FINE-TUNED CARE
Patrick McNally returns to the Spokane Symphony months after stroke

TEAM MARTIN
Three injuries, one choice: Providence Orthopedics & Sports Medicine

A HOSPITAL’S BEST FRIEND
The state’s first hospital-based K9 security program is turning heads

Read Heart Beat on your tablet or smartphone. Go to providence.org/heartbeat for the latest issue or to sign up for email delivery.
**Salad Ingredients**
- 2 cups uncooked whole wheat orzo
- 1 can (15.5 oz) black beans, rinsed and drained
- 8 oz frozen corn (or 2 ears of grilled corn, removed from ear)
- 2 bell peppers (red and orange), halved, deseeded, grilled, and chopped
- Sea salt and black pepper to taste

**Dressing Ingredients**
- 3 cups cilantro leaves
- 4 T fresh lime juice
- 2 T olive oil
- 4 T pine nuts
- 2 cloves garlic, minced

**Cooking Instructions**
1. Cook orzo according to packaging.
2. In food processor, purée pesto ingredients. Toss pesto with cooked orzo and remaining ingredients.
3. Other vegetables such as onions, asparagus and tomatoes go wonderfully with this recipe, experiment to find what you enjoy best!

**Nutrition Facts**
Makes 6 servings, per serving (1 ½ Cups)
- Calories: 310
- Fat: 10g
- Carbs: 51g
- Protein: 11g
- Dietary Fiber: 8g

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**Express Care for You**
An additional Providence Express Care location is now open in Indian Trail, and one soon to open in Airway Heights. With six Express Care locations throughout the greater Spokane area, you have same-day scheduling and after-hour options for care on evenings and weekends from Providence providers. To schedule an appointment, go online at providenceexpresscare.org.

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**Orzo** delivers twice the protein of brown rice and is a good source of thiamin and niacin. Orzo also provides B6, folate, iron and zinc. Like all cooled pasta, Orzo produces resistant starch, an important type of fiber.
Putting the Care in Caregiver

Whether it’s leading the way in developing the latest advancements in health care or volunteering to meet our communities’ most challenging needs, our caregivers—the name we use for every employee who is part of Providence—are at the heart of that care.

Our cover photo introduces you to a couple of caregivers who recently joined our team. Sarge and his handler, Pat, are the first hospital-based K9 team in the state of Washington. Read how our leadership team took action to protect our caregivers and at the same time, meet our Mission to be expressions of God’s healing love for our patients.

When you read about the Martin family, you’ll see how our orthopedic and sports medicine caregivers took a team approach in providing customized care based on the patients’ needs.

In this issue, you’ll also read how our stroke experts, in collaboration with our EMS partners, are giving patients their best possible outcomes. Read how Patrick McNally benefitted from that rapid response and continued his recovery with caregivers at St. Luke’s Rehabilitation Institute and our outpatient stroke clinic.

Providence caregivers have taken care of me and members of my family, and I’ve expressed my gratitude. I invite you to do the same by thanking caregivers who have supported you, consoled you and cared for you in a time of need.

Every day, they answer a call to provide compassionate care for others.

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Thank Your Caregiver

Share your gratitude on social media by tagging us or email heartbeat@providence.org

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The Providence Vision

We continue to pioneer care delivery, working with partners to improve our communities’ health and well-being.
Are Antibiotics Bad for Your Heart?

Antibiotics are life-saving drugs that help fight and prevent bacterial infection, but they can cause side effects. When taken for a long duration, antibiotics can affect your gut health and digestion, your mood, and new research suggests it could affect your heart. Search for “antibiotic” on blog.Providence.org for what the latest research says and how you can prevent possible associated health risks.

The Scoop on Skin Tags

Skin tags can be an irritant that sometimes need medical attention. If a skin tag is located somewhere inconvenient — where it’s getting snagged by clothing or jewelry or rubbed to rawness through physical activity — it may even necessitate removal. Without symptoms of irritation, there’s no reason to remove them other than appearance. That said, it’s wise to mention to your medical provider of the growth. What causes skin tags? Who is more susceptible to develop skin tags? Can you transmit skin tags from one person to another?

Find out at www.blog.providence.org and search for “skin tag.”

Investing in Our Communities

Total community benefit invested in our communities in 2018

- **$143.8 million** total in Eastern Washington
- **$5.7 million** community health improvement and strategic partnerships
- **$16.9 million** free and discounted care for the uninsured and underinsured
- **$2 million** subsidized health services
- **$14.2 million** health professions education and research
- **$105 million** unpaid cost of Medicaid and other means-tested government programs

Driven by our Mission and together with our community-focused, innovative partners, we are building communities that promote and transform health and well-being.

