

HEALTHY FOCUS

Home is HCMC

YOUR MONTHLY HEALTH NEWSLETTER | APRIL 2022



COMMUNITY CALENDAR

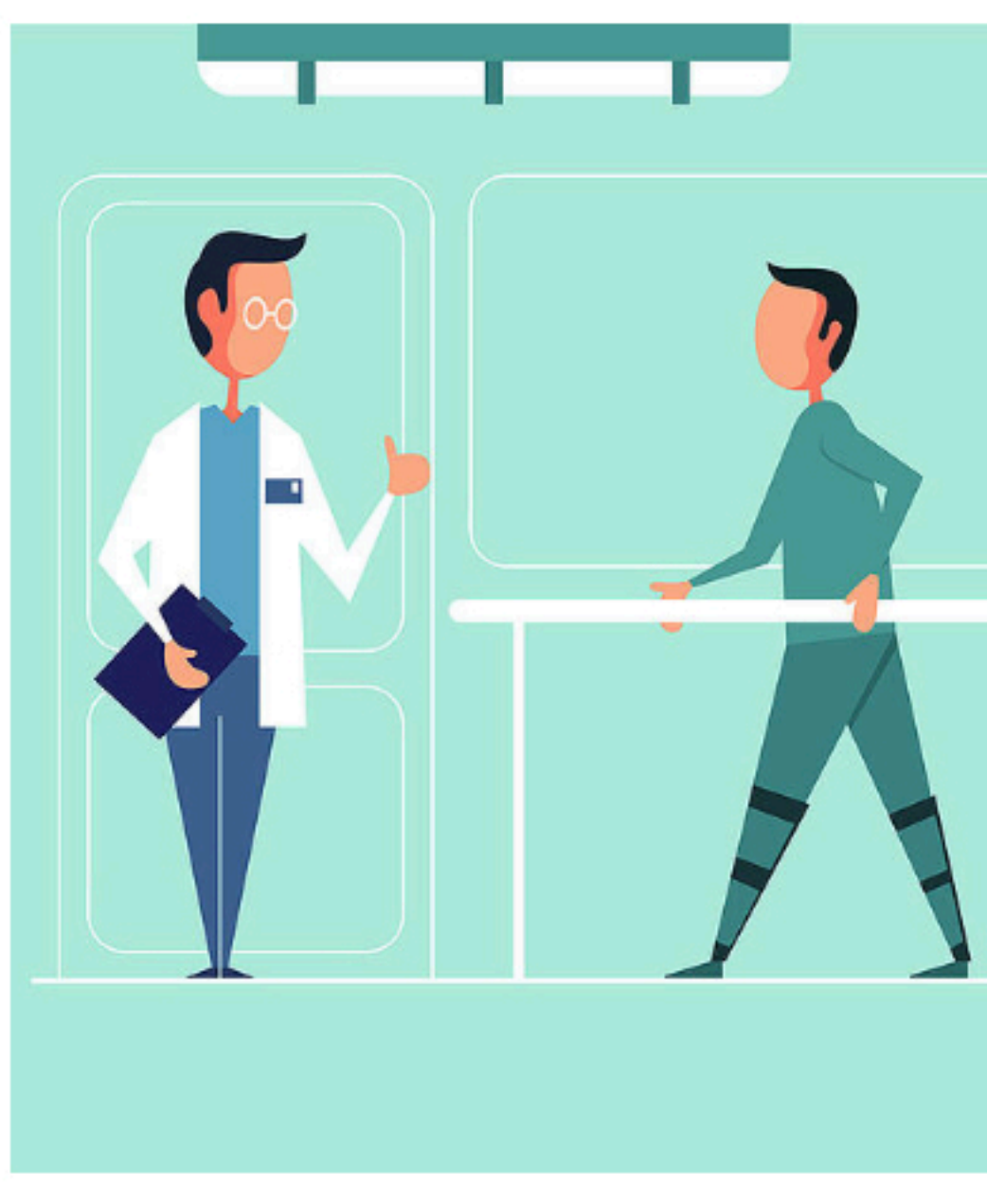


FACEBOOK LIVE:

Sleep Disorders Lunch to Learn with Jon Tumen, MD

Don't miss our full list of upcoming classes and events.

[View Calendar](#)



REGAIN YOUR INDEPENDENCE & QUALITY OF LIFE WITH OCCUPATIONAL THERAPY

When you're healthy, you don't think about the routine, day-to-day activities that help you maintain your independence and quality of life. However, when you're recovering from joint surgery, these simple tasks can feel overwhelming—maybe even impossible. That's why it's so important to begin rehabilitation to help you regain your independence and get you back to doing the things you love.

[Get Info](#)



ALL STRESSED UP AND NOWHERE TO GO

Studies have found that almost half of all adults suffer from stress-related health issues. Unrelieved stress can contribute to headaches, high blood pressure, fatigue, depression, chest pain, heart disease, obesity, and diabetes. Discover tips for dealing with stress, and get info on where to get help.

