



HOSPITAL HEALTH BEAT



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SVRHC Graduates First Group of Residents



Excellence reigned at Sierra Vista Regional Health Center's (SVRHC) first resident graduation ceremony, held on Sunday, June 13, 2010 at the Pueblo del Sol Country Club in Sierra Vista. Present were relatives, friends, and faculty members to cheer on the residents as they accepted their certificates. Graduates marked the end of three years of hard work, reminisced about finding their identities, and celebrated their new beginnings in the presence of family and friends. As part of the ceremony, the Internal Medicine Residency Program Director, William G. Elliott, D.O. presented five different prestigious awards to residents, and faculty members. This is the first graduation ceremony for internal medicine residents since 2007, when the program was originally accredited.

In its fourth year, SVRHC continues to expand the Residency program with a new Family Medicine Residency program while hoping to retain the residents in the community who complete the program. The curriculum provides a specialty track three-year internal medicine residency with the first year qualifying as both an internship and as the first year of residency. Training occurs at SVRHC and in subspecialty medicine at Tucson Medical Center (TMC), a 650-hospital bed facility in Tucson.

FROM HUMBLE BEGINNINGS

Health care delivery and the practice of medicine are evolving at a rapid rate. Primary care physicians are now caring for increasing numbers of patients with increasingly complicated medical illnesses. Furthermore, primary care is being administered in both inpatient and outpatient settings. In order to keep pace with these ever-increasing demands, medical education must also evolve. SVRHC recognized the importance of Internal Medicine and knew they provided an ideal environment for training to occur. The hospital maintains an intimate and nurturing environment for both patient care and education, which is complemented by a network of off-site facilities throughout Sierra Vista.

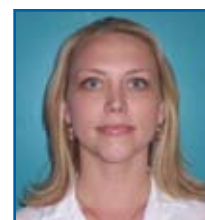
The driving forces behind the development of the Residency program are William

G. Elliott, D.O. and David Knapp, M.D. Elliott and Knapp are two local physicians who took the vision of SVRHC as a teaching hospital, and brought it to fruition. The program was established to give residents the training needed to manage a wide range of clinical, social, and administrative factors that affect health care in rural and urban settings. Additionally, the medical staff at SVRHC is dedicated to an internal medicine residency that presents current, up-to-date training for interns and residents in various subspecialties.

Doctors of internal medicine focus on adult medicine and have completed special study and training in the prevention and treatment of adult diseases. At least three of the seven or more years of medical school and postgraduate training are dedicated to learning how to prevent, diagnose, and treat diseases that affect adults.

After formal residency training, it is a priority for practicing physicians to maintain their own skills and to keep abreast of new knowledge. The learning habits and skills that are developed during residency are what allow physicians to stay current. SVRHC aims to train the next generation of internists to practice innovative, evidence-based, multi-disciplinary medicine. This solid internal medicine training allows residents to explore varied career opportunities and prepares them to achieve extraordinary professional success while teaching them to provide state-of-the-art patient care in diverse settings.

THE GRADUATES



Leslie Easley, D.O.
Chief Resident.

"I learned a lot throughout my three years at SVRHC and enjoyed meeting the community and the hospital staff. I am honored to be able to contribute to the foundation of the hospital's residency program." Dr. Easley is originally from Phoenix, and attended Arizona State University and the Arizona College of Osteopathic Medicine. She actively volunteers with the Team Osteopathic Physicals for students and PF Chang's Rock n Roll Marathon. Dr. Easley will be returning to her roots as she moves back to central Phoenix to a historic

property that she owns, built in 1942. She will be working with IPC Hospitalist Group at Good Samaritan Hospital starting in August of this year.



Laura Alexander, D.O.

