

Insight

A publication of FHN

Volume 3, Issue 3

Stay in the Game Preventing Sports Injuries

On the Path to Health Cancer Center Improvements

Westward (and Northward) Bound New Providers, Services in Area Locations





It's Summertime...

... and I hope your living is easy! What a great time to get outdoors and enjoy summer sports with friends and family, or just a walk on your own through one of our wonderful communities.



from sunburns and rashes to allergies, sinus infections, sore throats and bladder infections. We've added a new provider here, too: board-certified family nurse practitioner Barbara Felgenhauer, BC-FNP. FHN FastCare is open every day, including weekends and most holidays, and patients are seen on a first-come, first-served basis. For more information on FHN FastCare, visit www.fhn.org.

Summer is usually busy at FHN, and this year is no exception. For example, later in this issue you'll read about the expansion of hours and services at our FHN Family Healthcare Center – Orangeville. Tanya Guntly, PA-C, is joining Jeffrey Schleich, MD there to deliver team-based, patient-centered care. We now offer more appointment times at that office than ever, making it easier for patients to schedule visits. As a physician assistant, Tanya conducts physical exams, treats illnesses and injuries, develops and carries out treatment plans, provides preventive healthcare counseling, sutures wounds, orders and interprets lab tests, and writes prescriptions. Weight management services are also being added to the offerings at Orangeville. To schedule an appointment with Tanya Guntly or Jeffrey Schleich, just call the office at 815-789-3100 or toll-free 1-866-417-0536.



We're also expanding FHN FastCare at the Freeport Shopko. Another exam room has been added to this popular location where no appointment is needed for minor injuries and illnesses

Finally, FHN is matching the colors of summer this year by going even greener! We're on our way toward reaching a big recycling goal: keeping 1/3 of our trash in 2012 out of local landfills through recycling. Through the end of May, we have collected 24.34 tons of recycled products, which is almost 25 percent of our goal and not too far from that 33 percent target. The Northern Illinois Health Plan also has contributed to our effort by allowing members to choose to receive their Explanation of Benefits (EOBs) online, eliminating the need for paper statements for each healthcare, dental and vision claim filed.



I'm sure you'll like this issue of INSIGHT, and as always, I invite you to contact me (mperry@fhn.org) or our editor (srogers3@fhn.org) if you have questions or comments. Enjoy the remainder of your good ol' summertime, and thank you for choosing FHN!

When it's Time to Quit: Quitters Can Be Winners

Smoking and tobacco use are more than an addiction; they're a habit.

If you use tobacco, you are likely addicted to nicotine. Addiction means that



your body insists that it needs that next cigarette or bit of chew. Without that "fix," you'll be "broken," suffering from nicotine withdrawal symptoms like cravings, headaches, indigestion, nausea, insomnia, irritability, increased appetite and tiredness.

But smoking goes beyond your body's physical craving for nicotine. Most people addicted to nicotine smoke or chew at least partially out of habit. Do you smoke after meals? Take a smoke break at work? Tuck some tobacco in between your cheek and gum as you leave the house each morning?

Habits are powerful things, and when they're combined with physical addiction, that power can be extremely difficult to resist. That's why FHN offers SmokeBrakers.

SmokeBrakers isn't a product or even a specific program; it's the help you need in what could be the fight of your life.

"Most smokers have tried to stop on their own many times before signing up for SmokeBrakers," says FHN Community Services Coordinator Sara Wise, RN. "Some smokers have said that stopping smoking was the hardest process they had ever experienced,



FHN Cosmetic Services

Feeling Beautiful Can Help You Feel Great!

Sometimes a little boost to our physical appearance can make us feel better inside, too. FHN offers a number of programs to help you maintain a healthy and fit lifestyle, from our popular Get Fit INFINITE wellness program to special programs like Create Your Weight and Medical Weight Management in Freeport, Orangeville and Stockton.

We can also help if you would like to update your facial appearance. If expression lines on your forehead, lines and wrinkles, or thinning lips are impacting your image of yourself, we can eliminate these signs of aging. FHN offers the following cosmetic treatments, provided by trained healthcare providers in the comfort of the FHN Family Healthcare Center in Pecatonica.

