

National Health Center Week

August 11-17 2013

Come join South Central Medical and Resource Center for a week of activities celebrating National Health Center Week.

South Central Medical and Resource Center
216 South Main St. Lindsay, OK

Monday

Aug. 12, 2013 from 2-4 pm

Free Poisonous Snake and Spider Class

presented by Poison Control. Learn how to id and treat bites. Seating is limited please call 756-1414 to register, last day to register is 08/09/2013 at noon.

Tuesday

Aug. 13, 2013 from 2-4 pm

Calling All Parents!

Julie Selman will be presenting a class to help educate parents on how to prevent childhood obesity. Learn fun activities and recipes to prepare with your kids

Wednesday

Aug. 14, 2013 from 2-4 pm

Open House

Come meet Dr. Swanson and Blaise Jones, PA, tour our facility and enjoy a free hotdog.

Thursday

Aug. 15, 2013 from 2-4 pm

Do you know how to do a breast exam?

Learn how to do a self exam, the best time of the month to perform the exam and what is normal for you. Breast Cancer prevention begins with YOU!

