

Health is ActionSM

In your **20s** On the **pulse** of life

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation, and the pursuit of vibrant good health – mind, body, and spirit.



As a woman in your 20s, you are on the "pulse" of life: learning the rhythms of your body and experiencing the extraordinary energy of your spirit. Now is the time to find out what makes you feel happy, healthy, and strong.

To ensure high-energy health in your 20s:

Every day be –

- Physically active
- Nutritionally smart
- In-the-know about preventive screening
 - Baseline cholesterol panel – total, LDL, HDL and triglycerides
 - Blood pressure – at least once every two years
 - Annual internal exam with Pap test (including STD screening)
 - Baseline vision and hearing exams
 - Semi-annual dental visits for exam and cleaning
 - Immunizations; tetanus once every 10 years
 - Baseline mole and overall skin exam – at least once every three years.

For more information go to:
www.spiritofwomen.com/life_20s.html

Spirit of
Women.





GERBER MEMORIAL
HEALTH SERVICES

WOMEN'S HEALTH SERVICES

wants to be a partner in your health
today and for a lifetime.

Call us at 231-924-7139 to discuss your individual questions and healthcare needs.

Gerber Memorial Health Services – Women’s Health Services

Mission: to promote and provide services supporting the health and well-being of women in our community.

Vision: Gerber Memorial Health Services will serve as the leading provider and connection for Women’s Health Services in greater Newaygo County.

Gerber Memorial Health Services (GMHS) provides many women’s health services in our Women’s Health Center – a special service area designed to provide an attractive, comfortable environment, which promotes privacy for diagnostic exams and procedures.*

TWENTIES...

years of childbearing, professional challenges and special needs.

Services include:

■ **Maternal/Child Care (231-924-1302)**

- Family Birth Center
- Designated C-Section /Delivery Room
- Breastfeeding Classes/Lactation Consultants
- Childbirth Education and Childbirth Review Classes
- Early Pregnancy/Prenatal Classes
- Infant/Child CPR Classes
- Sibling Classes
- Pregnancy Complications Education and Care

■ **Continu-Care Maternal/Child Home Care Programs (231-652-5377)**

- Maternal and Infant Support Services
- Parents as Teachers Programs
- Specialized Home Health Care Services for Pregnancy Complications

■ **Women’s Health (231-924-7139)**

- Breast Health Care – Mammograms (231-924-7778)
- Cancer Treatment – Specialty Clinic (231-924-1305)
- Continu-Care Home Health Services (231-652-5377)
- Diabetes Center (231-652-2777)
- Great Lakes Laser Center for skin treatment and hair removal (231-924-7800)
- New Focus, the Center for Mental Health (231-924-1385)
- Nutrition Support & Weight Management Services (231-924-1377)
- Diagnostic Ultrasound
- Wellness Programs (231-924-3195)
- Women’s Cardiac Care – HeartCaring (231-924-2810)
- Spirit of Women Community Events and Educational Services**

*Additional Women’s Services provided in other GMHS locations: Newaygo, Hesperia, Grant, Fremont and White Cloud. Call our **Women’s Health Services Coordinator**, Brenda Dulaney-Connell, RN, MSN, at 231-924-7139 for assistance.

**GMHS is the first Michigan hospital to join the national Spirit of Women program.

Gerber Memorial Health Services is a member of the Spirit of Women Hospital Network, a coalition of American hospitals that meet standards from excellence in women’s health outreach and care.

www.spiritofwomen.com