"I chose Sierra Vista Regional Health Center for the exciting opportunity to gain insight in Primary Care and Internal Medicine. In the beginning my biggest personal challenge was moving to a new place and being so far from my close family and friends. Thankfully, everyone in the community and the hospital staff has been very welcoming. I am sincerely grateful for all the support the attending physicians, patients, nurses, and staff have given me." Dr. Alexander is originally from Laurel, Mississippi and attended medical school at Pikeville College of Osteopathic Medicine in Kentucky. She holds a Bachelor's in General Science from Mississippi State University. Dr. Alexander will be moving back to Mississippi where she will be closer to her family while practicing primary care medicine.



Ziv A Haims, D.O.

Dr. Haims' personal statement reflects his desire to become an Internal Medicine physician. He indicates, "During my formative years, my father taught me that the most worthwhile endeavors demand diligence and labor. He taught me that I must earn the things I desire." Dr. Haims graduated from Kansas City University of Medicine and Biosciences, College of Osteopathic Medicine in Kansas City, Missouri. Dr. Haims has accepted a hospitalist position in Destin, Florida.

A NEW CHAPTER

In July, SVRHC will implement a new specialty – Family Medicine Residency to their existing residency program. This new program that centers around family medicine is a three-year, post-graduate program designed to train resident physicians to provide quality care in the context of their family and community. As a family medicine resident, participants will learn the entire spectrum of medicine, from labor and deliv-

ery to geriatrics and everything in between.


The Family Medicine Program will have six family medicine residents with two of them starting this year, for a grand total of 18 residents by the start of the third year, in 2013. Dr. Marc Kaplan is the Program Director for the new family medicine program. The family medicine residents follow the same basic structure as the internal medicine residents so the transition should be seamless.

They do have more clinic time requirements than the internal medicine residents so as they go along in their training they will spend a little less time in the hospital than the internal medicine residents do. They will also spend more time doing subspecialty rotations like pediatrics and obstetrics which the internal medicine resi-



The hospital maintains an intimate and nurturing environment for both patient care and education, which is complemented by a network of off-site facilities throughout Sierra Vista."

dents aren't required to do. One of the incoming residents is Ethan Levitt who is originally from SV and worked at SVRHC as a staff nurse, nursing supervisor, and as a Cochise College nursing instructor. The other incoming family medicine resident is Sonny Young from Touro University in California.

Congratulations to the residents who have completed this leg of their journey to becoming tomorrow's physicians. It has been a journey of intellectual maturity, self-discovery and personal growth. They've explored and learned the exciting world of medicine—one that pushed their academic capabilities as it challenged their capacity to care. With every step, these physicians will discover the person they were meant to be: a meticulously skilled and compassionate osteopathic doctor. 

HEALTH FAIR 2010

FREE HEALTH SCREENINGS AND EDUCATIONAL INFORMATION



the Greater Sierra Vista Area Chamber of Commerce is collaborating with Sierra Vista

Regional Health Center to bring a health fair to the community. The public will enjoy free health screenings and information on topics including vision care, women's health care, neurological medicine, and many other health related services at this educational event held on Saturday, June 19th. More than 83 health care industry representatives will be on hand for the event, which is sponsored by SSVEC, Carondelet Health Network and Villa Vista. Open to the public and free of charge, the fair will be held from 8 a.m. to 2 p.m. at Buena High School located at 5225 Buena School Blvd. in Sierra Vista.

Representatives from organizations including the National Alliance on Mental Illness, Air Evac Services, Tucson Heart Hospital, Cochise Eye & Laser, Baby Signs® by Janice, SV Police Department, Fry Fire and many others will have booths offering information and give-aways. Many health screenings and services will be offered at the fair, including blood pressure checks, vision tests, and balance tests. Information about health services, senior issues, children's health, hospice services, physical therapy, diabetes, weight management, women's health and so much more will be accessible.

