

## Sweeny Community Hospital Specialty Clinic FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Heart Month	Heart Disease is now the leading cause of death in the United States for both men and women.	By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:	Eating a healthy diet. Maintaining a healthy weight. Getting enough physical activity. Not smoking or using other forms of tobacco. Limiting alcohol use. Managing Stress	1
4	Dr. Deleon Sherry Wall, ANP Suite C	Dr. Deleon Sherry Wall, ANP Suite C	Moretan Management Surveyers John us at GoRedForWomen.org	8
Arearitan Heart Association. He wry:  Common Heart Attack Warning Signs  Lightheabriers, Island on Jan. Lightheabriers, Island on Jan. Lightheabriers on Jan. Li	Dr. Deleon Sherry Wall, ANP Suite C	Endurance EXERCISE Good For Your Heart  @NIAGo4Life	Happy S Valentine's Day	15
THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING DOWN AND LIFTING PEOPLE UP.	Dr. Deleon Sherry Wall, ANP Suite C	Dr. Deleon Sherry Wall, ANP Suite C	2 1  R.DOD PRESENTE CATEGON  STOTALO We No Sper market  ROMAL  LESS THAN 10 and LESS THAN 10  LESS THAN 10  HOW R.DOD PRESENTE PROTECTION  HOW R.DOD PRESENTE PROTECTION  HOW R.DOD PRESENTE PROTECTION  HOW R.DOD PRESENTE FOR THE CONTROL OF THE CON	22
Love Heart	Dr. Deleon Sherry Wall, ANP Suite C	Dr. Deleon Sherry Wall, ANP Suite C	28	

TO SCHEDULE APPOINTMENTS PLEASE CALL MAIN OFFICE					
PHYSICIAN	SPECIALTY	SWEENY #	MAIN OFFICE #		
Dr. DeLeon , MD & Sherry Wall, ANP-C	Pain Management	979-548-1546	713-482-3977		
Nizar Charafeddine, MD	Gastroenterology	979-548-1558	979-549-9755		
Ronald Slate, Jr., DPM	Podiatry	979-548-1558	979-848-0777		
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