

Your Health Begins Here

hope-health.org

January 2020

LEARN ABOUT HEALTH AT THE MEDICAL PLAZA

With the New Year in full swing and many heart-felt resolutions already beginning to waver, HopeHealth offers plenty of community classes to help you boost your knowledge on eating well and making healthy life-style choices.

Regular classes such as SNAP into Health and Cooking Matters provide free demonstrations and hands-on experience on how to provide healthy, budget-friendly meals.

Additional classes help HopeHealth patients take charge of their health proactively. These include programs such as Walk with Ease, a six-week

course that focuses on easing arthritis pain through nutrition changes and walking; and the WellPower Weight Management Program which educates patients on how their lifestyle choices can help them not only lose weight but also improve health and vitality.

Year-long programs for those trying to prevent diabetes or those living with the condition are also available and can provide the extra help of peer support on a regular basis.

Talk with your provider about classes that may benefit you, or check out the schedule of upcoming community programs at hope-health.org/events.



Accessing Care After Hours

With the flu season getting an early start and the sniffles making an appearance, remember HopeHealth is available after hours to established patients as a convenient option to more expensive urgent care or emergency department visits.

Benefits of using the service mean your medical records are readily available to the attending provider and your health records stay up to date and can be reviewed by your regular provider.

Access Hope is available for patients of all ages in Manning and Florence from 8 a.m.-8 p.m., Monday - Saturday.

Available services include: cold and flu sick visits for children and adults, annual and pre-employment physicals, specialty referral services, immunizations, flu shots, ppd testing, finger stick testing/blood sugar, pulse oximetry/oxygen testing, STD treatment, and urinalysis.

To learn more, visit hope-health.org/after-hours-care.

COMING UP

For details, visit hope-health.org/events.

Seniors *with Hope*

Thursday, Jan. 2, 2020, 2-3:30 pm
Bethea Retirement Community Chapel
157 Home Ave., Darlington

Thursday, Jan. 9, 2020, 2-3:30 pm
HopeHealth Medical Plaza
Magnolia Room
360 N. Irby St., Florence

Thursday, Jan. 16, 2020, 2-3:30 pm
HopeHealth in Kingstree
Conference Room
520 Thurgood Marshall Blvd. Suite B,
Kingstree

Veterans with Hope

Tuesday, Jan. 21, 5-6 pm
HopeHealth Medical Plaza
Palm Room
360 N. Irby St., Florence



Scheduled closing

All HopeHealth offices will be closed Monday, Jan. 20.

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Text HOPEHEALTH to 22828