


HealthWorks Update
January 2010



Happy New Year to you all!
Sincere wishes for a healthy and rewarding 2010 for each of you.

WE APPRECIATE YOU: A big thank-you to everyone who came out and shared our **Christmas Open House**. We had a great turnout in spite of the drippy/cold weather! Wasn't the music from the **Nikwasi Dulcimer Players**, and **Men Macon Music** wonderful? And we so enjoyed Urs Tolotti on the keyboard. It was nice to be able to visit and talk *without keeping track of repetitions!* And we sure do appreciate all the **wonderful treats** that so many of you shared throughout the entire month ... yum!

SEVERE WEATHER POLICY: For the safety of our patients and staff, we sometimes adjust our hours in times of severe weather, especially in cases of **snow or ice**. If you are ever in doubt about whether or not to come in for an appointment, **call the office before you come in...** If you get the answering machine.... we're probably not here! You can also check **WRFR 96.7** for a **delayed opening announcement**, but sometimes it's even hard for us to get through to post an announcement there. Calling us directly is your best choice.

NEW YEAR CONCERNS: Please pay attention to mailings from your insurance company. Many insurances issue **new I.D. cards** at this time of year. If you recently received a new card, please let our office make a copy of it. Also, be aware of any changes that may occur to your **copay/deductible**.

THE TRAVELING T-SHIRT: Remember: when you receive your "graduation" **HealthWorks T-Shirt**, wear it with pride. Then send us a photo of you (and it) in some **faraway, famous, or mildly interesting location**. We will post your picture and give you **another shirt of your choice for free**.

*There's an important difference between
giving up and letting go.*