

## ***Are you an Informed Healthcare Consumer?***

**Educate** yourself on personal health risks.  
Learn how to **prevent illness** in your family.  
**Decrease or avoid healthcare expenses.**



Dr. Grace Cruz-  
Apolinario  
Family Practice

### **Women's Health Series: Having a Baby**

**Thursday, April 22nd**

Memorial Medical Center - Neillsville, Manz Conference Room  
5:30-6:30 p.m. Refreshments served.

- Staying healthy (nutrition, fitness, prenatal vitamins, etc.)
- Managing stress
- What to expect during delivery (benefits of a smaller facility)
- Having babies later in life



**Memorial Medical Center**

Neillsville, Loyal, Greenwood

Care...at its best