

Healthy Focus

Home is HCMC

PUT YOURSELF FIRST.
PUT YOUR HEALTH FIRST



YOU'RE THE ONE IN 2021

Mark your calendar for the 21st of each month to learn about ways to make you and your health your number ONE priority in 2021.

HIC HENRY COUNTY
MIC MEDICAL CENTER



Community
Calendar

Bright Beginnings Prenatal Class

4/10/21, 1:00 PM at HCMC Classrooms 2 & 3

Facebook Live: In Sickness and in Telehealth

4/21/21, 12:00 PM

Chronic Disease Management Screening

4/21/21, 7:00 AM at HCMC Classrooms 2 & 3

Masquerade \$5 Jewelry and Accessory Sale

4/28/21, 9:00 AM at HCMC Classrooms 2 & 3

Visit <https://www.hcmc-tn.org/topic/events/> for updates on classes, events, and screenings.



Stand by Me:

How to Help Someone Struggling with Behavioral Health Challenges

“Behavioral health” refers to both psychiatric and substance abuse, and people with these health issues suffer from either or both. Unfortunately, nearly two-thirds of those with a mental health disorder don’t seek help, typically because of the stigma associated with these issues. If you have a family member or friend who has a behavioral health disorder, you can play an important role by supporting and standing by them throughout their recovery.

[Read More](#)



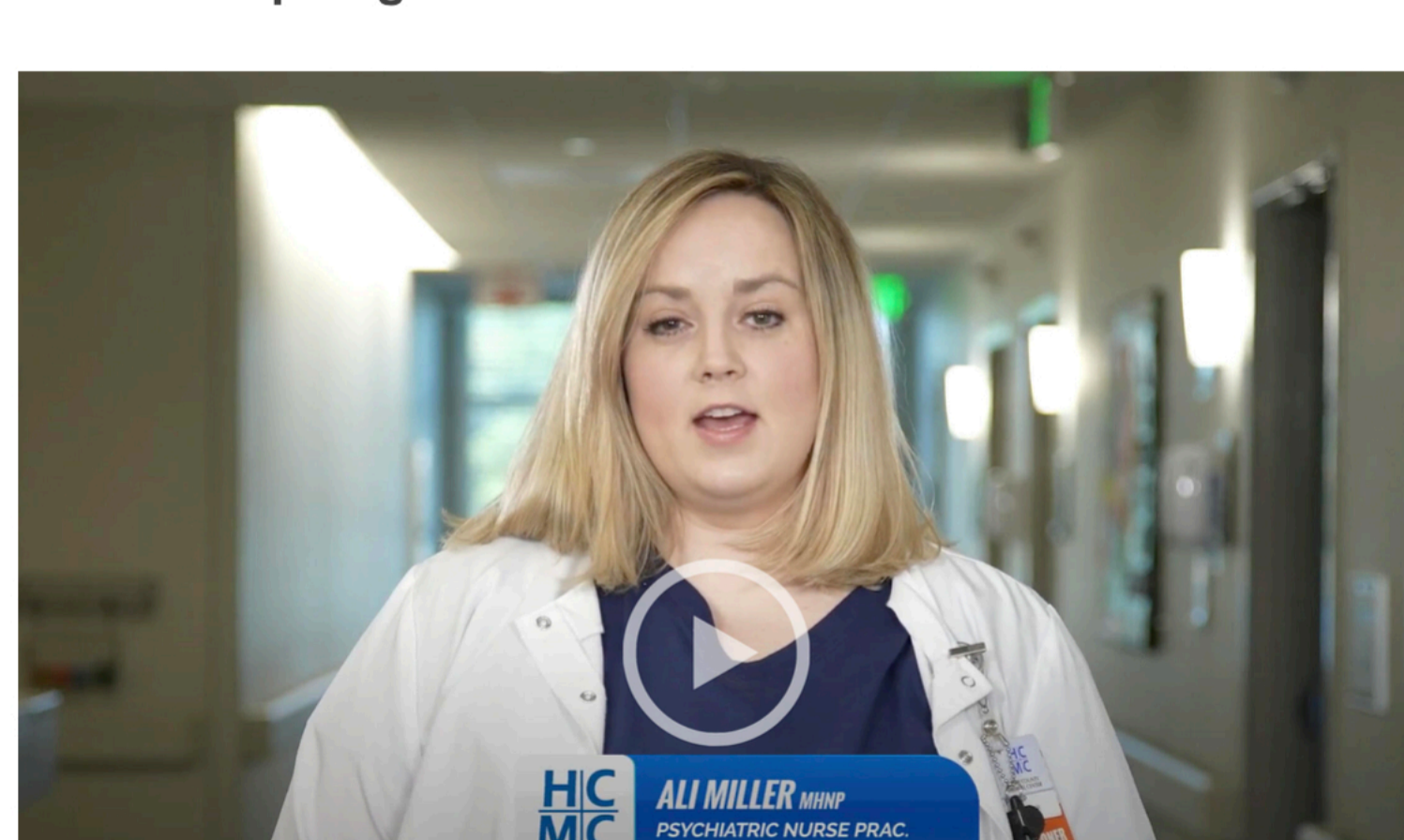
A Fresh Start:

Creating a Wellness Plan That Works for You

If you're looking to make some changes in your life, a wellness plan may be just what the doctor ordered. A wellness plan helps you live a healthy life and increase your personal sense of well-being. By assessing your current health status, deciding what you'd like to change and establishing specific goals to work towards, you increase the likelihood your vision becomes a reality.

