



For more information about our programs, call 502-363-7930 or log on to www.jhsmh.org.

Sts. Mary & Elizabeth Hospital

A service of Jewish Hospital & St. Mary's HealthCare

www.jhsmh.org

Meet the Most Helpful Neighbor You'll Ever Have



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Here in Your Neighborhood. Here for You.

When you need help, support, or information about your health or the health of a loved one, you can turn to the experts in the Health Resource Center at Sts. Mary & Elizabeth Hospital.

When you think you might have a health problem, need help coping with a serious illness or just want to learn more about improving your family's health, you now have a more convenient place to get the information you need.

Located in the main lobby, this state-of-the-art center features an extensive resource of books, brochures and tapes. It is also equipped with computers with internet access, a private consultation room and classroom.

The center offers a regular schedule of education and support services including classes, free health screenings, counseling services, support group meetings, seminars and more. The setting is relaxed and comforting with knowledgeable, caring health professionals on hand to assist you. It's good to know you have somewhere to turn when you need help. It's even better to know that place is right in your very own neighborhood.

Dedicated to Healing You.

Every month The Health Resource Center offers a variety of programs that help our neighbors deal with the most common health care concerns. But if you don't see what you're looking for, by all means, please come to us — we are here to help you with any health care issue you have. All you have to do is ask.

Screenings

Often a simple test can make a world of difference to your long-term health. The Health Resource Center offers FREE weekly glucose, cholesterol and blood pressure screenings, as well as periodic screenings for other conditions.

Classes

Information is the key to making sound health care decisions. The Health Resource Center offers a variety of classes to educate you on issues important to your well-being. Here are just a few examples:

Pharmacy Brown Bag Day

Bring all your medications and our pharmacy staff and students will review them for possible interactions or duplications.

Dementia: Communicating with Care

Learn effective communication strategies to stay connected to loved ones with Alzheimer's disease or dementia.

• Look Good, Feel Better

Women with cancer, either active or in remission, can learn tips on makeup application and wigs.

Support Groups

It always helps to share with those who are going through the same thing. The Health Resource Center offers a number of monthly support group meetings for patients, caregivers, and family members affected by stroke, Alzheimer's, cancer, chronic lung conditions and other illnesses.

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