Free Monthly E-Newsletter from Eisenhower

Health Notes

Tips from Eisenhower for better health

UPCOMING EVENTS

Why Primary Care Physicians are Important to Your Health

Flu Season is Around the Corner! Flu Vaccines are Available at Eisenhower

Introducing the Eisenhower Center for Geropsychiatry

Imagine…timely announcements about the latest medical advances available at Eisenhower Medical Center, along with important news and a calendar of health events, all conveniently delivered to your e-mail inbox once a month.

It's Health Notes…Tips from Eisenhower for better health — the free monthly e-newsletter from Eisenhower that is designed to give you quick and easy-to-read information that you can use to get and stay healthy.

"Healthy Living magazine provides a more in-depth look at new programs and services offered here at Eisenhower, along with helpful information from medical experts on ways to improve your health," explains G. Aubrey Serfling, President and Chief Executive Officer, Eisenhower Medical Center. "But because it is published four times a year, and there is so much going at Eisenhower that occurs between publication dates, we decided that a monthly e-newsletter was an efficient way to keep our community informed of more timesensitive news and events."

Each issue features three timely feature stories and a calendar of upcoming events, complete with convenient online links so you can learn more about what interests you.

Why an electronic newsletter?

"Today, people of all ages are accustomed to getting a lot of their news online," says Serfling. "Eisenhower wanted to deliver health news in a format that is fast and familiar. Plus, with no printing or postage expense, it is much more economical to produce an electronic newsletter. By going paperless, we are saving some trees, so it is also good for the environment."

In addition, Health Notes is available to anyone who might be travelling.With an electronic newsletter, timely, reliable health information remains just a click away regardless of geographic location.

Whether it is a reminder about getting flu shots (and where to get them), introducing important new services at Eisenhower that could make a difference in someone's health and well-being, or providing information about a helpful workshop on Medicare — Health Notes is a fast and easy way to get news you can really use every month.

Ready to sign up? It's easy. Simply send an e-mail to tellus@emc.org with "Health Notes" in the subject line, and you will start receiving the next month's e-mail newsletter. Please provide your name and ZIP code in the text of the e-mail, too. We look forward to seeing you in cyberspace!

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