



NEWSLETTER

Hello Spring



APRIL

2023



Provider Calendar

Dr. Denney, Cardiologist

April 14th

Dr. Kopriva, Surgeon

April 3rd & 17th

Dr. Nitka, Neurologist

April 10th & 11th

Wound Care Center

Tuesdays

>>>>>>>> Healthcare Close to Home <<<<<<<<<

The **RCHC Cardiac Wellness Program** can benefit anyone regardless of medical history. Some individuals benefit from having the accountability of specific times each week to exercise. Persons may benefit from the **RCHC Cardiac Wellness Program** if their medical history includes:

- Heart attack
- Heart failure
- Peripheral arterial disease
- Cardiomyopathy
- Bypass surgery
- Angioplasty and stents
- Heart valve replacements
- Renal disease
- Diabetes
- Obesity

Potential health benefits of the RCHC Cardiac Wellness Program include:

- Decrease resting and submaximal heart rate
- Improve the function of the heart muscle
- Improve psychological and emotional well-being
- Increase "good" HDL Cholesterol
- Decrease "bad" LDL Cholesterol
- Improve blood pressure
- Increase oxygen supply
- Weight loss
- Muscle toning

The **RCHC Cardiac Wellness Program** is available from 6:30 am to 5:00 pm on *Monday, Wednesday, and Friday* or *Tuesday and Thursday* mornings. Cardiac Wellness does require a provider's referral. Contact Connie McCain at 785-626-3211 ext. 2280 to schedule a visit.



Occupational Therapists enable people of all ages to live life to its fullest by helping them promote health and prevent - or live better with - injury, illness, or disability.

Thank you Halie!



SPRING
Clean Up!



RCHC IS OFFERING A 10% DISCOUNT TO PATIENTS WHO PAY THEIR BILLS IN FULL BY THE END OF APRIL 2023.

FOR MORE INFORMATION, CALL 785-626-3211 EXT. 2206

Rawlins Clinic Hours: Monday-Friday, 8 am - 5 pm & Saturdays 9 am - Noon
To make an appointment call 785-626-3241

RCHC is an equal opportunity employer & provider.

Find us on



www.rchc.us

EMERGENCY ROOM: OPEN 24/7

785-626-3211