Learn more at providence.org/communitybenefitEWA
Five Free (and Fun) Ways to Stay Fit With Your Family

For families on a budget, free is a welcome requisite for keeping everyone active. And exercise, especially today, is essential for families. Children 6 years of age and older should be getting at least 60 minutes of exercise a day, says the American Academy of Pediatrics.

Here are five free, fun ways to stay active:
- Walk. It’s so obvious and it’s so easy.
- Dance. Make it a family thing to get the heart pumping along with some music that’s jumping.
- Bike. Just like a walk on a trail, bicycling will be something that could stick with a child forever. Be certain to wear a helmet.
- Yard work. Get fit and accomplish something!
- Play. A lot of times, this is going to involve a ball. A ball to kick, a ball to throw, a ball to shoot. Visit the local playground or playing fields.

The important thing is to move! Walk, bike, run or dance. Make it a part of your everyday life.

Get more family health tips, tools and resources for raising healthy kids: Download the Circle by Providence app for your smartphone.

Is it Stress, Anxiety or Panic?

While we often think of stress and anxiety in the context of mental health, they can affect physical health, as well. Anyone who has experienced anxiety understands how it can feel physically when you’re stressed or anxious; your heart may race, you may have headaches, or your stomach can feel like it’s in knots.

If you find yourself stressed and anxious on more days than not, or if you have a hard time keeping your worry under control, you’re not alone. Most people experience anxiety at some point in their lives, and more than 18% of adults in the U.S. have an anxiety disorder.

Stress is your body’s response to a tense or difficult situation. Anxiety caused by stress lasts longer than the stressful event. Many find it hard to keep anxious feelings under control and have excessive worry outside of a specific stressful event (for at least six months).

Anxiety attacks and symptoms like sweating, rapid heart rate, and trouble breathing can be uncomfortable but are not uncommon. Panic attacks are like anxiety attacks but usually happen without warning. Frequent panic attacks may be caused by an anxiety disorder called panic disorder.

Whether you’re experiencing anxiety for the first time or managing an anxiety disorder, remember you’re not alone. Together with your doctor, friends and family, you can find ways to manage your stress and anxiety so you can maintain a healthy mind and body.

For ideas on keeping stress and anxiety at bay, visit blog.providence.org and search for “stress.”
Quick response times and orchestrated care help Patrick McNally return to playing for the Spokane Symphony months after suffering a stroke.

“When I first came to the hospital, I couldn’t feel anything in my hand,” says Patrick McNally, a 40-year-old father of three and principal bass player of the Spokane Symphony. “All I could really feel was cold and hot; I couldn’t feel anything else. By a week and a half, all that changed.”

It happened nearly two years ago. Patrick, a hiker enthusiast who had just completed a rigorous 24-mile rim-to-rim hike of the Grand Canyon a week prior, noticed something out of the ordinary.

“It was the day after our Labor Day concert in 2017,” Patrick recalls. “I woke up to take my son to school and when I got out of the shower, half my body was numb.”

A quick search of symptoms on his phone confirmed Patrick’s suspicions: He was likely having a stroke.

Wasting no time, he had his wife call 911. Short minutes later, when the fire department and paramedics arrived, Patrick’s muscles were weakening to the point he had to be carried down the stairs of his home. “I think they were a little surprised because I was young,” he remembers.
**With Stroke, Every Minute Matters**

When tests at Providence Sacred Heart Medical Center showed a clot in Patrick’s brain, the clot-busting agent tissue plasminogen activator—or tPA—was immediately administered. “Time is brain,” says Kenneth Isaacs, M.D., regional medical director of Providence Spokane Neuroscience Institute. “We work closely with emergency medical services to make every minute count in evaluation and treatment.”

“We believe having 24/7 neurohospitalists in-house and available immediately in the emergency department is key.”

**A Comprehensive Team Approach**

Patrick spent his initial week of treatment under Sacred Heart’s care, first in the ICU and later in a unit of the hospital dedicated to stroke care. He was then transferred to St. Luke’s Rehabilitation Institute, where he spent two weeks regaining his strength and coordination.

“The next morning after I had the stroke, I could barely lift my left arm or my left leg,” shares Patrick. “It was scary. There were a lot of unknowns at that time. I feel lucky that I was able to go to a rehab hospital because I still wasn’t able to walk after a week in the hospital.”

