

Health Talk

Our Vision for a Healthier Community



Health talk topics: Health and wellness, childhood obesity, emergency services, meal planning, vaccinations, teenage smoking and drug use have all been topics in the news. We invite you to join MidMichigan Medical Center – West Branch as we lead a panel discussion to inform our community members on healthy lifestyle practices, community programs/ events, and efforts being taken to better the well-being of the next generation.

Wednesday, Jan. 16, 2019
5:30 to 8 p.m.

Forward Conference Center
2980 Cook Road
West Branch, Michigan

Brent Mikkola, E.P., C.P.T., wellness coordinator, MidMichigan Medical Center – West Branch

- Childhood Obesity
- Wellness services and programs offered at the Medical Center in West Branch

Anthony Bair, R.N., B.S.N., E.M.T.-P., manager, Emergency Services/Trauma Program, MidMichigan Medical Center – West Branch

- Trauma Designation
- Joint Ogemaw EMS and MidMichigan Medical Center – West Branch Emergency Department Training
- New ED Construction Project – with the Patient Experience as the motivation
- ED – Pediatric Care Coordinator (special trained ED nurses that provide monthly pediatric education to staff)

Janet Wichert, R.D., director, Nutrition Services, MidMichigan Medical Center – West Branch

- Family meals around the table
- Healthy eating, drinking and cooking

Denise Bryan, M.P.A., health officer and Holly Campbell, R.N., B.S.N., M.P.H., community health director, DHD2

- Infant safe sleep practices
- Common childhood communicable diseases and vaccination recommendations
- Pre-adolescents and teenagers – addressing risk avoidance of smoking, vaping, and prescription drug access/Prevention of opioid addictions

The program is \$10 with a light meal provided. Registration is required by Jan. 9, 2019. To register please visit www.midmichigan.org/healthtalk or call MidMichigan Health Line at (800) 999-3199.