

## Parish Health News...



# Walking to Bethlehem

Parish nursing is excited to announce that we will be starting a walking program in mid-April with a goal of reaching Bethlehem by Christmas.

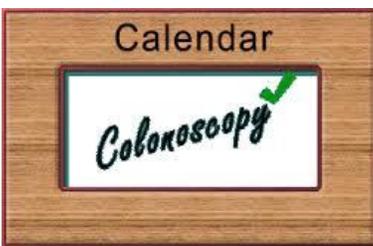


We only have **6769 miles** to go. The Gospel writer Luke tells us that Mary and Joseph left Nazareth for Bethlehem because of a census. How would they get there except by walking? We can all go on our own pilgrimage right here, right now in Casper WY. It is Parish nursing's goal to help us become healthy, physically, emotionally and spiritually. We will have walking group sessions 3 times per week beginning the week of April 13<sup>th</sup>. We will walk at 9:30 am at the Eastridge Mall near Target on Monday and Thursdays and Sunrise Mall on the north end on Tuesdays. (We will move outside as weather becomes warmer). You can also keep track of any miles that you walk throughout the week on your own. We hope to see many of you out walking and enjoying God's creation.

*1 Corinthians 6:19 "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you received from God".*

Why not make your temple healthy and active.

## ***I do really enjoy discussing colonoscopies so here we go!***



OK, I don't really like to discuss, or even think about colonoscopies. Face it, a colonoscopy isn't anyone's favorite topic. However, the simple truth is this, colonoscopies save misery and save lives. If you are 50 or over, it is time for your colonoscopy. If you have a close relative who was diagnosed with colon cancer, talk to your doctor as you may need to begin your routine colonoscopies even sooner. If you have symptoms such as bleeding you don't want to discuss or weird changes in your personal habits, be brave and let your medical provider know.

Really, a colonoscopy isn't nearly as bad of an experience as you might think. It's not more than you can handle. I've had several and I'm not shy so ask me if you want some details. I will tell you this, over and over I have seen early colon cancers CURED, yes CURED, before the patient even woke up from their colonoscopy nap. I've also taken care of patients who did not have a colonoscopy early enough for the quick cure. I know which one I'd choose.

Sue Struck, RN