“Rehabilitation is also important for achieving optimal recovery,” adds Dr. Isaacs. “The close collaboration between Providence Sacred Heart Medical Center and the therapy team in our hospitals and at St. Luke’s ensures a smooth continuum of care.”

After being discharged from St. Luke’s, Patrick continued treatment in an outpatient setting with neurologist Elizabeth Walz, M.D. “I relied on Dr. Walz’s guidance for ongoing care.”

“The doctors, nurses and therapists, especially occupational therapists, were always cognizant of my ultimate goal,” explains Patrick. “A lot of what we were doing was, can I get back to playing the bass? And how can I get back to playing the bass?”

“It has definitely changed how I think about a lot of things. I feel like I appreciate things more.”

**Goals Realized**

Just four months after the stroke, Patrick returned to playing with the Spokane Symphony full-time. Today, he’s hiking again and working to return to the level of fitness he achieved before his Grand Canyon hike.

“I have sat in the balcony and listened to him play with deep appreciation and satisfaction knowing his story,” says Dr. Isaacs. “It’s a story of state-of-the-art excellence in stroke care working for and with such a determined patient and family.”

Not surprisingly, Patrick also has a new lease on life. “I feel like I appreciate things more. The small things. Just being able to be around the family, for instance. Family gatherings. Holidays. They just mean that much more now.”

McNally’s advice to others who think they’re having a stroke? “If you are experiencing the symptoms of F.A.S.T — Face, Arm, Speech, Time — get to the hospital as quickly as you can. Call 9-1-1. Don’t try to go yourself. Minutes matter.”

If you are experiencing stroke symptoms, always call 9-1-1. In collaboration with our EMS partners, a “code stroke” emergency protocol can be implemented and helps reduce time for treatment.

**JOURNEY TO HEALTH**

Elizabeth Walz, M.D., with Providence Stroke and Cerebrovascular Disorders Clinic, suggests that while not all strokes can be prevented, these following steps can help reduce your risk.

1. **Manage Blood Pressure**
   Track your blood pressure daily

2. **Control Cholesterol**
   Make sure to talk with your doc!

3. **Reduce Blood Sugar**
   Drink less sugary beverages

4. **Get Active**
   Add 30 minutes of walking a day

5. **Eat Better**
   Learn to love healthy snacks

6. **Lose Weight**
   Keep an eye on the scale

7. **Stop Smoking**
   Let’s quit once and for all

**Extending Care to Rural Communities**

Through its TeleStroke program, a real-time video connection between Providence stroke providers in Spokane and 18 hospitals in the region extends clinical expertise to people in rural communities and leads to life-saving results.
When injuries happen, Providence Orthopedics & Sports Medicine providers keep this active family going.

“Injuries stink,” says Jenni Martin, a runner, former collegiate soccer player, and mother of two sons who play soccer competitively. “They happen. They’re something all athletes face.”

When she slipped on a patch of ice and fractured her elbow during a winter run, Jenni immediately went to Providence Sacred Heart Medical Center where she was able to receive care and a referral to the orthopedic team.
Jenni says what sets Providence apart is their team approach to care—something she appreciates considering her sports background.

“Everyone was engaged in my care, from the front desk to the medical assistant to the physician assistant to the surgeon who I met with for my consult, as well as everyone scheduled for my follow-up care.”

Opting to rehab her elbow, Jenni received a short-term plan for pain management, as well as a long-term plan for getting back to running again. “They reviewed every option with me. They gave me the pros and cons to surgery vs. non-surgery. They really helped me with the decision.”

Caring for the Whole Family

When her two sons sustained injuries while playing soccer, the family chose to return to Providence Orthopedics & Sports Medicine for their care.

Her older son, a center back playing Division II soccer, had surgery after suffering a Jones Fracture in his foot during a defensive challenge. “We really wanted that to happen at Providence because of my experience,” says Jenni.

Her youngest son Caden, a senior at Ferris High School where he plays center midfield on the school’s soccer team, injured his shoulder while playing in a club match. “It was the most pain I’ve felt in my life. They were very accommodating in the emergency department, and quickly got me back into a recovery track,” says Caden.

Due to continued dislocation, Caden, his family, and his care providers at Providence have decided to surgically stabilize his shoulder. This will prevent further dislocation as Caden finishes his senior year of high school and prepares to start his college soccer career.

“To be playing soccer again, it’s the greatest thing in life. Providence has been great for the whole family. It’s been fast, easy and accommodating.”