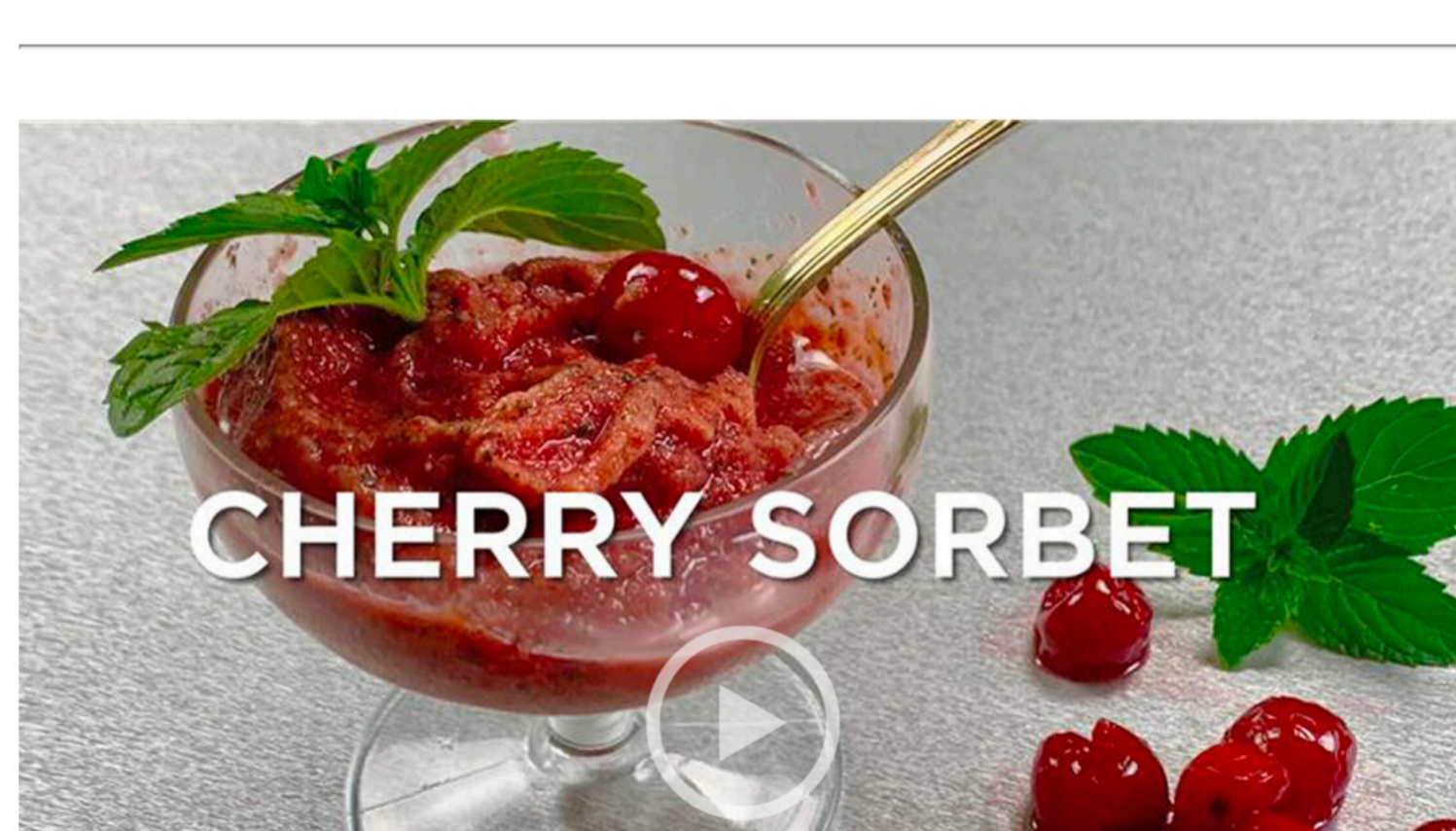
[Read More](#)

Services Spotlight



Meet Ali Miller, Psychiatric Nurse Practitioner from HCMC Lake Haven Behavioral Unit.

Meet Ali Miller, Psychiatric Nurse Practitioner from HCMC Lake Haven Behavioral Unit, who shares some insight into the aging brain as well as actions you can take to improve your brain health as you age. For more information, call Lake Haven at 731-644-8420.



Cherry Sorbet

Cherries are packed with nutrients and are rich in antioxidants and anti-inflammatory compounds. Because they contain melatonin, they may improve sleep quality.

[Read Full Recipe](#)