BOTOX® Cosmetic Therapy for Wrinkle Relief

In addition to potentially making you look older than you are, frown lines on your forehead can make you look permanently worried or angry. BOTOX® cosmetic therapy can temporarily smooth frown lines, wrinkles and creases between your eyebrows, making your face look younger and more relaxed.

This simple, quick service takes less than half an hour and requires no recovery time.

JUVEDERM™ Fillers for Wrinkles and Folds

As we age, our skin reduces production of a naturally hydrating substance called hyaluronic acid (HA). This loss results in facial wrinkles and folds, like the “parentheses” lines around the mouth. JUVEDERM™ injectable gel smooths away those lines for up to a year with just one treatment. Recovery time depends on the patient, but is usually only a few days at most.

At FHN, these treatments are handled by our medical team of surgeon Anthony Zappia, MD, FACS and nurse practitioner Danielle Siedschlag, BC-NPWH. They have been specially trained in these procedures to help you look and feel your best.

Talk to your healthcare provider for more information about these FHN offerings or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 940 to find out how we can help you become an even more beautiful you!

with SmokeBrakers

and despite their efforts to stop, they needed a more formal approach to cessation.”

The SmokeBrakers process begins with an assessment visit to confirm your intentions and needs. How committed are you to the process? What stop-smoking method would you prefer to use?

“Sometimes, a smoker might be angry at being ‘forced’ to quit due to a circumstance beyond his or her control,” Sara says. “If that’s the case, we have to work on that first.”

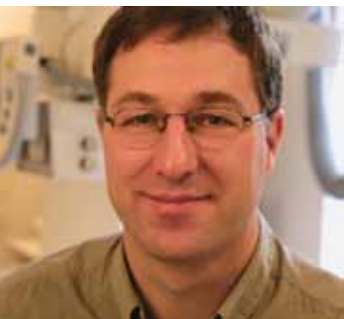
The SmokeBrakers counselor will help you choose a cessation process, and

once a path is chosen, will tailor the process to your needs. (If you want to use a tobacco cessation product like nicotine replacement patches or medication, you will work with your healthcare provider to find the best choice for you given your medical history.)

“We don’t prescribe or dispense nicotine cessation products,” Sara says. “We help our patients by providing support and helping each person focus on things like his or her smoking triggers, stress management, stop-smoking tactics, and sticking with their planned withdrawal techniques.”

SmokeBrakers is an individual program, tailored to fit your own nicotine habits, medical history, and commitment to quitting. The program doesn’t employ shocking images or guilt in its approach – we work to help smokers overcome their personal obstacles to quitting.

The fee for SmokeBrakers, payable upon registration, is \$60. Most people choose an individual plan, but group sessions may be available. For more information on SmokeBrakers, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 921.



Stay in the Game

A Good Routine, Rest When Needed Can Keep Student-Athletes Off the DL

WITH SUMMER SPORTS IN FULL SWING, FHN wants to keep student-athletes healthy and happy. Avoiding sports injuries not only keeps athletes at the top of their game, but also prevents future ailments including back pain, arthritis, or limited range of motion. FHN Orthopaedic Specialist Kevin Draxinger, MD shares several ways to avoid sports injuries, in addition to advice on dealing with minor injuries so that athletes can play their best for years to come.

“A big part of avoiding sports injuries comes with warming up and stretching properly,” Draxinger says. While most organized teams make this a part of the routine, athletes need to remember to do this on their own time as well. A quick summer conditioning session could quickly turn into a sprained ankle.

Just stretching won't do the trick: it has to be done correctly. While many athletes think that static stretching (such as holding your toes for 20 seconds) is all that is necessary, dynamic stretching is much better pre-workout. “Dynamic stretching, such as lunges, loosens muscles and joints while also increasing blood flow. This reduces stiffness and the likelihood of muscle tears,” Draxinger explains. Straight-legged marching and bear walks are other examples of dynamic stretching, though particular attention should be paid to the particular muscles used for an individual's sport.

