

Upcoming Wellness Events at Mercy Medical Center • February

Blood Pressure Check

Friday, February 3

7 - 9 a.m.

Lindale Mall Food Court

FREE

Mercy Foot Clinic

Tuesday, February 7

Wednesday, February 8

8 a.m. – Noon both days

Mercy's Wound Healing & Hyperbaric Center (ground floor)

If you smoke, have diabetes or a history of cardiovascular disease, you may be at risk for foot conditions. Mercy's foot screening will evaluate the health of your feet by determining if you have proper blood flow, check for signs of Peripheral Vascular Disease (PVD), or any signs that could put your health at risk. *To register, call (319) 861-7778. FREE*

Incontinence Screening

Wednesday, February 15

7-9 a.m. or 3-5 p.m.

Mercy Rehabilitation
Mercy Health Plaza

Due to the nature of this condition, many people do not seek medical help. You can, with a free 30-minute non-invasive screening that will help determine

if you suffer from incontinence and treatment options available.

To register visit

www.mercycare.org/events or call

(319) 899-3650. FREE

Impact of Social Media on Children

Thursday, February 16

Noon - 1 p.m.

Live Webinar

Learn the potential risks that social media use can cause, and the impact it may have on your child's development with a Mercy Licensed Independent Social Worker.

Submit your own questions, and join this live webinar at

www.mercycare.org/live FREE

Respiratory Care Support Group

Tuesday, February 21

1:30 - 2:30 p.m.

Katz Cardiovascular Conference Room

Ground floor, Mercy Medical Center.

Luke Hansen, Psy. D, Pain Psychologist will discuss chronic pain management. *To register, call (319) 398-6651. FREE*

Cardiology 101

Wednesday, February 22

Noon – 1 p.m.

Live Webinar

Join Cardiologist, Nicholas Hodgman MD, from Cedar Rapids Heart Center, P.C. to learn more about treatment and prevention options that may lower your risk of heart attack. Plus, you can ask Dr. Hodgman any questions you have regarding your own, or a loved one's heart health. *Join us at*

www.mercycare.org/cardiology101.

FREE

Anxiety & Depression

Support Group - You are not alone

2nd Tuesday of each month

12:10 p.m. – 12:50 p.m.

Mercy Family Counseling

A support group can provide a safe and encouraging environment to share and grow. Open to anyone to attend, and is facilitated by a Mercy Family Counseling Licensed Mental Health Counselor. Those interested in attending are encouraged to bring a brown bag lunch. No registration is necessary. *For questions, please call (319) 398-6575. FREE*

Walk With A Doc

Tuesday, February 28

6 p.m.

Lindale Mall

Lace up your walking shoes and bring your heart health questions as you join Cardiologist, Nicholas Hodgman MD, from Cedar Rapids Heart Center, P.C. Learn the simple steps you can take to add years to your life, then get your individual heart health questions answered as you walk with the doc. *To register, visit www.mercycare.org/events or call (319)-221-8674. FREE*



For a complete list of Mercy events visit, www.mercycare.org/events