A Comprehensive Approach

“If you’ve helped one family member, another will return with a different problem knowing that they will get excellent care,” says Bryan Mitchell, M.D., orthopedic surgeon and medical director for the surgery center at Providence Medical Park.

A quickly growing program, Providence Orthopedics & Sports Medicine brings together fellowship-trained physicians and surgeons, physical therapists and athletic trainers, as well as patient care coordinators. It also extends beyond the hospital to high school game coverage, outreach programs, and concussion coverage in the community.

Dr. Mitchell explains that the strength of the team lies in the expertise of its providers, the full continuum of care provided, and the individualized solutions they provide to patients.

“Often sports medicine services are fragmented,” he says. “Braces over here. X-ray over there. It’s not cohesive or comprehensive. Going from provider to provider takes a long time. Fragmented care leaves a delay in treatment. A comprehensive continuum of care cuts that out.”

Future Outlook

“I feel better about myself when I can participate in the sports I love,” says Jenni. “So to have good care that keeps me active is incredibly important. For my family, it’s such a joy to be able to watch my children participate and excel in the sports they love. So having a way to come back to the sports they love through good care is so incredibly important to them and to me.”

On the Fast Track

Providence Orthopedics & Sports Medicine ‘Fast Track Clinic’ gives patients quick access to care. For kids and adults, this clinic offers walk-in, same day and next day appointments at three locations in Spokane. And extended hours accommodate busy work and school schedules. Medical providers can also connect with an orthopedic provider for consultations.

Services include:
- In-office x-ray services
- Casting services
- Durable medical equipment (splints, boots, slings, etc.)

To make an appointment, call (509) 789-9919.
Washington state’s first hospital-based K9 security program is providing staff and patients at Providence with much more than security.

When Patrick McKenna, a police sergeant with more than 25 years of experience in law enforcement and K9 handling, first got the call about starting a K9 program in a hospital, he wasn’t sure that aligned with his retirement plans. Nevertheless, he helped Providence Health Care (PHC) explore the potential of K9s in health care and became intrigued with the possibilities. And through that exploration, he became PHC’s K9 Supervisor.

Today, Pat and his K9 partner Sarge are two of the most popular caregivers at Sacred Heart Medical Center. But it took a lot of training and planning to get here.
Character traits,” explains Pat. “A dog has to be confident, but sociable. Sociability is huge. It’s a must in a hospital setting. And there are job-specific factors—for example, the dog has to be confident walking on slick floors since that’s the environment he’s in every day.”

Four-Legged Celebrity

“Your dog is beautiful.” “Can I pet him?” “Thank you, that made my day.” These are phrases Pat and Sarge are accustomed to hearing as they walk the halls of the hospital. Pat sees these brief encounters with Sarge as therapeutic appointments that bring joy to people who may be going through very difficult situations. “As soon as they see Sarge coming with his goofy walk (a lanky saunter Pat compares to the jubilant camel featured in Geico commercials), people smile,” says Pat. “And for a minute they get away from what they’re worried about.”

Choosing and Training the Perfect Partner

In addition to serving more than 25 years in law enforcement, including health care security, Pat has over 20 years of K9 experience on his resume, including working directly with dogs, training others, and supervising K9 programs.

Sarge, a black German shepherd born in the Czech Republic in 2017, has successfully completed an extensive training program in both general security and explosives detection. His training is ongoing.

Pat selected Sarge for several reasons. “We look for different character traits,” explains Pat. “A dog has to be confident, but sociable. Sociability is huge. It’s a must in a hospital setting. And there are job-specific factors—for example, the dog has to be confident walking on slick floors since that’s the environment he’s in every day.”

In his 10 months on duty, Sarge has been instructed to act a handful of times.

“Sarge’s presence can de-escalate a potential situation. Simply his presence often calms the situation.”

Security Without the Fear

Providence prioritizes security at its hospitals and clinics. While a robust security team is in place, they are always evaluating new ways to de-escalate tense situations to keep employees, patients and visitors safe.

The K9 program was born out of a desire to approach security tactics that align with Providence’s Mission, which includes serving all, especially those who are poor and vulnerable. While patients and sometimes visitors show aggressive or violent behavior, Providence understands that there are often underlying causes, such as the stress of a medical situation, mental health issues or substance use and misuse. Considering those factors, the planning team aimed to use the K9 program as another tool in a large security toolbox.

In the event that the K9 team is called to an incident, Sarge is completely under Pat’s control. Nothing happens unless Sarge is commanded to do something. In his 10 months on duty, Sarge has been instructed to act a handful of times.