Other crucial roles in preventing sports injuries are played by hydration and nutrition. “Especially in the summer heat,”

Draxinger reminds, “hydration and nutrition are vital to building or repairing muscles.” In addition to hydrating before and after exercise, the American College of Sports Medicine has given a general guideline of six ounces of water for every 20 minutes of activity. The average volleyball match can take over an hour, so more than three cups of fluids would be needed to stay properly hydrated.

Despite precautions, sports injuries can still happen. When they do, it is vital to allow the body to fully recover. For minor injuries, such as a sprain or bruise, Dr. Draxinger gives the acronym R-I-C-E: Rest, ice, compression and elevation. Icing and elevating an injury help to limit swelling. The proper time to ice an injury is as soon as possible after it occurs, and for 20-minute intervals after that, allowing the area to warm to the touch in between sessions. Compression, such as an air cast or wrapping the area with a sports bandage, limits movement and continued stress on the area.



“The most important thing,” Draxinger says, “is to let yourself heal. If it still hurts, you are only doing further damage. Let your body repair and then slowly go back to exercising and strengthening the area.” Without allowing the injury to heal, your chance of future injuries and long term pain increases.

Summer sports provide endless hours of fun and exercise, while also prepping student athletes for seasons to come. Through proper stretching, hydration and care of injuries, sports can stay a fun and safe part of student-athletes’ summers.



Want to learn more about dynamic stretching? Scan this QR code with your smart phone or go to www.fhn.org/stretching to see a demonstration video.

Strap In to a Safe Backpack

In the throes of summer, it can be depressing for some students to know that fall, and school, are approaching rapidly. But it is never too soon to make school safer and easier for your child. A surprising way to literally lessen your child’s load is to invest in a quality backpack. FHN Physical Therapist Sue Thomas, PT shares some insight on buying a good knapsack, how to properly distribute materials and the maximum weight a child should be carrying.

Sue shares that the best schoolbags are backpacks, not shoulder or messenger bags. Backpacks, specifically those with two straps, distribute weight the most evenly and take the least toll on the body. She continues, “If there is a lot of weight, two straps with a frontal clip provides the best support. Ideally, the backpack should be worn with the straps taut and pack resting fully on the back. This minimizes strain.”

Yet even with the best backpack, the overall weight of the bag can be the crux of the problem. Sue limits the appropriate weight to 10–15 percent of the child’s weight. So if a child weighs 80 pounds, the heaviest acceptable weight for a loaded backpack would be 12 pounds.

“While anything approaching this weight will cause strain, correctly packing the bag can help,” Sue says. “Moving the heaviest items, such as textbooks, nearest to the body will subdue the tension caused by a heavy pack.”



Too-heavy or improperly worn backpacks can cause a host of problems for children, including back pain, shoulder pain, abnormal posture, and headaches.

Talk to your student about the proper way to wear a backpack, and encourage frequent locker stops through the school day to exchange books.

Remind your student not to wait until Friday to bring supplies—and homework—home.

While sheer weight is the biggest cause of most backpack problems, investing in a good backpack, and wearing and organizing it properly, can help make the transition back to school easy for the mind and the body.

FHN Welcomes New Providers



Obstetrics and gynecology specialist **Courtney DanPullo, MD** has joined the women's healthcare team at FHN.

Dr. DanPullo earned her medical degree from Wayne State University and served her residency at St. John Hospital and Medical Center, both in Detroit. She holds a bachelor's degree in microbiology from

Michigan State University in East Lansing, Mich., where she served as a Johnson's Scholar Student Research Assistant in cancer research.

Dr. DanPullo sees patients at FHN Specialty Care—Harlem Avenue in Freeport. To make an appointment with Dr. DanPullo, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 926.



Board-certified family nurse practitioner **Barbara Felgenhauer, BC-FNP** has joined FHN as a part of FHN FastCare inside the Freeport Shopko.

Barbara earned her master's and bachelor's degrees in nursing at Northern Illinois University in DeKalb. Before continuing her education, she worked as an RN with an associate's degree from Prairie State College in Chicago Heights, Ill. As a family nurse practitioner, she can diagnose and treat routine and minor ailments, manage acute illnesses and injuries, and stabilize long-term chronic illnesses, as well as order tests and prescribe medications.

