

House Calls

An Emory Healthcare
Publication for Houston County

April, May & June 2026

EMORY
HEALTHCARE

Upcoming events

Senior Health EXPO

Prepare for your best future by learning how to protect your health now. This year's event will feature Emory Healthcare's Prostate Bus as well as community vendors that provide health and wellness options for seniors. Discover ways to incorporate good health practices into your everyday schedule with screenings, cooking and exercise demonstrations. Event is FREE with pre-registration at EduCare 478-975-6750.

Wednesday, April 15 8:30 –11:30 a.m.

Roy H. "Sonny" Watson Health Pavilion
Cary Martin Conference Room, W3 Entrance
233 N Houston Road, Warner Robins

Food feature cooking demonstration

This adult cooking class features a signature staple food that promotes good health. Cooking demonstration focuses on preparing and cooking with highly nutritious whole food items to enhance your overall wellbeing. Recipes will be provided so you can make again at home. A tasting of all recipes prepared will follow the cooking demonstration. FREE with pre-registration at EduCare 478-975-6750.

Thursday, April 30 10 a.m. – 12 p.m.

Roy H. "Sonny" Watson Health Pavilion
Cary Martin Conference Room, W3 Entrance
233 North Houston Road, Warner Robins

Caregiver Conference

In Houston County, 23% of adults provide care or assistance to a friend or family member who has a health problem, long-term illness or disability. This one-day conference encourages successful caregiving by providing information and resources available in our community to support you. Local agencies will be on-site to share resources. Lunch will be provided. Event is FREE with pre-registration at EduCare 478-975-6750.

Wednesday, June 10 Program 10 a.m. – 1:30 p.m.

Doors open for registration and vendors at 9 a.m.
Roy H. "Sonny" Watson Health Pavilion
Cary Martin Conference Room, W3 Entrance
233 North Houston Road, Warner Robins

Protecting your heart at every age

Heart disease remains the leading cause of death for both men and women in the United States—but the good news is that many heart problems are preventable, manageable or treatable when caught early. Taking care of your heart doesn't require extreme changes. Small, consistent steps can make a real difference over time.

Know your numbers

Key health measures—including blood pressure, cholesterol and blood sugar—offer an early look at heart health. High blood pressure is often called the "silent killer" because it causes damage without noticeable symptoms. Regular primary care checkups can help catch concerns early.

Move more—safely

Physical activity strengthens the heart, lowers blood pressure and improves cholesterol levels. Aim for about 30 minutes of moderate activity most days of the week. That doesn't have to mean going to a gym—walking, gardening, cycling or even active housework all count.

Eat for heart health

A heart-healthy diet focuses on fruits, vegetables, whole grains, lean proteins and healthy fats like olive oil and nuts. Limiting salt, added sugars and processed foods can help control blood pressure and weight. Small changes, like cooking more meals at home or reading nutrition labels, can add up.

Sleep and stress matter

"Making sure your sleep is healthy by getting enough sleep and treating any sleep disorders is a critical part of promoting heart health," says Lynn Trotti, MD, MSc, director of Emory Sleep Center. **"It can also help reduce other health risks, improve mood, reduce sleepiness and contribute to overall wellbeing."**

Don't ignore symptoms

Chest pain is not the only sign of a heart problem. Shortness of breath, fatigue, dizziness, jaw or arm discomfort, nausea or unexplained sweating can also signal heart trouble—especially in women and older adults.

Partnering in your care

Heart health is a lifelong journey. Call our **Pavilion Family Medicine Center at 478-975-6880** for a primary care visit. For specialized care, the new **Emory Healthcare - Heart & Vascular at Warner Robins** offers advanced diagnostics and treatment; call **478-870-1730** to make an appointment.

HouseCalls Spring 2026 Calendar

April, May, June 2026

EduCare offers a variety of classes tailored to meet specific health needs. Classes are free or low cost as a service for you. All classes meet at the Roy H. "Sonny" Watson Health Pavilion EduCare Classrooms unless otherwise noted. To register, call 478-975-6750 or visit www.hhc.org/events.

General health & wellness

Healthy living for life

Weight control, healthy eating, exercise and stress reduction are the most effective ways to reduce your risk for chronic disease. Learn healthy habits for life with a different topic each week. Optional weigh-in weekly to follow your progress.

Every Tuesday Weigh-in: 4:30 to 5 p.m. | Class: 5 – 6 p.m.

