



## WORKING TOGETHER FOR A BETTER FUTURE

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### Highlights of Services

#### Wellness Programs

Educational seminars designed to educate health conscious consumers on the latest treatments, and illness prevention available today.

- Seminars include:
  - Back and Neck Pain seminars
  - Diabetes Education
  - Heart Attack and Stroke
  - Weight Loss Maintenance and Surgery Seminars
  - Nutrition
  - Orthopedics and Sports Injury
  - Family Health and Wellness
- Screenings include:
  - Peripheral Arterial Disease (PAD) Risk Assessments
  - Cholesterol and Glucose Screenings
  - Colon Cancer Risk Assessments
  - Bone Density Screenings

#### Physician Office & Ancillary Services

On-site Methodist Physician Group office is staffed by a board certified Family Practice Physician, Dr. Jerry Kuna. The office offers free blood pressure checks, body mass index (BMI) and clinical information three days a week. Flu Shots, CDL certifications and Sports Physicals are also available. Most insurances are accepted.

#### Diabetes Education Program

The Methodist Hospitals Diabetes Center at the YMCA offers programs to aid people living with diabetes successfully manage life with this condition. A physician order is required to enroll. Individual nutritional counseling is also available upon request.

#### Nutritional Educational Program

This program offers nutritional counseling to members and the community and is led by a Registered Dietitian from Methodist Hospitals. This fee based program offers personal, family and group counseling.