FHN FastCare offers convenient no-appointment care for minor injuries and illnesses, from sunburns and rashes to allergies, sinus infections, sore throats and bladder infections. FHN FastCare is open every day, including weekends and most holidays, and patients are seen on a first-come, first-served basis. For more information on FHN FastCare, visit www.fhn.org.



April Moore, MD will soon join the staff of FHN Family Healthcare Center—Forreston. She is a board-certified family medicine physician and can care for patients of all ages.

Dr. Moore earned her medical degree from the Southern Illinois University School of Medicine in Springfield. She completed a residency—and was named Chief Resident—in the Family Medicine Residency Program at the University of Illinois College of Medicine at Rockford. She holds a bachelor's degree in pre-med and biology from Augustana College in Rock Island.

To make an appointment with Dr. Moore at FHN Family Healthcare Center – Forreston, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 931.



Board-certified physician assistant **Robert Fox, PA-C** has joined the FHN Orthopaedics and Sports Medicine team.

Robert earned his master's degree in physician assistant studies from Wayne State University in Detroit. He has worked as a physician assistant in cardiothoracic surgery, cardiology, emergency medicine and orthopaedic surgery.

As a physician assistant, he is trained to conduct physical exams, treat patients' injuries, develop and carry out treatment plans, provide preventative healthcare counseling, suture wounds, assist in surgery, order and interpret lab tests and write prescriptions.

To make an appointment with Robert at FHN Family Healthcare Center—Burchard Hills in Freeport, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 982

FHN in the Community.....



FHN runners in the Pecatonica Crooked River 5K Walk/Run



FHN at the Freeport Memorial Day parade



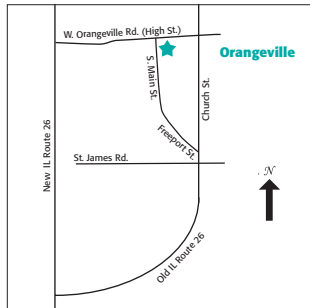
On Your Team

FHN Orangeville Location Expands to Offer More Convenient Appointments, Weight Management



Tanya Guntly, PA-C

Jeffrey Schleich, MD



Patients who appreciate the convenience of seeing their healthcare provider at a local, easily accessible office are really happy lately—the FHN Family Healthcare Center –Orangeville has expanded to offer more patient appointment times and Weight Management services!

Physician Assistant Tanya Guntly, PA-C joined the FHN Orangeville team in 2011, working with FHN Family Practice Physician Jeffrey Schleich, MD to care for patients of all ages. Tanya has a master's degree in physician assistant studies from Marquette University in Milwaukee, where she also earned her undergraduate degree in biomedical sciences. Tanya is certified by the National Commission on Certification of Physician Assistants and has experience in family medicine, neurosurgery and pain management.

Our Orangeville location is also proud to offer FHN's popular Weight Management Services. This is a medically supervised weight loss program customized to fit your needs with nutritional counseling, exercise prescriptions, behavioral evaluation and, if needed, FDA-approved weight-loss medications. The FHN Medical Weight Management Program is designed for safe weight loss using guidelines from the American Society of Bariatric Physicians.

FHN Family Healthcare Center –Orangeville is a short drive from Winslow, Cedarville and Rock Grove, Ill. as well as Monroe, Wis. To make an appointment with Jeffrey Schleich, MD or Tanya Guntly, PA-C at FHN Family Healthcare Center –Orangeville, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 904.



Comfort, Convenience, Close to Home

Renovations Enlarge, Update FHN Cancer Center



FHN Medical Oncologist Arshad Shaikh MD, left, is pleased that his chemotherapy patients can have their treatments in a comfortable, peaceful new space.

