

**MEDICAL ANALYSIS  
EMPLOYEE HEALTH CLINIC**  
*servicing*

**CITY OF LONG BEACH  
ISLAND VIEW CASINO RESORT  
CITY OF PASS CHRISTIAN**

Appointment Line: 284-5291

M-F 7:30-5:30 (Closed 12-1 Lunch)

400 Security Square — Off Courthouse Rd., Gulfport, MS



**DIVISION STREET SPECIALTY SERVICES**

APPOINTMENT LINE: 388-2599 (Closed 12-1 for Lunch)

WELLNESS CLINIC HOURS: 7a-6p M-F

DENTAL CLINIC HOURS: 8a-5p M-TH

(Closed 11:30-12:45 for Lunch)

Appointment Line: 432-5222









MED ANALYSIS PHARMACY HOURS: 9a-5p M-F

1025 Division St. Biloxi Pharmacy Phone: 228-385-2550

MEDICAL ARTS PHARMACY HOURS: 9a-5p M-F

120 Caillavet St. Biloxi Pharmacy Phone: 228-432-7071

LEGAL SERVICES: Call 228-215-1367 for more information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <b>CLINIC CLOSED</b> In observation of New Years	3 Cervical Cancer is the easiest gynecological cancer to prevent with regular screening & follow ups. It is highly curable when found & treated early	4 The Pap test is recommended for all women age 21-65. You can get a <b>FREE</b> Pap Smear all month at the clinic. Call for an appointment	5 <b>Don't Forget!</b> Affordable Legal Services now available at the Division St. Clinic. For more information call 228-215-1367	6 Start your New Year off right and make an appointment with your Nurse Practitioner for an annual physical	7 
8	9 Most cervical cancers are caused by HPV (Human Papillomavirus) and is spread through sexual contact	10 <b>Some Symptoms of Cervical Cancer are:</b> -Unusual vaginal bleeding -Heavy periods -Painful intercourse -Vaginal discharge	11 <b>PREVENTION TIPS:</b> -Get the HPV vaccine -Abstinence -Limit sexual partners -Use condoms -Stop smoking	12 Talk to your healthcare provider to see if the HPV vaccine is right for you	13 <b>Need Dental Work?</b> We have client discounted rates & 2 convenient locations. Call 432-5222 in Biloxi or 896-6321 in Gulfport	14 
15	16 <b>MLK Day</b> 	17 The more you weigh, the more likely you are to suffer from high blood pressure, heart disease, diabetes, sleep apnea & some cancers	18 <b>Did You Know?</b> Even small weight loss (5%-10% of current weight) will help lower your risk of developing weight-related diseases.	19 <b>Know Your BMI?</b> BMI (Body Mass Index) estimates your total body fat. A normal BMI is less than 25. Anything over 30 is cause for concern	20 <b>FREE BMIs</b> All month Call for an appointment	21
22 	23 A diet that contains 1,000-1,200 calories a day for women & 1,200-1,600 calories a day for men, will help you lose weight safely. Losing 1-2 pounds per week is reasonable	24 <b>Advantages of Weight Loss</b> -Look & feel better -Be healthier -Live longer -Have more energy -Exercise stronger	25 <b>Weight Loss Tips:</b> -Set realistic goals -Eat healthy foods low in fat, cholesterol & sugars -Become more active -Change bad eating habits	26  <b>Island View Employees</b> B-12s & Hep B Training Room 11-12	27 <b>Benefits of Exercise:</b> -Helps with weight loss -Strengthens muscles -Slows bone loss -Gives you energy -Reduces stress	28 
29 	30 <b>DID YOU KNOW?</b> Water can be a great tool to help you lose weight. Studies have shown drinking two glasses of water before meals aids weight loss	31 Pick up your <b>FREE</b> 2017 pocket calendar at the clinic today (While supplies last)	<b>January is Cervical Health &amp; Healthy Weight Month</b>			