Help for the heart: heart failure education

A program designed for persons with congestive heart failure to become a more active part of improving their overall health. Caregivers or support people are encouraged to attend. Call for available appointment dates and times.

Protect your heart: blood pressure/cholesterol/inflammation management

Knowing your numbers can help you make changes to protect your heart. Learn how by developing a heart healthy lifestyle in this 2-hour evening class. Call for available dates and times.

Senior care

Exercise and health talk options to promote wellness of mind, body and spirit for senior adults. Movement options for chair, standing and other modifications provided throughout sessions by trained instructors. **All exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling 478-975-6752.**

Perry SeniorCare

Includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment provided on the last Monday of each month includes blood pressure and BMI screenings before class and health talk after class.

Every Monday & Wednesday 10:00 a.m. at Rozar Park

Pavilion SeniorCare

Includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment on the last Wednesday of each month includes blood pressure and BMI screenings before class and health talk after class.

Every Monday & Wednesday 8:30 a.m.

at Roy H. "Sonny" Watson Health Pavilion
Cary Martin Conference Room, W3 Entrance–Main Hallway.

A matter of balance

Includes an exercise class featuring strength In partnership with Middle Georgia Area Agency on Aging. Emory Healthcare offers AMOB to improve flexibility, balance and strength to reduce falls. These two-hour classes meet two times per week for four weeks. Participants should be age 60 or older and able to problem-solve.

Walk with ease

Approved program that promotes regular walking as the easiest and safest way to get needed cardiovascular exercise. This 6-week program meets 3 times a week to gradually increase walking time and education on walking strategies.

Tai Chi

Led by a certified instructor, these one-hour classes use movements that are safe and suitable for every fitness level. These gentle movements relieve pain, reduce falls and improve quality of life. Call 478-975-6750 for more information and to pre-register.

Diabetes management

Diabetes exercise program

This program is designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

Monday, Wednesday, and Thursday

Between the hours of 8 a.m. and 6 p.m.

Emory Hospital-Warner Robins, Health Connections

1601 Watson Boulevard, Warner Robins

Call 478-322-5143 for more information and program fees.

Diabetes self-management education course

Recognized by the American Diabetes Association this course is designed to improve blood sugar, control and decrease complications from diabetes. It includes a one-on-one session with a registered nurse, a nutrition class with a registered dietitian and two comprehensive skill classes. A physician referral is required.

Call 478-975-6750 or fax referral to 478-975-6776.

Diabetes nutrition and meal planning class

For individuals with pre-diabetes or diabetes who need a nutrition review or people with newly diagnosed diabetes. A physician referral is required.

For more information, call 478-975-6750 or fax referral to 478-975-6776.

Diabetes prevention program: you can make a change for life

The National Diabetes Prevention Program, developed by the CDC, can help you make changes for life. This free program helps you learn how to prevent Type 2 diabetes. Group meets for a year- long program with a trained lifestyle coach.

Maternal/child

Breastfeeding made simple

Provides expectant moms with all the information needed to be successful in breastfeeding your newborn including proper latch and feeding positions, to start with success. Second class focuses on milk production, pumping, milk storage and safety. Breast pump demo provided.

Pre-registration required at hhc.org/events

Prepared childbirth series

Designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor, birth, potential medical interventions, comfort measures and maternal care after delivery. Support person encouraged to attend. Meets once a week on Tuesday evenings for four consecutive weeks.

Pre-registration required at hhc.org/events

Baby care boot camp

Introduction to caring for a newborn. Participants will learn baby care essentials from normal infant health and safety to caring for fussy babies. Grandparents welcome.

Pre-registration required at hhc.org/events

Gestational diabetes education program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The program includes a detailed initial assessment with a registered nurse and nutritional instruction with a registered dietitian. A physician referral is required.

For more information, call 478-975-6750 or fax referral to 478-975-6776.

Support groups

Alzheimer's education and support group

Sponsored by the Alzheimer's Association-Central Georgia Chapter, this program is for families, caregivers and friends dealing with Alzheimer's disease and memory related disorders.

Meets the 4th Thursday of every month

6:30 p.m. | Centerville Library | 206 Gunn Rd, Centerville

Meets the 3rd Monday of every month

2 p.m. | First Presbyterian Church | 1139 Watson Blvd, Warner Robins

Meets the 2nd Tuesday of every month

6:30 p.m. | McCullough Farmhouse | 417 S. Houston Lake Rd

Better Breathers club

Better Breathers provides methods to cope with lung diseases such as COPD and adult asthma. The group includes discussions of ways to face the challenges of lung disease while improving your quality of life. The program is affiliated with the American Lung Association.