When patients are faced with the need for chemotherapy cancer treatment at FHN, they will now receive their treatment in the newly expanded wing in the FHN Leonard C. Ferguson Cancer Center. The new treatment area was designed to bring elements from the outdoors inside. Opaque partitions adorned with twig figures, hardwood-type floors, marble countertops and natural lighting are designed to uplift, encourage and soothe patients during trying times. A stone fireplace warms

the spacious atmosphere and a blanket warmer adds comfort for patients who are watching cable TV or a movie from the Center's extensive library, streaming wi-fi, or simply lying back and napping in silence. Curtains are available for patient privacy, although many patients find comfort and support in visiting with each other during treatments.

The new chemotherapy area is just the most recent of a number of enhancements at the Cancer Center

over the past year. In 2011, a new linear accelerator and four-dimensional (4D) CT scanner were installed, offering FHN patients the most advanced form of radiation therapy called VMAT – Volumetric Modulated Arc Therapy, also called SmartArc or RapidArc therapy. The 4D CT allows insight to internal motion, which is especially valuable for patients whose breathing motion can be an issue in targeting their treatment.

The Cancer Center improvements mean more convenience for patients, as well: In the past, patients needed to have their treatment planning CT scans performed at the hospital. Now all steps of the planning process can be completed at the Cancer Center.

Since the FHN Leonard C. Ferguson Cancer Center opened in 1995 through an affiliation with the University of Wisconsin Carbone Comprehensive Cancer Center, our providers have administered almost 15,000 chemotherapy treatments, and 2,700 patients have undergone radiation treatment. We're proud that our expanded capabilities will make treatment available, close to home, for even more patients in the years to come.

Remember Forever With a Brick Paver

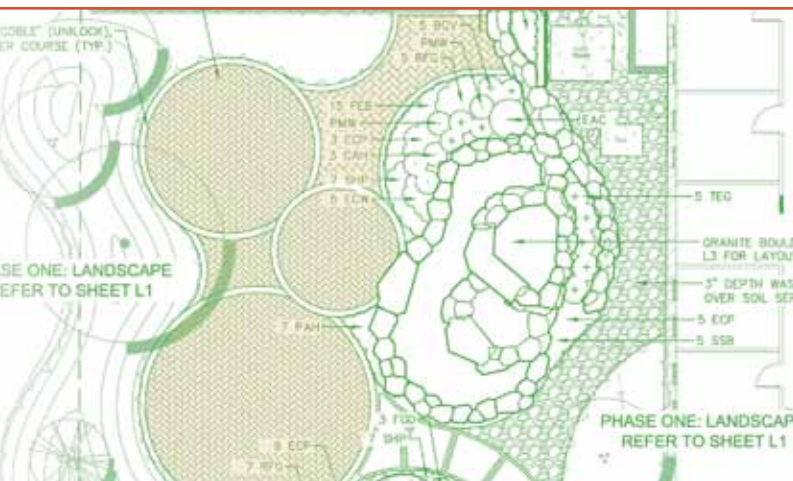
Each of us knows someone who has either beat cancer or has lost that battle. Every battle with cancer is unique, courageous, and worthy of commemoration, and a permanent way to do this is with a beautifully crafted brick with your name or that of a loved one in the FHN Leonard C. Ferguson Cancer Center's Healing Garden.

Studies show that patients who are exposed to the natural light and beauty of the outdoors feel better and heal faster.

The new Healing Garden will be a place for patients, families, visitors, hospital staff and the entire community to enjoy as part of our campus.

To leave your mark for a lifetime, you can purchase a brick through the FHN Foundation. Order forms are available on the FHN website at www.fhn.org/foundation or at the Foundation office located at 421 W. Exchange, Freeport, IL 61032.

FHN's PRETZEL CITY DAYS



New Year, New Leadership at FHN Family Counseling

Clinical, Administration Specialists Work as a Team to Navigate Change for FHN's

Change – even good change – can be difficult. People going through changes in their lives might feel better after they talk to a good friend or a counselor about their feelings. So what happens when it's the counselors' turn to deal with change?

When the counselors, therapists and support staff at the FHN Family Counseling Centers in Freeport and Galena met change this year, they embraced those changes to make their organization stronger and better able to meet the needs of their patients.

