

## **FREE SCREENINGS AT THE CLINIC AT WALMART**

Be sure to stop by the Flowood Walmart for free blood pressure, blood sugar and body mass index screenings.

**Tuesday, February 7, 9:00 AM – 1:00 PM**

**February 21, 9:00 AM – 1:00 PM**

**Flowood Walmart, Lakeland Drive**

## **TINGLY FINGERS:**

### **IS IT CARPAL TUNNEL SYNDROME?**

Does computer work, quilting, or racquetball cause tingling and numbness in your hands and fingers? Repetitive motions like these could cause carpal tunnel syndrome. Join neurophysiologist Michael Graeber, MD, to learn how it's diagnosed and treated. *\$5 optional lunch*

**February 15, 11:45 AM**

**Baptist for Women Conference Center**

## **DIABETES SUPPORT GROUP**

Hosted by Baptist Nutrition Center, *FREE*

**February 16, 1:00 PM**

**Baptist Madison Campus, Community Room**

## **HELPING KIDS AND TEENS WITH CONSTIPATION**

Constipation is a common problem for younger kids and even adolescents. But there are definitely things you can do to help. Join pediatric gastroenterologist Sara Rippel, MD, to find out what routines can make a difference.

**February 21, 6:00 PM**

**Baptist Madison Campus, Community Room**

## **LIFE'S SIMPLE SEVEN:**

### **MAINTAINING A HEALTHY HEART**

Maintaining a healthy heart doesn't have to be complicated. Join cardiologists William Harper, MD, as he breaks down the seven simple steps recommended by the American Heart Association for optimum heart care. *\$5 optional lunch*

**February 22, 11:45 AM**

**Baptist Madison Campus, Community Room**

## **MOTHER DAUGHTER TEA**

Your pre-adolescent daughter may already have questions about changes in her body. At this special tea, OB/GYN Barbie Sullivan, MD, will help prepare your daughter for what's ahead. Megan Clapton, MA, of the Shepherd's Staff, will discuss self-image, relationships, communication, and emotions. *\$5 per person*

**February 26, 2:00 – 3:30 PM**

**St. Mark's United Methodist Church (Parlor)  
400 Grant's Ferry Road – Brandon**