

The Health Resource Center

MEET THE MOST
HELPFUL NEIGHBOR
YOU'LL EVER HAVE.



THE
HEALTHCARE
ANSWERS
YOU NEED
ARE CLOSER
THAN EVER.



The Health Resource Center

Sts. Mary & Elizabeth Hospital

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

1850 Bluegrass Avenue
363-7930 • www.jhsmh.org

Open Monday - Friday, 8:00 am to 4:30 pm

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HERE IN YOUR NEIGHBORHOOD. HERE FOR YOU.



When you need help, support or information about your health or that of a loved one,

turn to the new Health Resource Center at Sts. Mary & Elizabeth Hospital.

Whether 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 help you need.

Located in our main lobby, this state-of-the-art facility features an extensive resource library of books, brochures and tapes, computers with internet access, a private consultation room, classroom, and children's play area.



The center offers a regular schedule of education and support services, including classes, free health screenings, counseling services, support group meetings, seminars, children's play



therapy, 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: BODY, MIND AND SPIRIT.

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 listed here, by all means, please come to us – we are here to help you with any health care issues 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 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, heart disease, cancer, chronic lung conditions, and other illnesses.

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