After former Family Counseling Center leader Dan Neal retired at the end of 2011, Dr. Jennifer Aurand and Anita Rumage were named leaders of FHN's two mental health locations. Jennifer, clinical director, holds a doctorate degree in psychology; Anita, operations leader, holds a master's degree in education with an emphasis on not-for-profit organizations and is pursuing her doctorate in public administration.

"Anita was Executive Director of VOICES DV, so we had worked together as colleagues for six years before she joined FHN," Jennifer explains. "We both arrived in Freeport at about the same time, I think."



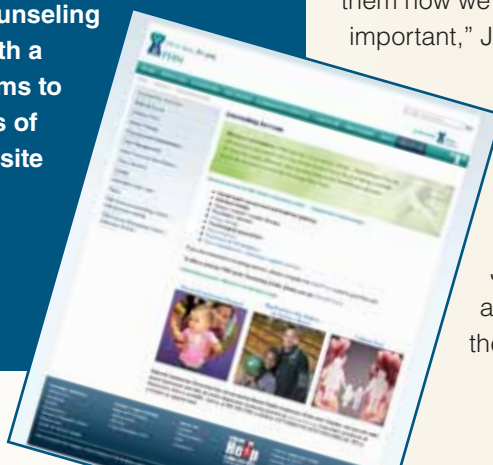
Anita concurs and continues, "Working together in the community let us 'hit the ground running' in our partnership here. We complement each other's strengths and respect each other's abilities."

"Anita's strong community ties and operational expertise made her a wonderful choice for operations leader," Jennifer says. "From the get-go, we started some specific initiatives to increase patient-focused services, such as forming a process improvement team. Our patients don't necessarily see this, but it helps to create an easier-to-navigate system for both them and our staff. It makes our process work better for everyone."

"There are so many changes happening right now in behavioral healthcare, and in healthcare in general. With the expected closure of Singer (Mental Health Center in Rockford), healthcare reform, funding cuts and changes in the judicial system, reaching out to the communities we serve and asking them how we can help is increasingly important," Jennifer says.

One of the most visible changes for FHN Family Counseling Center is an expanded web presence on fhn.org. With a wealth of resources ranging from downloadable forms to fill out before your first appointment to explanations of the Center's different groups and services, the new site is geared toward the Center's goal – helping people who need help navigate the process easily.

Check the new expanded site out at www.fhn.org/counseling-services.asp.



Family Counseling Center staff are similarly engaging the residents and organizations of JoDaviess County. "We are talking to members of the communities there, from

Center Mental Health Services

schools to the court system, social service agencies and healthcare, to see what they need from us. We did that in Stephenson County in 2010,” Jennifer says. “It helped us figure out what barriers were there for people seeking help, what people’s experiences had been with Family Counseling Center, and what more we could do to better identify needs and serve those in our area. Now, we’re working to identify those barriers and strengths in JoDaviess County.”

The pair and the counseling staff are also working to reach out to FHN’s medical providers. “We are working with a number of FHN physicians to share more information about intervention and prevention services with all the providers,” Jennifer says. “We are supplying providers with the tools and resources they need to help them treat the whole person – biologically, psychologically, socially, and emotionally. We want to partner more with the providers to help their patients, and our physician champions are supporting our efforts.”

“This transition has been a good time to revisit our organization’s vision, its processes and structure,” Anita says. “We are not where we want to be five years from now, but we’re really excited about what we’ve accomplished in less than one year.”

“One of our most important strengths as an organization is being a part of FHN,” Jennifer says. “We are very much ‘at the table’ in our communities’ healthcare organization, and as part of FHN, we are fostering partnerships with individuals, community leaders, and community agencies to provide the care for people who need it.”

Meet Our Doctors ...

You’re probably used to hearing about new healthcare providers at FHN, and we’re proud to be bringing you new faces, specialties and capabilities.



We’re also proud of the providers who are already a part of FHN. You may know them as your family’s healthcare provider, a member of your church, your neighbor, or the parent of your child’s classmate. In INSIGHT, we like to take the opportunity to introduce them to you again, so say hello to Dr. David Reese and Dr. George Tzelepis!

