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HEARTLAND IS TRYING TO GET ST. JOSEPH HI ... ON HEALTH,

THAT IS. For 25 years, Heartland has been actively engaged in improving the health of those in our community, because healthy people lower health-care costs for everyone.

HI stands for Health Improvement and brings together all the events and programs that Heartland offers for a healthier lifestyle. When you see the bright orange HI logo, you can be sure that it is a Heartland event created to improve your health.

Visit www.HealthyChoicesHealthyLives.com for more on HI.

HI EVENTS CALENDAR

Human Motion Institute (HMI)

Heartland Regional Medical Center (HRMC)

Missouri Western State University (MWSU)

NOVEMBER 2009

- 10 HMI Spine School ... Back to Basics
6:30 - 8 p.m., HRMC, 2 East Dining Room
Register at heartland-health.com/SpineSchool or call (800) 447-2919.
- 14 Women's Wellness Initiative (WWi⁷) - Holiday Prep Camp
8 a.m. - Noon, MWSU, Fulkerson Center
Register at healthychoiceshealthylives.com or call (800) 447-2919.

DECEMBER 2009

- 8 HMI Spine School ... Back to Basics
6:30 - 8 p.m., HRMC, 2 East Dining Room
Register at heartland-health.com/SpineSchool or call (800) 447-2919.

JANUARY 2010

- Pound Plunge 5 Kick-Off and weigh-ins
- HMI Back & Spine Event
- Fight Flu Fridays

FEBRUARY 2010

- Fight Flu Fridays
- HMI Fall Prevention Program

MARCH 2010

- HMI Golf Clinic - Sports Medicine
- Fight Flu Fridays

APRIL 2010

- New Operating Room (OR) Grand Opening
- HMI Joint Program

MAY 2010

- Parkway Run/Walk
- HMI Sports Medicine Event

JUNE 2010

- WWi - Girls of Summer
- Heart Walk



Follow HI on Twitter at
www.twitter.com/Hi_StJoe