



Did
You
Know...

St. Joseph
Healthcare
will be at
Bangor's
Garden
Show this
Weekend!

Lecture Series:
Friday, April 8
10-11 a.m.

Join St. Joseph's
Miki MacDonald FNP
in the Elephant Room
Lecture Area to
learn how gardening
directly improves
your health.

St. Joseph Healthcare at Bangor's Garden Show

Join us April 8, 9 and 10 at the Bangor Auditorium

Meet the Experts!

Meet professionals from St. Joseph Healthcare to learn more about these health topics...

Friday, April 8

10-11 a.m. – **St. Joseph HomeCare and Hospice**, and have a **FREE BLOOD PRESSURE CHECK!**

11 a.m.-12 p.m. – **Wound Care and Hyperbaric Oxygen Therapy**

12-1 p.m. – **Diabetes Care and Nutrition**

4-6 p.m. – **Cardiac Rehabilitation**

Saturday, April 9

10-11 a.m. – **St. Joseph Sleep Center**

11 a.m.-1 p.m. – Meet **Dr. John Vanadia** of **Bangor Surgical Associates** and learn about our **Surgical Services**

Sunday, April 10

11-12 p.m. – **St. Joseph HomeCare and Hospice**, and have a **FREE BLOOD PRESSURE CHECK!**

12-1 p.m. – **St. Joseph Regional Breast Care Center and Bone Densitometry**

1-2 p.m. – **St. Joseph Emergency Department**

Be sure to stop by our booth...

- **Drop off your Great Garden Give-Away entry form** (available in the *In the Spirit of Healing* magazine inserted in this paper and the Bangor Daily News) **for your free packet of seeds ***
- **Bring the kids by to start their very own garden! ***
- **Play Plinko and win prizes! ***
- **Ask questions and find information about all the services provided by your community hospital**

** While supplies last*



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St. Joseph Hospital

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