An Unexpected Reaction

The relationship between people and animals, particularly dogs, has played a significant role throughout history and in our everyday lives. But what this relationship would look like in a security setting, in a Spokane hospital, had yet to be seen.

Providence had a good understanding of what the K9 team would do to enhance security, but the overall reaction to having a dog in the hospital was a pleasant surprise. Pat and Sarge were immediately accepted at the hospital, by caregivers, patients and visitors alike. Most notable is the number of people that wanted to pet Sarge—so much so that Pat must factor in the extra time it will take to get from one place to the next due to the high volume of interaction along the way.

The communication between caregivers and security officers at the hospital has also improved. Sarge has created a bridge for the two groups to talk to each other. Caregivers comment on how they feel calm when Pat and Sarge are around.

“It’s surely a culture shift to have a dog walking around the hospital. But you should see nurses’ reactions when they see Sarge in the hallway. We see people instantly relax and smile. Time and time again, we hear ‘thank you for being here,’” says Pat.
“He’s the happiest dog, and his tongue is always hanging out of his mouth. But when he gets into situations when he’s working—when it’s all business, the tongue goes in, and he’s very conscious.”

As lovable as Sarge is, it’s important to remember that he’s in the hospital for a specific purpose, and that’s security, not therapy. However, Sarge is friendly and it is OK to pet him after first asking his handler Pat for permission.

Pat says Sarge can tell a lot about a person just by smelling their feet. Pat even carries trading cards with a photo of Sarge that he hands out to people who approach them while they’re working.

The dogs can be pet, but the handler must first give permission.

**A Lasting Imprint**

While the efficacy of the K9 program has been observed in multiple ways throughout the hospital, Pat recalls a story of one patient that formed a special bond with Sarge.

The patient, a young man with a brain injury, would sometimes act out during his extended stay at the hospital. Pat and Sarge would be called to the patient’s room to help the care team de-escalate the situation.

“When this young man would lash out, I would tell him that if he calmed down and cooperated, he would then be allowed to pet Sarge,” says Pat. “Over time, the patient got to know Sarge and he would quickly calm down when he was having a hard moment.”

When it was finally time for the patient to be transferred to another facility, Pat made sure to arrange one final visit. Pat brought with him a 5x7 photo of Sarge.

“When we gave the picture to this young man, he was so excited. He was showing his family and asked for tape to hang it on his wall,” Pat shares. “Sarge made a difference in this kid’s life when he was really struggling.”

**Expanding The K9 Program**

The K9 Security program at Providence isn’t only successful—it’s growing so protection can be added around the clock.

A second K9 team, handler Corey Anderson and his partner Dex, a Belgian Malinois, has been added. Long term, Sacred Heart Medical Center and other Providence Health Care facilities hope to add additional K9 teams.

When Sarge and Dex aren’t leaving paw prints in the lives of patients, families and caregivers at work, they live a normal dog life at home with their handlers.
The recent measles outbreak sparked nationwide headlines and once again, spirited discussion about the pros and cons of vaccines in the parenting world. You’ve probably heard about the “controversy” surrounding vaccines for children. And you probably have friends and family members weighing in on your decision.

Providence Health Care supports the pediatric vaccination recommendations of the Centers for Disease Control and Prevention (CDC), and the health system encourages parents to learn as much as possible about vaccines and their benefits and risks.

Here are some of the questions Providence providers hear the most often.

**How many diseases are vaccinated against in childhood?**
Fourteen, including measles, polio and pertussis (whooping cough).

**Why do we start giving vaccines so early?**
The recommended schedule for vaccination is designed to protect children before they are exposed to dangerous infectious diseases.

**What about an alternative schedule?**
There are no known benefits to following an alternative immunization schedule. When you follow a schedule that spreads out or skips vaccines, you risk your child being exposed to illness without the protection of the vaccine.

**Does a vaccine give my child the disease?**
No. Vaccines help the body safely develop immunity. They imitate an infection to do this, but they do not cause illness.

**What side effects should I expect?**
Most side effects are minor—they include fever as well as redness and swelling at the injection site. Serious side effects are rare, but if you notice something in your child that concerns you, call your child’s doctor.