Diabetes and obesity are two major health issues in the United States. A Registered Nurse will be present at the Health Fair providing blood pressure checks, and the SVRHC Diabetic Education team will also be present with information on Diabetes. There are more than 23 million people in the United States who have diabetes. SVRHC Registered Dietitian Julie Henderson says, "There are many aspects that go into controlling one's diabetes. An individual with diabetes would benefit from knowledge on proper glucose monitoring, meal planning, physical activity, proper medication use, signs/symptoms/treatment of hyperglycemia (high blood glucose) and hypoglycemia (low blood glucose), and awareness/prevention of short-term/long-term complications."

The goal for First Things First is to focus on programs and services that provide children with the best opportunities for school and life success. Everyone wants to see vibrant, healthy children in active and stable families.

By focusing on these core issues as the strong foundation for a child's success, we can all ensure each child born in Arizona can reach their potential. First Things First will provide a give-away as well as information on physical activity, obesity, asthma, and diabetes in young children from birth through age five. "In order for



children to be ready to learn, they must be healthy. Providing education and guidance on nutrition and prevention of childhood obesity, the importance of physical activity, and good oral hygiene education and outreach awareness is critical to the success of children in school and in life.

The State is asking voters on the November 2nd ballot to eliminate First Things First and to place all current and future revenue streams for the state general fund. We don't want that to happen so we will have voter registration cards available at the table. I am excited about the opportunity to share materials and education with the public and look forward to this amazing event," says Melissa Avant, Regional Coordinator for First Things First.

SVRHC Cardiopulmonary will be on hand to provide a free pulse oximetry reading, blood pressure checks, and information on hypertension. Pulse oximetry tests are non-invasive screens that allow a healthcare provider to measure the rate of a person's oxygen saturation in the blood. This is usually done through a small sensor placed on the fingertip that allows both red and infrared wavelengths to pass from side to side to measure oxygen levels.

SVRHC Laboratory will provide information on lab testing as well as showcase the new Moorman Outpatient Services Center to the public. They will be giving away coupons at the health fair for a free Cholesterol test performed at the new Moorman building located at 185 S. Moorman Ave. in Sierra Vista.

Always popular with the children is AirEvac's helicopter and the equipment, education, and displays the fire departments provide. AirEvac will land one of its helicopters between 8:30 and 8:45 a.m. on site to allow the public to see the bird up close and explain how they are integral to the emergency services network. The Sierra Vista Fire and Fry Fire Departments will have a fire truck, ambulance, and the smokehouse for the kids to explore, discuss fire safety, and feature TooTall the fire guy.

With three locations in Sierra Vista and one in Benson, Cochise Eye and Laser has been serving the residents of

Cochise County and Southeastern Arizona since 1979. Providing extensive eye care and testing, Cochise Eye and Laser will offer free basic vision screenings, glaucoma testing, and plenty of information on vision related health, procedures, and eye issues at the health fair.

BrightStar offers the full continuum of homecare, including adult and elder care, childcare including newborn care, babysitter and nanny services, as well as medical staffing services for individuals, families, and healthcare facilities. BrightStar can provide every service available at a nursing facility in the comfort of your loved one's home. From companionship, toileting and hygiene assistance, to in-home blood draws; their services are available around the clock to meet every need. "Michelle and I are honored to participate in the 2010 Health Fair. We find that many individuals don't realize that homecare may be an alternative to facility based care. We allow adult children to be sons and daughters instead of primary caregivers. This is a great opportunity to help spread the word of BrightStar so come visit with us and let's see how we can assist you and your family," says Allyn and Michelle Nock, Independent owners of BrightStar in Tucson, Sierra Vista, and Green Valley.

The public is encouraged to attend and learn about the extensive health and safety organizations within the region. The health fair will include educational opportunities as well as assessment tools to allow the public to ask vendors questions, better evaluate their own health status, and make better informed decisions regarding their health.

