appointments for counseling services are available by calling (478) 923-3835.

The inpatient program at **Houston Medical Center** provides an individualized course of treatment for adults who find themselves in crisis – whether it's severe depression, emotional trauma, anxiety, substance abuse disorders or obsessive-compulsive disorders.

"We work with patients in many ways, aiding them in coping with stress, learning to express themselves, and restoring physical and mental health. Every part of our inpatient program, from the environment and therapies to personal interactions and education, works together toward these goals," explained **Robin Young, RN, MSN**, Director of Behavioral Health Services at **Houston Medical**. "We encourage our patients to be out of bed and dressed and to participate in recreation activities, group therapy and individual therapy."

The program, accredited by the Joint Commission, includes a staff of licensed social workers, psychologists, certified therapeutic recreation specialists and registered nurses to help patients cope with difficult situations and recover and return to a normal life. A 24-hour crisis and counseling line is available by calling 478-542-7788. All treatment is professional and confidential.

Psychiatrists admitting to the inpatient program include:

Dr. Richard B. Ellis
Dr. Sallyanne Pyle
339 Margie Drive, Suite C
Warner Robins
(478) 322-1113

Dr. Dan O. Ioanitescu
233 North Houston Road, Suite 140 G
Warner Robins
(478) 923-3366

to provide that continuum of care within our own community, and it meets a great need for families and their loved ones who are in need of hospice care," **Davis** adds.

Over the past 20 years, Hospice of Houston County has served more than 3000 patients and their families. They have grown from a staff of three to an employee base of over 50, beginning in a small office in First Presbyterian Church in Warner Robins to their current location in an 11,000 square foot facility on Houston Lake Road.

In November 2001, Hospice of Houston County sponsored the first "Camp Wings," a bereavement camp for children, ages six through 16, who have lost a loved one. The camp, held annually at Camp Martha Johnson in Lizella, helps children learn to deal with their grief through various activities and group counseling.

One of the most exciting initiatives for Hospice was the development and launch of **Pathways—Your Connection to Palliative Care**. **Pathways** offers choices to individuals diagnosed with a life-threatening illness, who are not yet ready for Hospice care. This bridging program, which began in 2003, fills a very important gap in the area of healthcare in our area.

"With a collaborative relationship between the **Perry Hospital and Houston Healthcare** that will increase patient services and allow Hospice of Houston County to provide even greater avenues for helping the terminally ill, and a continued commitment to personalized patient care," says **Street**. "Hospice of Houston County's future looks even brighter than its past."

Jane S. Liebscher, Community Educator, Hospice of Houston County, contributed to this article.

Live Healthy, Feel Better, continued

Depression is a serious medical illness that causes both physical and emotional problems.

"Just because we can explain the reasons for why we ended up getting depressed doesn't mean our depression is any less of a medical illness," **Dr. Pyle** states. "We may become depressed after suffering through real life stresses such as losing a spouse, being fired from a job or having our children leave home. However, that sense of hopelessness, worthlessness or lack of interest or pleasure that persists for weeks is something that demands treatment. This mood may vary from mild depression that feels like a colorless, unsatisfying 'blah' existence to a severe depression that saps energy, pleasure and hope, leaving one with only thoughts of death or suicide."

There are many risk factors for depression—genetics, recent loss, medical illnesses—but regardless of risk factors, if your low mood doesn't

go away, the best course is to consult your doctor. Two or more weeks of low mood or lack of interest or pleasure with sleep problems, appetite changes or low self esteem should be a trigger to get evaluated. The good news, says **Dr. Pyle**, is that depression is very treatable.

"Take good care of yourself. Eat right, get enough sleep and take time to exercise and to relax," **Dr. Pyle** advises. "Too much stress will come out in some way. We can either act it out or talk it out. I recommend letting out the stress by talking to friends or engaging in positive projects. You would be surprised how much progress you can make on a project by channeling all that 'stressful energy' into it... and you won't need drugs or alcohol to make that stress resolve."

Our Family of Services

Houston Healthcare first began serving the people of Houston County as a 50-bed hospital in Warner Robins. Today, Houston Healthcare operates Houston Medical Center, now a 186-bed facility, the 45-bed Perry Hospital, Houston Heart Institute, outpatient urgent care centers and services. Please use this as a reference for information regarding our services.

Houston Medical Center

As a regional provider, Houston Medical Center provides comprehensive inpatient and outpatient healthcare services annually to more than 160,000 people residing in Houston County and 24 surrounding counties. 1601 Watson Boulevard, Warner Robins, (478) 922-4281.

Behavioral Health Services.....	542-7788
Cardiovascular Services.....	542-7807
Diagnostic Imaging/Radiology.....	322-5175
Emergency Department.....	542-7830
Endoscopy Center.....	542-7715
Laboratory Services.....	542-7829
Medical ICU.....	922-4281 ext. 2200
Neurology Lab/Sleep Studies.....	542-7805
Outpatient IV Therapy.....	542-7960
Pain Treatment Center.....	328-3024
Pediatrics.....	922-4281 ext. 2451
Pulmonary Lab.....	542-7810
Rehabilitation Services.....	542-7721
Respiratory Care.....	542-7810
Same Day Services.....	542-7723
Surgery Center.....	922-4281 ext. 3001
Surgical ICU.....	922-4281 ext. 2300
The Women's Center.....	542-7790
Wound, Ostomy, Continence Care.....	922-4281 ext. 2842
Volunteer Services.....	542-7753
2-Main Nursing Unit.....	922-4281 ext. 2233
3-Main Nursing Unit.....	922-4281 ext. 2333
4-Main Nursing Unit.....	922-4281 ext. 2443

Perry Hospital

Perry Hospital is a full-service medical facility offering an array of services in a hometown setting. 1120 Morningside Drive, Perry, (478) 987-3600.

