

Healthy Focus

Home is HCMC











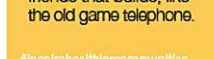
april

Monday, April 27

Tuesday, April 28

Wednesday, April 29

Thursday, April 30

<p>Physical Health</p> <p>Give your arms a workout by spring cleaning the walls, windows, and hard-to-reach cabinets.</p>  <p>Emotional Health</p> <p>Steep a lemon wedge and honey in warm water; sip to relax and calm. Or, mix up a Pineapple Mint Blueberry Smoothie.</p> <p>Social Health</p> <p>Have a coloring contest with friends and do an online critique session.</p>  <p>#inspirehealthiercommunities</p>	<p>Physical Health</p> <p>Make healthy dinner prep fun by getting outdoors with chicken, tofu, and vegetable skewers on the grill.</p>  <p>Emotional Health</p> <p>Laugh out loud! It's contagious and will make you and others laugh for real.</p>  <p>Social Health</p> <p>Need a time out? Set up Zoom play dates for your kids.</p>  <p>#inspirehealthiercommunities</p>	<p>Physical Health</p> <p>Bored with the same dinner lineup? Create a smorgasbord of fun foods to enjoy picnic style. Try these yummy Date and Cashew Truffles.</p>  <p>Emotional Health</p> <p>Cleanse your house and open the windows wide.</p>  <p>Social Health</p> <p>Netflix party! Watch a movie or binge watch your favorite show with your friends.</p>  <p>#inspirehealthiercommunities</p>	<p>Physical Health</p> <p>Teach your kids something new by rediscovering vintage yard games like bocce ball, croquet, and horseshoes!</p>  <p>Emotional Health</p> <p>Light your favorite candle or diffuse essential oils to enjoy your favorite scent.</p>  <p>Social Health</p> <p>Going mad? Mad Lib it with your friends. Write a story with your friends that builds, like the old game telephone.</p>  <p>#inspirehealthiercommunities</p>	
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Connection During Physical Distancing

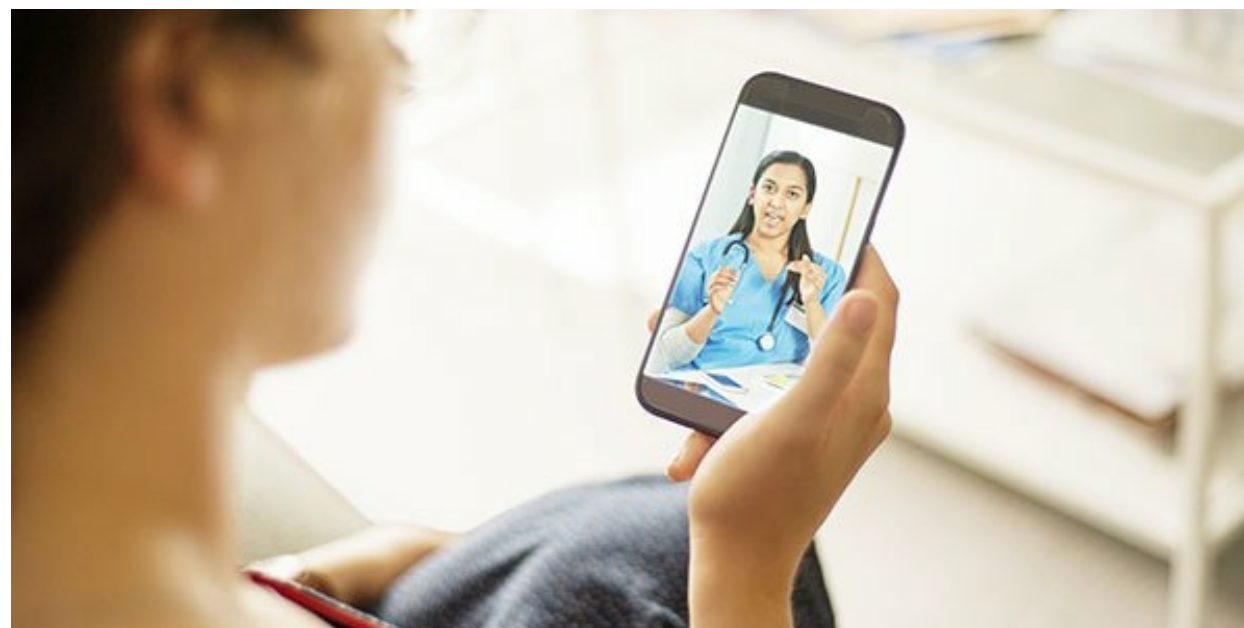
Physical distancing can make us feel isolated, lonely, and bored. At HCMC, we understand how you are feeling and care about all aspects of your health. To help you get through these unprecedented times, we have created a daily calendar with actionable steps to preserve your Physical, Social, and Emotional Wellness under quarantine.

[VIEW THE CALENDAR](#)

HCMC Class Cancellations

For the safety of patients, staff, and community, Henry County Medical Center has announced several cancellations of scheduled upcoming events. Any rescheduling will be announced once the new dates and times are decided.

[EVENT UPDATES](#)



Eagle Creek Clinic Now Offers Virtual Visits

The Center for Disease Control and Prevention (CDC) recommends that if you have been exposed to COVID_19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

Our community is diligently working to slow the spread of COVID-19 to help reduce the risk of exposure to ourselves and others through social distancing and staying home whenever possible. In response to this need, Eagle Creek Clinic now offers virtual visits from the comfort of your own home using Zoom. If you don't have an emergency, starting with a phone call Eagle Creek Clinic allows us to assess whether you can receive care from home.

[Read More](#)



HCMC Physicians Discuss COVID-19

Drs. Compton, Yemane, and Carruth share their thoughts on COVID19 including signs and symptoms and the importance of staying at home during this time. They also share their experiences locally with patients who have been treated at HCMC with the virus.



Apple and Cabbage Salad

An apple a day keeps the doctor away! This simple, delicious, nutritious salad can be made from ingredients you may already have at home.

[Read Full Recipe](#)



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