"We believe prevention is one of the best things you can do. Many times, people don't realize that they have health issues until it's too late," Marie Wurth, SVRHC VP & Public Relations Officer said. "If you know ahead of time, then you can begin working on taking care of yourself and live a good, quality life. At SVRHC, we believe that a healthy family is necessary for a healthy community, and we strive to contribute to family wellness through offering events such as the Health Fair. This is sure to be fun and everyone is invited – so bring the whole family." 🐾

2010 HEALTH FAIR CURRENT VENDORS

Abrio Family Services
Accent Care at Home
Advantage Medical
Air Evac Services, Inc.
Alcoholics Anonymous
American Cancer Society Cancer Research Center
American Heart Association Go Red for Women
AristoCare
Baby Signs® by Janice
Bayada Nurses
BrightStar HealthCare
Care Net Pregnancy Center
Carondelet Neurological Institute
Cochise Eye & Laser
Cochise County Health Department Prevention Services
Cochise County Sheriff's Office
Curves of Sierra Vista
Eagle Accupuncture
Easter Seals Blake Foundation
Epilepsy Foundation of Arizona
First Things First
Fry Fire Department
Golden Oak Ranch Assisted Living
Harpist David Pavlovich
HealthH2O Medical Fitness Center
Healthy Essentials
Heather Becerra, LMT
Inline Chiropractic Group
Legacy Home Healthcare of Southern Az
March of Dimes
My Big Fat Greek Restaurant
National Alliance on Mental Illness (NAMI)
Orthotebb Health Shoes
Pre-Paid Legal Lady
Prestige Assisted Living
Pure Aesthetics
Natural Skin Care School
SEABHS Community Development/Prevention
SEAGO
Sierra Medical Supply
Sierra Vista Domestic Crisis Shelter
Sierra Vista Fire Department
Sierra Vista Food Co-op
Sierra Vista Police Department
Sierra Vista ViCaP
Southern Arizona Hearing & Balance
Southwestern Eye Center
Special Supplemental Nutrition Program for Women, Infants & Children (WIC)
SVRHC Accounts Receivable
SVRHC Auxiliary
SVRHC Board of Trustees
SVRHC Cardiac Rehabilitation
SVRHC Cardiopulmonary Services
SVRHC C.A.R.E. Program
SVRHC Community Benefit
SVRHC Critical Care
SVRHC Diabetic Education
SVRHC Diagnostic Imaging
SVRHC Dieticians
SVRHC Emergency Department
SVRHC Foundation
SVRHC Hospice, Casa de la Paz
SVRHC Laboratory
SVRHC Maternal / Child
SVRHC Medical Staff
SVRHC Medical Telemetry / Pediatrics
SVRHC Performance Improvement
SVRHC Pharmacy
SVRHC Postpartum Depression
SVRHC Rehabilitation
SVRHC Resident Program
SVRHC Wellness Depot
Tap Into Wellness
The Sensitive Touch
Tucson Heart Hospital
UsTOO Prostate Cancer
Valor Hospice Care & Palliative Care
Villa Vista
Wolf Insurance

Anyone Can Save a Life!

Sudden cardiac arrest kills about 325,000 Americans a year, or 800 people per day, and can occur without warning. In sudden cardiac arrest, the heart suddenly stops pumping blood effectively to the brain and body, causing a person to collapse. The most common reason for sudden cardiac arrest is a very chaotic heart rhythm which is also commonly known as a heart attack.

When a bystander performs Cardiopulmonary Resuscitation (CPR), the victim's chance of surviving sudden cardiac arrest is tripled. CPR keeps a heart pumping and quick action is important. The faster a bystander starts giving CPR the more likely the victim is to survive.

Are you concerned about giving mouth to mouth ventilation when performing CPR? The American Heart Association and the American Red Cross support the new Compression Only CPR also known as Hands Only CPR. In fact, if you come to the aid of an adult victim who collapses suddenly, the Association says it is best to apply Compression Only CPR. For many years, the recommended first aid has been conventional CPR, which combines mouth-to-mouth breaths with chest compressions. Now, the Red Cross recognizes that in some cases Compression Only CPR is the best technique for a non-certified, lay responder (bystander) who witnesses the sudden collapse of an adult.