Diagnostic Imaging/Radiology.....	988-1648/322-5175
Emergency Department.....	988-1706
Intensive Care.....	988-1678
Laboratory Services.....	988-1712
Massage Therapy.....	988-1626
Medical/Surgical Nursing Unit.....	988-1635
Respiratory Care.....	988-1689
Inpatient Surgery.....	988-1749
Outpatient Surgery.....	988-1733
Sleep Studies.....	988-1689
Transitional Care.....	988-1632

Houston Heart Institute

Established in 1989, Houston Heart Institute provides cardiovascular diagnosis and care right here in our community. Services include cardiac catheterization, pacemaker insertion, stress testing, Doppler-echocardiography, digital echocardiography and holter monitoring. 1601 Watson Boulevard, Warner Robins, (478) 542-7811.

Health Connections Cardiac & Pulmonary Rehabilitation Center

This outpatient rehabilitation program is designed to help people who have experienced heart disease, heart surgery and pulmonary disease recover faster and return to full and productive lives. Available by physician referral, Health Connections offers a comprehensive service including individualized exercise therapy and education for participants and family members. The center also offers a Diabetes Exercise Program. *Houston Mall, 233 North Houston Road, Warner Robins, (478) 923-1731.*

Houston Occupational Health & Wellness Center

Houston Occupational Health & Wellness offers specialized services to businesses and industries throughout Central Georgia. Services include pre-placement physicals, substance abuse testing, audiometric screening, functionality testing, travel medicine, ergonomics and safety evaluations under the direction of a board certified occupational medicine physician. *2510 Highway 127, Kathleen, (478) 988-1853.*

Pavilion Rehabilitation Center and Houston Lake Rehab

Houston Healthcare offers a full range of outpatient physical, occupational and speech therapy services at two convenient locations. *Pavilion Rehab, Houston Health Pavilion, Houston Mall, 233 North Houston Road, Warner Robins, (478) 923-2937. Houston Lake Rehab, 2510 Highway 127, Kathleen, (478) 988-1884.*

Pavilion Diagnostic Center

The Pavilion Diagnostic Center offers state-of-the-art, comprehensive radiology and diagnostic imaging services in a convenient and comfortable setting within the Houston Health Pavilion. All studies including mammography, bone densitometry, CT scanning, x-ray, ultrasound imaging and fluoroscopy are read and interpreted by board certified radiologists. *Houston Health Pavilion, Houston Mall, 233 North Houston Road, Warner Robins, (478) 923-1830.*

The Counseling and Psychological Services Center

The Center offers marital, family, group and individual assessment and treatment by trained and professional therapists in a confidential setting. *Houston Health Pavilion, Houston Mall, 233 North Houston Road, Warner Robins, (478) 923-3835.*

Houston Lake Med-Stop and Pavilion Med-Stop

Houston Healthcare operates two urgent care center providing services for minor illnesses and injuries on a walk-in basis. Each center is staffed by a physician and registered nurse. *Houston Lake Med-Stop, 2510 Highway 127, Kathleen, (478) 988-1865. Pavilion Med-Stop, Houston Health Pavilion, Houston Mall, 233 North Houston Road, Warner Robins, (478) 923-2843.*

www.hhc.org



Women's Wellness Day

Join us for a special day to help you feel healthier, relaxed and inspired! Enjoy a delicious lunch, informative workshops, a mini-massage and the chance to unwind in a walk through beautiful Henderson Village. Reservations are required. Call 923-9771.
*Friday, April 30
12 noon – 4 pm
Henderson Village
Cost: \$20 per person (includes lunch, materials and other retreat "goodies")*

Hormones and Stress

While men may fight or flee under duress, women are more likely to "tend and befriend." It is believed that hormones are one reason for this difference. Dr. Elisabeth Wagner, OB/GYN, will help us try to understand this phenomenon. Call 923-9771 to pre-register.
*Tuesday, April 13
12 noon
Perry Hospital Medical Library*

Women and Menopause

This can be an uncomfortable and confusing time. Hot flashes, irritability, headaches, depression, sleepless nights and fatigue are symptoms of this time of our lives. Waning libido and decreased ability to enjoy sex are also symptoms. Liz Conway, RN, has some tips to help embrace this time in your life. Call 923-9771 to pre-register.
*Tuesday, May 11
10 am
Perry Hospital Medical Library*

Osteoporosis

May is Osteoporosis Awareness Month. Jean Gearing, PhD, MPH, from the Georgia Department of Human Resources, Arthritis and Osteoporosis Programs, will speak on this common problem in women and ways to treat it. Osteoporosis is also found in men. Join us for a calcium rich breakfast and hear the latest on this common problem.
*Wednesday, May 12
9:30 am
Houston Health Pavilion
EduCare Center
Call 923-9771 to pre-register*

For more information or to pre-register, please call 478-923-9771 or visit www.hhc.org/educare.