George Tzelepis, MD

Board-certified pulmonologist and internal medicine physician George Tzelepis, MD joined FHN in 2010. He sees patients at FHN Specialty Care—Harlem Avenue in Freeport.



Pulmonology is the medical specialty dealing with diseases and disorders of the respiratory tract. Dr. Tzelepis has completed additional training in critical care medicine, which enables him to treat hospitalized patients who need mechanical assistance to breathe.

Dr. Tzelepis earned his medical degree at University of Thessaloniki Medical School in Thessaloniki, Greece. He completed his internship and residency in internal medicine at the University of Connecticut New Britain General Hospital in New Britain, Conn. He served a fellowship in pulmonary diseases and critical care medicine and a research fellowship at Brown University, Memorial Hospital of Rhode Island and Roger Williams Hospitals in Providence, RI. He is a fellow of the American College of Chest Physicians.

David Reese, MD



Board-certified family practice physician David Reese, MD has been caring for patients at FHN Family Healthcare Center—Lanark for 29 years.

Dr. Reese earned his medical degree from Loyola University Chicago Stritch School of Medicine in Maywood, Ill. He completed his residency at Cook County Hospital in Chicago. Dr. Reese holds a bachelor’s degree from the University of Illinois at Urbana-Champaign.

For four years, Dr. Reese split his duties between his patients and serving as FHN’s physician executive director. He returned to full-time practice in 2010. He also takes short-term medical mission trips to Honduras.

TO MAKE AN APPOINTMENT with Dr. Tzelepis or Dr. Reese, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 939.

You're Invited!

Every month, FHN hosts a free healthcare-oriented Speakers Series presentation for the public. We often partner with other local entities for additional perspective, and there are refreshments, too. Hope to see you soon!

AUGUST

How Your Dentist Can Help Your Sleep Apnea



Sleep apnea, a serious and potentially life-threatening disorder where a person stops breathing for at least 10 seconds, affects approximately 18 million Americans.

Oral appliances designed by your dentist and endorsed by your medical doctor can be very beneficial in the treatment of mild to moderate obstructive sleep apnea and snoring, and for patients who want or need an alternative to a continuous positive airway pressure (CPAP) system.

Join FHN's Donald Doak, DDS, for more information by registering for this free event at www.fhn.org/sleepapnea or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

Thursday August 9 • 5:30–6:30 p.m.

FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport

SEPTEMBER

Preventing and Treating Orthopaedic Injuries



From arthritis and degenerative joint disease to sports-related injuries and the strains of everyday life, orthopaedic strength is a priority for an active lifestyle.

Learn how to help prevent or treat bone-related injuries and conditions, including arthritis, at this free discussion presented by physician assistant Robert Fox, PA-C. Register for this free event at www.fhn.org/injuries or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

Thursday, September 13 • 5:30–6:30 p.m.

FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport

OCTOBER

The Latest in Women's Care at FHN



During Breast Cancer Awareness Month, visit the Women's Diagnostic Center at FHN Memorial Hospital for an update on reproductive health and contraception by Nicolai Hinds MD, FACOG followed by a discussion on breast cancer diagnosis and treatment by nurse navigator Jennifer Schierer, RN, CBPN-IC.

The presentations wrap up with a guided tour of this state-of-the-art facility. You can register for our free program by

visiting www.fhn.org/women or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

Wednesday, October 10 • 5:30–6:30 p.m.

FHN Women's Diagnostic Center, FHN Memorial Hospital

PT in Lena

Get Back on Track with FHN Physical Therapy

Don't let injuries and physical ailments derail you. FHN Family Healthcare Center–Lena offers physical therapy services three days a week.

With more than 14 years of physical rehabilitation experience, Michelle Dunker, PT can help get you back to where you want to be. Physical therapy appointment times at FHN Family Healthcare Center–Lena are available from 8 a.m.–4 p.m. on Mondays, Wednesdays and Fridays. Call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 967 to make a PT appointment.

Take a big bite out of life with a fruitful career at FHN.

See all the opportunities at "Careers" at www.fhn.org.



CareersAtFHN



Insight

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We're here, for you.

FHN

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