**Don’t vaccines cause autism?**
No. There is no scientific evidence to support a link between vaccines and autism.

**Where can I learn more?**
The CDC is a great place to start: [cdc.gov/vaccines](http://cdc.gov/vaccines)
Talk to your child’s health care provider. Ask questions. Collect information you need to make the right decision for you and your family.
STOP THE BLEED

Program aims to turn bystanders into first responders

The day after his wedding, Travis Ray was in a serious motorcycle accident. As Travis lay on the side of the road, a bystander came to his aid. She did a quick assessment, stabilized his head and applied a tourniquet to his leg to control the bleeding until paramedics arrived.

Travis was lucky. The woman who stopped to help him was Denise McCurdy, nurse manager of Trauma Services for Providence Health Care. Because McCurdy knew what to do, Ray received immediate treatment that likely saved his life.

Denise is also the local force behind Stop the Bleed, a national program that trains laypeople to perform lifesaving techniques before emergency crews arrive on the scene.

“People want to help. We just need to give them the skills and tools to do so.”

Denise McCurdy, RN
Providence Health Care
A Simple Goal

The goal is to make the ability to stop bleeding as commonplace as CPR. “It’s an easy skill to teach and learn,” says Denise. “And it will save lives.”

Denise stresses that in a trauma situation, time is of the essence. “A person can bleed to death in as little as three minutes,” she says. “There simply isn’t time to wait for first responders. This training gives bystanders the confidence they need to help.”

A Community Better Prepared

Ken Johnson, Battalion Chief with the Cheney Fire Department, and Allison Hahn, a nurse at Cheney High School, have worked with Denise to bring training to their community. “It isn’t all that hard to teach people how to do this, and it makes a huge impact,” says Allison.

Allison explains that while mass shootings may have been the original motivation behind the program, a bleeding accident can happen in woodshop, a cooking class or even an art class. “You never know when you may be a first responder.”

“We’re empowering bystanders to make a difference,” says Chief Johnson. He estimates that approximately 600 people in Cheney have received Stop the Bleed training, which is now incorporated into the monthly CPR class. “Thanks to all the hard work that Denise and others have done, we have a community that is better prepared than most and that’s pretty cool.”

The Hartford Consensus: A Call to Action

In April 2013, just a few months after the active shooter disaster at Sandy Hook Elementary, representatives from a select group of public safety organizations including law enforcement, fire, trauma care and the military, convened in Hartford, Conn., to develop consensus around strategies to increase survivability during mass-casualty events.

Injuries from these events generally involve severe bleeding which, if left unattended, can result in death in as little as three minutes. Participants concluded that by providing civilian bystanders the skills and basic tools to stop uncontrolled bleeding in an emergency situation, lives would be saved.

The result—“Stop the Bleed” is one of our nation’s largest public health campaigns.
Health & Wellness

Community Education, Classes and Screenings
Visit [courseregistration.inhs.org](http://courseregistration.inhs.org) for dates, times and locations for all upcoming classes and screenings.

Blood Pressure Self-Management Program
This 4-week class series gives you the tools you need to take control of your cardiovascular health.

Mental Health First Aid
This 8-hour course teaches you how to identify, understand and respond to signs of mental illness and substance misuse.

Babysitting Basics
A hands-on course for youth ages 10-15.

Car Seat Inspection
Schedule an appointment with our Child Passenger Safety Technicians to check your current car seat(s) for proper installation.

Providence Classes, Support Groups, Forums and Events
Visit [washington.providence.org](http://washington.providence.org) for dates, times and locations.

Hip, Knee or Shoulder Pain?
Learn more about your treatment options and get answers to your questions. Providence Orthopedics & Sports Medicine provides free, in-person health seminars or instant access to an educational video series on the website. Register for future events or webinars at [Providence.org/SpokaneOrthoForum](http://Providence.org/SpokaneOrthoForum).

Healthy Weight Solutions
Providence and INHS Community Wellness have teamed up to offer a variety of healthy weight programs, including HMR Healthy Solutions®. HMR® is designed to help people learn how to make real changes so they can live healthier lives in our modern-day food culture. HMR programs, available in person or at home, offer lifestyle education, a structured diet, and an emphasis on long-term weight and health management.

- To find the best fit for your lifestyle, attend a free information session to learn about the different programs and class schedules. Call (509)232-8138 or register online at [courseregistration.inhs.org](http://courseregistration.inhs.org).
- If HMR is for you, choose your plan option at [hmrprogram.com/INHS](http://hmrprogram.com/INHS).

* HMR products are not covered by insurance policies and require out of pocket costs. HMR is a vendor of Providence St. Joseph Health. Providence St. Joseph Health receives a financial benefit in association with the purchase of HMR products.

As expressions of God’s healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.