You can lessen the recurring loss of lives to sudden cardiac arrest by simply learning Compression Only CPR which greatly increases a person's chance of surviving cardiac arrest. It's easy so more bystanders may try to help, and it was developed at the University of Arizona's College of Medicine.

WHAT IS COMPRESSION ONLY CPR?

Compression Only CPR is a method that is safe and it requires no mouth to mouth contact. It is to be used only in a situation where you witness an adult who has collapsed suddenly (usually the result of a cardiac arrest). Here are the simple steps if you see someone collapse who is not responsive and has trouble breathing:

- ▶ Call 911 or ask someone to call 911.
- ▶ Position the victim on the floor on his or her back. Place the heel of one hand on top of the other and place the heel of the bottom hand on the center of the victim's chest (usually between the nipples). Lock your elbows and begin forceful chest compressions one third of the way down at a rate of 100 per minute. After each chest compression make sure you lift the heel of the hand completely off of the chest.
- ▶ If an Automatic External Defibrillator (AED) is available, turn the unit on and follow the voice

instructions.

▶ If there is no AED available, perform Compression Only CPR until paramedics arrive. Continuous chest compressions can be tiring so if someone else is available, take turns after each set of 100 chest compressions.

Compression Only CPR is not recommended to be performed on:

- ▶ Babies
- ▶ Young children
- ▶ Victims of drowning or drug overdose

Sierra Vista Regional Health Center's Wellness Depot will offer a Free Compression Only CPR class on Friday, August 27th from 2:00 pm to 3:00 pm. For more information about this class you can call the Wellness Depot at 459-8210. 📞

HOW TO PERFORM

Hands-only:

Bystanders who witness a sudden cardiac arrest and try CPR can skip the mouth-to-mouth breathing.

The American Heart Association says doing chest compressions alone is just as good.

Who's it for?

Any adult who collapses, stops breathing and is unresponsive. Children, drowning victims, and overdose victims still need mouth-to-mouth breaths.

What to do:

First, call 911 or have someone else call. Then press hard and fast, about 100 times a minute, on the middle of the chest.

A Message from the CEO

The staff at Sierra Vista Regional Health Center extends its congratulations to all recent graduates and those continuing to move up the education ladder. As we look forward to what fun the summer brings, please be mindful of Arizona summer safety in regards to pools, heat stroke, and dehydration. We are here for you 24 hours a day, 7 days a week if you need us.



Margaret Hepburn, RN MS FACHE

Featured in our Rx for Success this month is Dr. Dayaljibhai Patel. Dr. D. Patel is a board certified pediatrician and serves as SVRHC's Medical Staff Secretary/Treasurer. Read about Dr. Patel and his contributions to the Medical Staff in this issue.

SVRHC is proud to graduate its first group of Residents this month. The Residency program which first began in July of 2007 has made great strides within the hospital by preparing young physicians for a bright future in the medical field. Read about this program and how these graduates are eager to start practicing medicine as they become part of the future of healthcare.

Part of SVRHC's requirement to remain a 501(c)3 non-profit organization is to give back to our community through investments in advanced medical equipment, education, and programs. This year, SVRHC in collaboration with the Greater Sierra Vista Area Chamber of Commerce along with sponsorship funds from SSVEC, Carondelet Health Network and Villa Vista, present the '2010 Health Fair'. This health fair promises to be fun and educational by providing the public with health and safety information from organizations within our community and surrounding region. In this issue, we give you just a small taste of what you can find at the health fair.

Have a great summer and know we are focused on placing Patients First through our values of Integrity, Quality, Compassion, Collaboration, Stewardship, and Innovation.

Margaret Hepburn, President/CEO
Sierra Vista Regional Health Center

Rx FOR SUCCESS



DAYALJIBHAI PATEL, MD PEDIATRICS MEDICAL STAFF SECRETARY AND TREASURER

Board certified in Pediatrics, Dr. Dayaljibhai Patel manages his busy schedule by dividing his time between his office and Sierra Vista Re-

gional Health Center. He became a member of the SVRHC active medical staff in July 2005, and in June 2009 became the Medical Staff Secretary and Treasurer.

