

answers

help and support.

For health, life and happiness.



Her Health

from

bellinhealth PARTNERS

2007 SUMMER NEWSLETTER (VOLUME 1)



Her life:

Just beginning at 40...ish.

Her challenge:

To live this next chapter of life to its fullest.

Her next step:

To take her health into her hands by making an appointment with a Midlife Services Health Coordinator who'll help her understand how to address issues that come with age.

Her team:

Bellin Health Partners and the entire team at Bellin Health's Midlife Services Center.

Free Presentation:

How to Feel Your Best Through Midlife
Thursday, July 26, 12 - 1:30 pm
SC Grand, 1250 Mid-Valley Dr.,
De Pere (Located off Hwy. 41 South)
Includes FREE lunch, cooking demonstration and entertainment.

To Register:

Her Health Hotline
with 24/7 Nurse On Call
920 433-7494
or toll free 877 989-0994.

Her Health is a new, powerful healthcare resource, created by women for women to provide medical help, information, support and a nurturing environment for a myriad of problems and concerns.

This is not a program. And it's not a club or group. Her Health is the result of the region's finest healthcare specialists combining their skills, expertise and resources into one seamless, easy-to-access resource to make it easier for women to get the help they need to live happier, healthier lives.

Her Health offers help with everyday things, like stress and weight control. And serious things like breast health and heart disease. It's for help with the uncomfortable things, like incontinence and irritable bowel syndrome, and personal things ranging from pelvic pain to depression.

Her Health comes to you from Bellin Health Partners and it allows women to get answers, help and support when they need it, for matters of health, life and happiness. From hard-to-treat things like fibromyalgia, to hard-to-face things like sexual dysfunction and hormone imbalance. From hard-to-admit things like

mental health and addiction, to hard-to-ignore things like sleep problems, to exciting things like having a baby.

You're reading Her Health's first newsletter. Keep an eye out for future issues where you'll find needed information on services, programs, events, health tips, resources and more. It's not just about women's health. It's about being a woman, in every sense of the word.

To learn more about what Her Health offers and what it can do for you, call the Her Health Hotline at 920 433-7494, or visit bellin.org.



Her Health

CALENDAR OF EVENTS

Her Health Special Event

"Spider Veins and Varicose Veins"

Tired of the discomfort, swelling and appearance of varicose and spider veins? There are a number of treatment options available depending on the severity of the problem. To find out what treatment option is best for you, attend this FREE screening sponsored by Marcelo Grazziotin, MD, Surgery Specialists of Green Bay.

Tuesday, August 14, 4-6 pm
Surgery Specialists of Green Bay,
720 S. Van Buren St., Green Bay

Her Health Luncheon

"Take Control of Your Bladder"

By Wen Yap, MD, Urology Associates of Green Bay

It might happen in the middle of a really good laugh. Or even with a simple cough or sneeze. The sudden leaking of urine is troubling for women who suffer from urinary incontinence. Dr. Yap will answer your questions on what you can do to treat or control the symptoms of incontinence. Includes a FREE lunch, cooking demonstration and entertainment.

Thursday, September 27, 12 - 1:30 pm
SC Grand, 1250 Mid-Valley Dr., De Pere
(located off Highway 41 South)

Art Meets Heart

Join the Bellin Health Heart & Vascular Center while celebrating the arts in the streets of downtown Green Bay. Be part of the excitement at Art street while learning about women and heart disease. Activities will include FREE screenings and demonstrations.

Saturday, August 25, 1-2 pm, A Red Hot Fashion Show
at the Main Stage by the food court.

Saturday, August 25, 10 am - 6 pm

Sunday, August 26, 10 am - 4 pm

Artstreet in Downtown Green Bay

Woman's Heart Assessment

Bellin offers heart assessments (FREE for women only), including a total cholesterol and glucose testing, blood pressure and body mass index (BMI) measuring, cardiac risk factor evaluation, and a customized heart journal.

Wednesday, August 22, 7:30-9:30 am at Bellin Health Family Medical Center – Pulaski, 331 W. Green Bay St., Pulaski

Tuesday, September 25, 7-9 am at Bellin Health Heart & Vascular Center, 2nd floor Bellin Hospital, 744 S. Webster Ave., Green Bay

Bare Bones Facts on Osteoporosis

Healthcare experts are coming forward to strip away the myths and misunderstandings about osteoporosis. These notions will be replaced with facts to help you prevent and manage this condition. This three-part series will address the latest findings and medical advances on risk factors, affects of osteoporosis, and treatment options including diet, medications and exercise.

Thursdays, October 11, 18, 25, 6:30 - 8 pm
Green Bay Health & Athletic Performance Center
1630 Commanche Ave., Green Bay
Cost is \$25 for all three classes

National Depression Screening Day

Have you or someone you know experienced feelings of hopelessness, overwhelming sadness or an inability to concentrate? Have you noticed changes in eating and sleeping habits or loss of interest in activities once enjoyed? Depression, if left untreated, can lead to disability or worse, suicide. Fortunately, depression can be treated effectively with therapy and/or medication. Screenings provide awareness about depression and enables people with depression to seek necessary treatment. As part of Mental Health Awareness Week, Bellin Behavioral Health will offer FREE depression screenings.

Thursday, October 11
Bellin Behavioral Health
301 E. St. Joseph St., Green Bay

ALL HER HEALTH EVENTS ARE FREE UNLESS NOTED.

TO REGISTER CALL THE HER HEALTH HOTLINE WITH 24/7 NURSE ON CALL 920 433-7494 OR TOLL FREE 877 989-0994.

bellinhealth

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