

Health is Action<sup>SM</sup>

In your **30s**  
For the **creation** of  
your **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.



**A**s a woman in your 30s, life is full of possibilities to create: relationships, responsibilities, family, career. Your sense of who you are is stronger now than ever before. Now is the time to create a strong foundation to protect your health into the future.

**To protect the strength of your health in your 30s**

**Every day be –**

- Physically active
- Nutritionally smart
- In-the-know about preventive screening
  - Cholesterol panel follow-up (or baseline if not yet done)
  - Continued blood pressure checks
  - Thyroid test (TSH); starting at age 35 then every five years
  - Diabetes check; fasting blood glucose
  - Annual internal exam with Pap and HPV
- Immunizations:
  - Tetanus – continue every 10 year vaccine
- Vision and hearing exams based on your individual needs
- Semi-annual dental visits for exam and cleaning

For more information go to:  
[www.spiritofwomen.com/life\\_30s.html](http://www.spiritofwomen.com/life_30s.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.\*

**THIRTIES...**

*the more adult years of change and exploration, and childbearing.*

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 (213-924-3195)
  - 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](http://www.spiritofwomen.com)