[Learn More](#)

PROVIDER SPOTLIGHT:

Meet LeighAnn Lockwood, NP

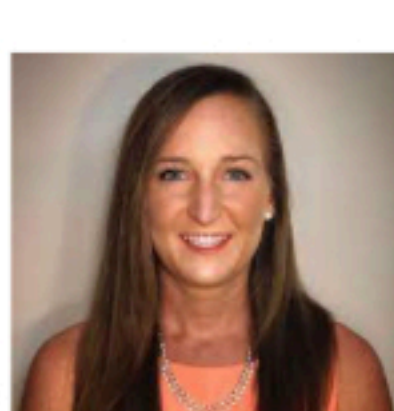
LeighAnn graduated from Vanderbilt University School of Nursing in 2020 with a Master of Science in Nursing. She is board certified to treat various psychiatric and substance abuse disorders across the lifespan but is most passionate about child and adolescent psychiatry. LeighAnn grew up in New Jersey but has resided in the Middle Tennessee area since 2015. LeighAnn loves spending time outdoors and can be found hiking Nashville's many parks with her goldendoodle, Bentley.

To make an appointment for yourself or a loved one with LeighAnn Lockwood, NP, call 731-644-8441.

Office hours are Mondays, Wednesdays, and Thursdays from 8:00 AM – 5:00 PM



PARIS BEHAVIORAL HEALTH

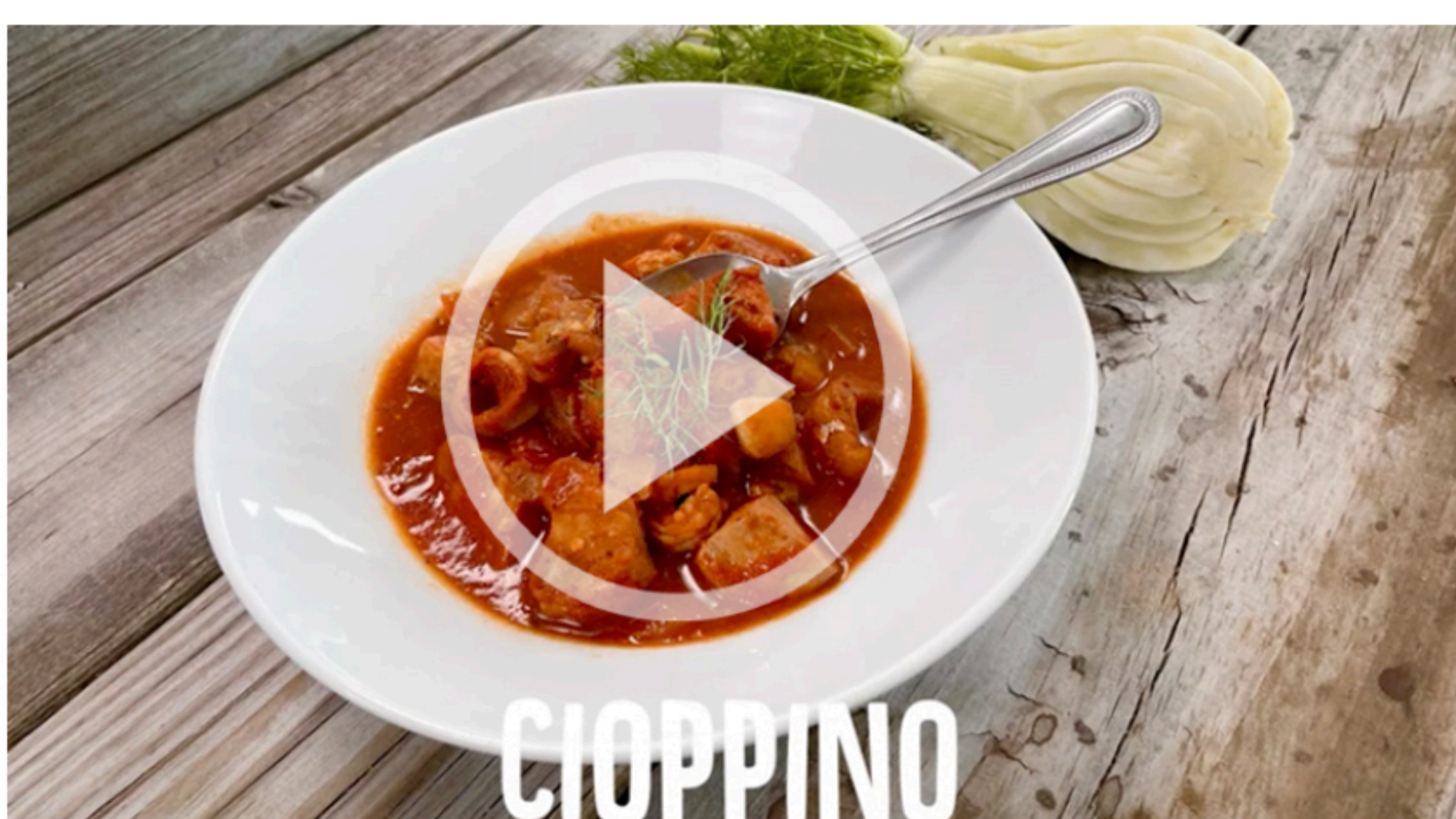


LeighAnn Lockwood, NP

[Learn More](#)

Cioppino

Try this delicious tomato-based seafood stew. Did you know that tomatoes contain antioxidants and are a great source of folate, vitamin C, potassium and vitamin K?



CIOPPINO

[Read Full Recipe](#)

