

IT'S

WE'RE ALWAYS THINKING ABOUT YOU

OK



We get it. Staying fit and healthy at every stage of your life isn't easy.

You might even be tempted to let things go. To put off healthy habits till "tomorrow."

Like exercising, eating right, controlling your blood pressure and blood sugar.

But the truth is, your health is precious. If you don't take care of it, you can lose it.

That's why at Bakersfield Memorial Hospital, we're always thinking about you...and ways we can be your partner in staying healthy. With health fairs and screenings where we can check your risk factors for


heart disease and diabetes. Our Five-Ton Weight Loss Challenge, helping Kern County residents slim down. Our Healthy Promotions Dental Program, providing dental care to those in need. Our Homemaker Care Program, which allows older residents with limited incomes to manage their health, maintain their dignity and live independently. As well as countless other programs to keep Kern County healthy.

This community built our hospital back in the 1950s—and we're committed to being here for you. Doing our best to keep you healthy. Every minute, every day.

So even if you don't want to think about how to stay fit, it's OK. We will.



KNOW GOOD HEALTH?
Play the "Memorial Game of Life"
at www.ItsOKBakersfield.com
You could win some great prizes!

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Bakersfield Memorial Hospital

A member of CHW | *Because Every Life Matters*

420 34th Street Bakersfield, CA 93301
(661) 327- 4647 | www.BakersfieldMemorial.org

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Keeping a community happy and healthy isn't easy. We know that.

And we know it takes more than a hospital to do it. It takes partners who care as much about the welfare of Kern County as we do.

That's why Bakersfield Memorial Hospital seeks out great organizations that help us help you. Like Children's Miracle Network, which raises millions for the kids who come to us for medical care. Kohl's Cares for Kids, which donates profits from merchandise to programs that help young people avoid injuries,

diabetes, asthma and obesity. And Ronald McDonald House Charities, which offers families a nice place to stay on campus when their children are hospitalized.

This community built our hospital back in the 1950s—and you can rest assured that we'll always be here for you. Building partnerships to help us serve the community we all live in....every minute, every day.

So, if you've got concerns, ideas, or plans for the well-being of the community we all love...It's OK. We want to hear from you.



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You probably don't like thinking about heart attacks, high-risk pregnancies, accidents and strokes. But they're part of life.

And it's our job to deal with them.

In fact, Bakersfield Memorial Hospital provides more services to more people than any other hospital in Kern County.

Our cardiovascular services rank among the best in America. This year, we'll be opening a new Transient Ischemic Attack Clinic with innovative stroke prevention and treatment facilities at our Certified Primary Stroke Center. The Children's Medical Center at Memorial

will include the only Pediatric Intensive Care Unit (PICU) in the Southern San Joaquin Valley. And our Birthing Center features lovely remodeled Labor & Delivery suites. (We also hold the record for number of births in our area.)

No matter what's going on with your body, we can help. We're a partner in your good health. This community built our hospital back in the 1950s, and we're dedicated to being here for you...every minute, every day.

So even if you don't want to think about health problems, challenges and crises, it's OK. We will.



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