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

For more than 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

OCTOBER 2011

Diabetes Expo

Saturday, October 29, 2011
Fulkerson Center, Missouri Western State University,
5325 Downs Drive, St. Joseph, Mo.
Register for the Diabetes Expo by visiting
www.heartland-health.com/diabetes or calling
(800) 447-2919.

NOVEMBER 2011

Coffee Talk

Senior Health Coffee Talk will occur on the second
Tuesday of each month at East Hills Shopping Center,
3702 Frederick Ave, St. Joseph, Mo.

There is no cost to participate in the program but
registration is required. To make your reservation,
call (816) 279-5667 or stop by the information desk
at the shopping center.

Spine Health Event: How weight affects your spine

Wednesday, November 30, 2011
6 - 8 p.m.
Heartland Regional Medical Center, Oak Rooms I and II,
5325 Faraon Street, St. Joseph, Mo.

Dinner provided. Register for the *Spine Health Event:
How weight affects your spine* by calling (816) 271-4098
or (800) 447-2919.

JANUARY 2012

Pound Plunge

Heartland Health presents the K-JO 105.5 Pound Plunge,
a health-improvement event that invites individuals and
teams of four to participate in a 12-week weight-loss
experience in order to adopt a healthy lifestyle. Three
categories offered: Community Team, Corporate Team and
Individual. **Watch for registration information to begin
November 2011. To register for the 2012 Pound Plunge,
visit www.takethepoundplunge.com.**

Pound Plunge Kick-Off

Tuesday, January 10, 2012
East Hills Shopping Center
6 a.m. - 8:30 p.m.

4th Grade Challenge

January 30 - March 29
Hosea, Skaith, Pickett, Edison, Humboldt, Hyde,
Parkway and Pershing St. Joseph School District
Elementary Schools

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Heartland Health