For the last five years, Dr. Patel has been a member of the Arizona Family Care Associates (AFCA) Medical Group and on August 1st he will venture to open his private practice called Vista Pediatrics. Nurse practitioner, Brenna Petro, will also be joining Vista Pediatrics.

Originally from India, Dr. Patel lived in Denver, Colorado for 25 years before moving to Sierra Vista. He attended B.J. Medical College of Gujarat University in India. Dr. Patel completed an Internship at Richland Memorial Hospital affiliated with the University of South Carolina in Columbia, South Carolina. He finished

his Residency at the Medical College of Georgia Children's Medical Center in Augusta, Georgia.

"I love pediatrics. I moved to Sierra Vista because of the great weather and small town atmosphere." Dr. Patel said. "I also enjoy the challenges that come with being a pediatrician. The biggest challenge is dealing with third party payors, running a practice, and keeping up with all the paperwork."

Dr. Patel's interests include reading, walking, relaxing and spending time with his longtime girlfriend of almost ten years. He has two grown boys from his first marriage.

Dr. Patel's office, Vista Pediatrics, is located at 1620 East Wilcox Drive. For an appointment please call 459-0203.



Sierra Vista Regional Health Center



THE WELLNESS DEPOT

LOCATED AT THE MALL AT SIERRA VISTA · 2200 EL MERCADO LOOP · 459-8210

IN HONOR OF MEN'S HEALTH WEEK, JUNE 14 TO JUNE 20, THE WELLNESS DEPOT PRESENTS

- WEDNESDAY, JUNE 16th @ 2PM**
"Sudden Arrhythmic Death Syndrome"
- THURSDAY, JUNE 17th @ 1PM**
"Dogs are More than Pets"
- FRIDAY, JUNE 18th @ 2PM**
"Male Depression: It's Real"

WEDNESDAY JUNE 23rd, 2010 12noon to 1:15pm

SVRHC's Wellness Depot will host a free class

BREASTFEEDING 101

There is no need to sign up ahead of time, and parents planning for a baby may attend. Topics covered include how to get breastfeeding off to a good start, what to expect, taking care of yourself when you're breastfeeding, and how to make sure your baby is getting enough milk.

Time will be allowed in the presentation to answer your individual questions. This class does not replace prenatal classes.

SATURDAY JUNE 26th, 2010 11:00am to 12noon

SVRHC's Wellness Depot will be holding a

POTTY TRAINING WORKSHOP "All Aboard the Potty Train"

If your child is 6 months or older, you are invited to attend this workshop. Come and learn about a new approach to potty training that will make it easier for you, more fun for your child, and better for the environment.

The Baby Signs® Potty Training Program makes potty training easier because it gives your baby a way to communicate even before they can talk by letting you know when they have to go potty!

FRIDAY JUNE 25th, 2010 3:00pm

SVRHC's Wellness Depot and Dr. McGuire, a Sierra Vista Chiropractor with over fourteen years clinical experience, will be offering a

THREE PART SERIES

"Healthy Lifestyle Choices"

After watching the movie *Food, Inc.* and the DVD *Rave Diet*, Dr. McGuire decided to make lifestyle changes to his diet. Join Dr. McGuire to learn new ways to live a healthier lifestyle through dietary modification and proper exercise.

TUESDAY JUNE 29th, 2010 1:00pm

This year marks the 20th Anniversary of the Americans with Disability Act (ADA). The Wellness Depot and Cochise Ability will host a

VIDEO PRESENTATION

"History of ADA"

This short film presents stereotypes from the past through today. Come join us to learn about the struggles of the disability movement leading up to the passage of the ADA in 1990 and the resulting positive changes. This event is free and open to the public.

