



ATTEND A SCREENING

1. Take advantage of the free screenings offered at Blue Ridge HealthCare. Check the Community Outreach Calendar each month in The News Herald to find out where you can get your blood pressure and your glucose level checked for free.

PUT TOGETHER A HEALTHCARE TEAM

2. This includes a dentist, a nutritionist and a medical doctor to help you keep in shape from head to toe. Have a physical and schedule yearly preventive care examinations (mammogram, prostate cancer screening, Pap smear, well-patient checkup, teeth cleaning) on time.

OTHER RESOLUTIONS TO KEEP IN MIND

- 5.** Quit smoking
- 6.** Get at least seven hours of sleep each night
- 7.** Become an organ donor
- 8.** Do 50 sit-ups for every two hours spent watching TV
- 9.** Get a massage
- 10.** And finally, for your spiritual health, perform an act of kindness to a stranger every week.

CREATE A LIVING WILL

3. Attend a free seminar at Blue Ridge HealthCare on Advance Directives - a Living Will or Power of Attorney for Health Care. Two seminars are offered in January: Tuesday, Jan. 15, from 9:30 to 11 a.m. at Grace Hospital and Tuesday, Jan. 22, from 5:30 to 7 p.m. at Valdese Hospital. Call Dennis Stamper (580-5143) or Diana Spangler-Crawford (874-2251 Ext. 114).

TAKE ADVANTAGE OF COUPONS

A. Take advantage of the coupons offered in the free Blue Ridge HealthCare calendar you should have received in your Sunday, Dec. 16, News Herald. Coupons are good for a free bone density test, free prostate screening, a 30-day trial membership at Phifer Wellness Center and much more.