

Health Connections

JANUARY COMMUNITY CALENDAR

American Cancer Society Support Group

Sponsored by Moncrief Cancer Resources and Weatherford Regional Medical Center
Meetings are held on the fourth Thursday of each month at 6:30 p.m. in the WRMC Private Dining Room. Call Carol Wilhelm at (817) 594-3014 for more information.

Weekly Activities



RSVP to Deb Williford at (817) 599-1672

- January 9 Monthly Meeting/Birthday Celebrations, Noon, Multi-Purpose Room
- January 13 Kiowa Casino – All Day
- January 14 Lunch & Learn – Family Care of Texas, Noon, Multi-Purpose Room
- January 16 Craft Class – Recycling Greeting Cards, 10 a.m., Private Dining Room
- January 20 New Friends Club, Noon, Multi-Purpose Room
- January 21 Lunch & Learn – TBA, Noon, Multi-Purpose Room
- January 23 Movie Day – “The Man from Snowy River,” 1 p.m., Private Dining Room
- January 26-28 Senior Circle Office Closed
- January 30 Game Day – 2 p.m., Multi-Purpose Room

Walk at Cherry Park – 119 Palo Pinto Street, Mondays, 8:30 a.m.
Exercise – Mondays, 10 - 11 a.m., Senior Center, 1225 Holland Lake Drive
Breakfast Bunch – Tuesdays, 7 a.m., WRMC Cafeteria (Dutch treat)
Line Dancing – Thursdays, 9 - 10 a.m., Senior Center

Childbirth Education Classes

Classes are FREE if you deliver at WRMC and \$125 if you deliver elsewhere. Call the Tiny Toes Hotline at (817) 341-TOES (8637).



Diabetic Forum:

Second Tuesday of each month, 5:30 to 6:30 p.m. Multi-Purpose Room.
RSVP to Michelle McMillan at (817) 598-4502.

“Tune Up Your Health for the New Year”



Thursday, January 22
Noon to 1 p.m. – Lunch will be provided.
WRMC Multi-Purpose Room

Heather Back, D.O., family medicine physician of Aledo and Weatherford Primary Care and member of the medical staff at WRMC, will discuss important health checkups and tests for you and your family.

Seating is limited and RSVP is required by January 19. Call (817) 341-PINK (7465) or visit www.weatherfordregional.com.

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Silver Partners:

A Special Place • Aledo Primary Care-Betsy George, M.D., and Heather Back, D.O. • Alpha Omega Hospice • Chase Bank Durant Toyota • Gastroenterology Care Consultants-Sanjeeb Shrestha, M.D. • Heart Center of North Texas • Lone Star ENT & Allergy-Ravi Pachigolla, M.D. • North Texas Retina Consultants • Rupa Pachigolla, M.D. • Parker County Hospital District • Solis Women's Health • Stryker Orthopaedics • Texas Oncology • The Bank of Weatherford • The Center for Cancer & Blood Disorders • Weatherford OB/GYN Associates, PA-Stephen Stamatias, M.D. • Weatherford Primary Care Elizabeth Bailey, D.O., and Jina Shrestha, M.D. • Weatherford Regional Medical Center Home Health • Willow Park Primary Care-Johnny M. Wilson, M.D.



Weatherford
Regional Medical Center

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