ED WAIT TIMES

Wait times in the Emergency Department continue to be a concern for SVRHC as well as facilities all across the nation. Please see SVRHC's average wait time below for the month of May compared to the national wait time across the country.

WAIT TIMES IN MAY 2010

SVRHC ED Wait Time3.39 hours
National Wait Times.....6 to 8 hours

CUSTOMER SERVICE

Customer Service remains a top priority for staff at SVRHC. Scores are calculated through Press Ganey, the hospital's appointed patient survey company. If you have been a patient in the hospital or received outpatient services such as lab work or x-rays, you may receive a survey in the mail asking how your visit went. Please complete and return to Press Ganey so that we may continue with what we do best, and work on those areas which need improving.

PRESS GANEY SCORES FOR MAY 2010

Ambulatory Surgery	93.9%
Emergency Department	81.3%
Outpatient Services	91.2%
Hospice	95.4%
Inpatient Services	83.0%
Health Clinics	96.6%

SVRHC AUXILIARY GIFT SHOP



No sales tax. All proceeds benefit SVRHC Auxiliary. For more information, please call 417-3129.

From collectibles to munchies, Sierra Vista Regional Health Center's Gift Shop offers items to delight and comfort you. Operated and staffed by dedicated Auxiliary volunteers, we are pleased to offer an array of gifts for your shopping needs.

Monday to Friday from 9am to 4pm
Saturday and Sunday from 11am to 4pm

Quality People — Quality Care

COMMUNITY OUTREACH

- ARTHRITIS FOUNDATION SELF-HELP CLASSES**
For more info call 417-3158
- AUXILIARY**
To find out how to become a member of the hospital Auxiliary call 417-3153
- BETTER BREATHERS CLUB**
3rd Tuesday monthly, @ 3:00 p.m. SVRHC Jenney Conference Room FREE • More info 417-4528
- C.A.R.E. PERINATAL BEREAVEMENT PROGRAM**
Call 417-4557 for more info
- CARDIAC REHABILITATION**
Call 417-4528 for more info
- DIABETES EDUCATION PROGRAM**
Call 417-3679 for more info
- FOUNDATION**
To make a donation or assist with foundation activities call 417-4990

- HOSPICE BEREAVEMENT GROUP**
Call 417-3654 for info
- HOSPICE VOLUNTEER CLASSES**
Call 417-3654 for info
- MATERNAL/CHILD DEPT TOURS**
Sundays at 7:00 p.m. Call 417-3180 to check availability
- PARISH NURSING PROGRAM**
Call 417-3158 for more info
- PRENATAL CLASSES**
Weekly • 6pm-8pm • \$40 fee
6 classes in each series
One Saturday class available SVRHC Wellness Depot at the Mall at Sierra Vista Call 417-3079 to register
- POST PARTUM DEPRESSION RESOURCE LINE** 417-3033
- PULMONARY REHABILITATION**
Call 417-4528 for info

- SPEAKERS FORUM**
Healthcare Professionals available to speak at clubs and organizations Call 417-3158 for more info
- STROKE SUPPORT GROUP**
Ethel Berger Center
FREE • No reservation required
Fourth Wednesday @ 4 pm
Call 417-3564 for more info
- TELECARE**
Daily call-in service for citizens. To enroll in this FREE service call 417-3153
- TOURS**
School and public tours are available upon request
Call 417-3153 for more info

- VOLUNTEER SERVICES**
To volunteer at SVRHC call 417-3153
- WEIGHT MGMT PROGRAM**
Once a week for 5 weeks
\$20 per class
Class size limited • Call 417-3055 for more information or to enroll
- WELLNESS DEPOT MALL WALKERS PROGRAM**
In the Mall at Sierra Vista 459-8210
- GIVE US YOUR OPINION!**
Join a focus group
Call 417-3158 for more info



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SIERRA VISTA REGIONAL HEALTH CENTER'S VALUES: INTEGRITY • QUALITY COMPASSION COLLABORATION • STEWARDSHIP • INNOVATION