Meets the 1st Thursday of every month

12 p.m. | Emory Hospital- Warner Robins | Northwest Tower Lobby Conference Room | 1601 Watson Boulevard, Warner Robins

Diabetes support group

For adults with diabetes and their support system. Meetings are led by a diabetes educator. Caregivers and support persons are encouraged to attend.

Meets 1st Wednesday of every month

1 – 2 p.m. | Roy H. "Sonny" Watson Health Pavilion
Cary Martin Conference Room, W3 Entrance
233 North Houston Road, Warner Robins

Wings of Hope-Heart of Georgia Hospice bereavement support group

Heart of Georgia Hospice and McCullough Funeral Home partner to provide bereavement support to the community. This group is appropriate for anyone who has experienced loss.

Call 478-953-5161 for more information.

Meets the 3rd Thursday of every month

6:30 p.m. | McCullough Funeral Home Farmhouse
417 South Houston Lake Rd, Warner Robins

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Support groups (continued)

MS Warriors- HOPE for Tomorrow- multiple sclerosis support group

This program is dedicated to educating, motivating and supporting those coping with MS, their families and friends.

Meets the 3rd Tuesday of every month
6:30 p.m. | Roy H. "Sonny" Watson Health Pavillion
Cary Martin Conference Room, W3 Entrance
233 North Houston Road, Warner Robins

Stroke support

Interact with other individuals and families facing similar challenges to navigate stroke deficits, promote independence as well as prevent future strokes. Topics include health education, community resources and support options for stroke survivors and their families.

Meets the 1st Monday of every month
6 -7 p.m. | Roy H. "Sonny" Watson Health Pavillion
Cary Martin Conference Room, W3 Entrance
233 North Houston Road, Warner Robins

Critical conditions/advance directives

Having a family conversation is the most loving thing you can do to make your wishes known.

Call our Life Choices Team for free assistance in preparing an advance directive, Emory Hospital-Warner Robins 478-975-5346, or Emory Hospital-Perry 478-218-1626.

Georgia tobacco quit line

A free and effective service available from your own phone. Tobacco cessation assistance is provided by highly trained coaches. The services are available to Georgia adults, pregnant women, and teens (ages 13 and older).

Call the toll-free number or visit the website:

<https://dph.georgia.gov/ready-quit>.

1-877-270-7867 (English)

1-855-DEJELO-YA (Spanish)

For hearing impaired: TTY services: 1-877-777-6534

Faith community health support

Emory Healthcare serves as a resource center for health educational and training for health professionals who are willing to provide this service to their church family. New churches and organizations welcome.

Meets the 1st Wednesday of every month
10:30-11:30 a.m. | Roy H. "Sonny" Watson Health Pavillion
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233 North Houston Road, Warner Robins

Accident prevention

AARP driver safety program

A comprehensive driving course designed to update drivers of all ages on the knowledge and skills of driving. Upon course completion, you could be eligible to receive an insurance discount, (contact your agent for details). Cost is \$20 for AARP members and \$25 for non-members. Make checks payable to AARP (no cash accepted). AARPDriersSafety.org.



Senior Health EXPO promotes wellness and healthy living

Seniors in the community are invited to attend the upcoming Senior Health EXPO, a free event focused on wellness, prevention and active living.

This year's event will feature Emory Healthcare's Prostate Bus, providing convenient PSA screenings for men, along with additional health screenings such as blood pressure, blood sugar and BMI. Attendees can also connect with a variety of community vendors offering health education and services tailored to seniors.

The expo will include interactive exercise demonstrations and cooking stations, offering practical tips for incorporating healthy habits into everyday life. Many of the featured wellness resources are free or low-cost, making long-term health more accessible.

The Senior Health EXPO is free to attend with pre-registration through EduCare. To register, call 478-975-6750.

Date: Wednesday, April 15

Time: 8:30-11:30 a.m.

Location: Roy H. "Sonny" Watson Health Pavillion
Cary Martin Conference Room, W3 Entrance
233 N. Houston Road, Warner Robins



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At Emory Healthcare, what's next in medicine is already here. From the research lab to the operating room, we move discovery into practice — bringing leading care to Central Georgia.

emoryhealthcare.org/discover

