

Summertime Smarts

I know, I know...school is out and we all want to think about vacation and snow cones and no school! But education is important and taking control of our health is even more important. Woodland Heights Medical Center is here as your partner in healthcare and strive to continuously offer education and classes for our community.

Preparing for childbirth can be a daunting task and the staff at Woodland Heights is here to ease that burden. Prepared childbirth classes are offered every other month and cover a multitude of topics including birth certificates, relation and breathing techniques, pain control, and infant CPR & safety. A tour of the Labor & Delivery department will be given along with a presentation from a local pediatrician.

As a complement to our Prepared Childbirth Class, we also offer an Infant Feeding Class for moms-to-be who have made the decision to breastfeed or for those who are still uncertain. Offered by one of our two Board Certified Lactation Consultants on staff, the class offers up-to-date information every other month.

As you may very well know, Diabetes affects many of our friends and neighbors in deep East Texas and can often be a pre-cursor to heart disease. Living with Diabetes can be difficult and Woodland Heights aims to assist in that journey. Diabetes Discussion Luncheons are held throughout the year, with a variety of speakers offering different presentations relating to Diabetes. The next luncheon is scheduled for July 27 at noon in the 2nd floor classroom with Kyle King, DDS as the featured speaker.

And if you are 50 years or older and haven't heard of our Senior Circle program, then you are missing out. Becoming a member of Senior Circle is easy and offers many advantages. In addition to discounts and in-hospital benefits, this program also offers monthly educational luncheons, travel opportunities, social and wellness events and an opportunity to make friends and make a difference.

Additionally, we offer a speakers' bureau if your organization or business is interested in a particular healthcare topic. For more information on this or any of the educational offerings at Woodland Heights, call 936-637-8688.

I sincerely hope you are having a great (and safe) summer. Woodland Heights is proud to be your partner in health.

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