

January Health & Wellness

Lunch and Learn on January 17 at Noon

Misty Jenkins, Director of Orthopedics, will be here to speak to us about Osteoporosis. Osteoporosis is typically considered a "woman's disease," but 2 million of those with the disease are men. In fact, about 30 percent of hip fractures occur in men, and one in eight men over 50 years of age will experience an osteoporotic fracture.

Today, we know much more about diagnosing, preventing and treating osteoporosis as well as the condition's resulting complications. In addition to estrogen, other medications are available to control the disease.

New medications and other treatments have changed the way we look at osteoporosis, the bone degeneration usually associated with the aging process. Osteoporosis affects an estimated 10 million people and almost 34 million have low bone mass, putting them at increased risk for developing osteoporosis.

Gentle Yoga will resume on January 23rd at a new time! Classes will begin at 10 am on Tuesday morning.

Vital Signs and Blood Pressure Screening will be on January 28th in the Social Hall.

Call Carol Jernigan, Parish Nurse at 788-3082 or 901-487-6772.

Carol Jernigan

