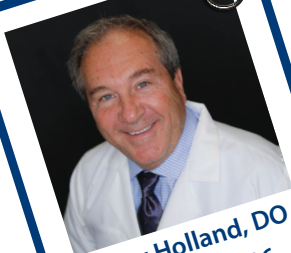


New Year's Resolutions



Larry Holland, DO
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Gynecology

WEIGHT LOSS MANAGEMENT
AT PHYSICIANS FOR WOMEN

One Pound. One Step. One Goal.



Blain Williams, DPT
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The Center for Rehabilitation
& Sports Medicine

GETTING ACTIVE

Plan exercise into your day
Find an accountability partner
Set short-term goals & reward yourself
Split a workout into two sessions

Take Care of your Mental Health during this busy Holiday Season

- Learn to accept things which are beyond your control
- During challenging situations, step back & take a deep breath
 - Try to get plenty of sleep each night
 - Sit in silence for at least a few minutes per day
20 minutes in meditation is an optimal way to give your mind a rest

PROVIDER REFERRAL REQUIRED



Ramesh Shivani, MD

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Psychiatry/Geriatric Psychiatry



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Psychiatry



Highland Health Providers