

KATY FAMILY

Health Bulletins

KATY HEALTH EVENTS

Don't miss these upcoming health-related events

PREPARED CHILDBIRTH

Dec. 17

Memorial Hermann Katy Hospital
23900 Katy Fwy.

This class places emphasis on the physical and emotional changes during pregnancy. Partners are encouraged to attend. Register mom only. Cost is \$70. Visit memorialhermann.org/classes-events.

HEALTH AND WELLNESS SEMINAR

December 20

Chiro Dynamics
20501 Katy Fwy., #130

Dr. Nemow of Chiro Dynamics will host a free health and wellness seminar at the clinic. Call 281-578-0606.

STEP LITE

December 26

Houston Methodist West Hospital
18500 Katy Fwy.
Medial Office Bldg. 2, #265, Houston
5:30 - 6:30 p.m.

Step LITE is a program with a realistic approach to healthy nutrition, weight loss, and lifestyle changes. These free sessions are an opportunity to have your questions answered and help you decide which program is right for you. Visit events.houstonmethodist.org.

This is only a sampling of the events offered in Katy. Please visit KatyMagazine.com for more.

Houston Methodist Hospital Ranked No. 1 in Texas

U.S. News & World Report recently named Houston Methodist Hospital one of only 20 hospitals on its prestigious Honor Roll, and the No. 1 hospital in Texas and the Gulf Coast. For 10 years in a row, they have had more national rankings than any other hospital in Texas.

Memorial Hermann Hospital Earns Accreditation for Total Hip and Knee Replacement

Memorial Hermann Orthopedic & Spine Hospital (MHOSH) has earned The Joint Commission's Gold Seal of Approval for Advanced Certification for Total Hip and Knee Replacement. It is the first hospital in Houston to earn this advanced certification, which is given to joint commission-accredited hospitals, critical access hospitals, and ambulatory surgery centers seeking to elevate the quality, consistency, and safety of their services and patient care.

Texas Children's Hospital West Campus Expands Hospital's Perioperative Suite

Texas Children's Hospital West Campus recently unveiled the newly expanded perioperative suite, which includes four new operating rooms, a new procedure room, three new call rooms, as well as a new doctor's lounge, staff kitchen, and break area. The expansion brings the total number of operating rooms at West Campus to eight and doubles the total number of procedure rooms. Upcoming projects include a new 14 exam room clinic for neurology, renal, and dermatology and the addition of 22 pediatric intensive care unit beds.

Got health news? Email editor@katymagazine.com.

OVERCOMING DIET AND EXERCISE SLIPS

- Keeping a food and exercise journal is a great way to learn why you strayed from your goal.
- Motivation is critical to maintaining long-term changes. Take a closer look at your reasons for pursuing a healthier lifestyle through diet and exercise.
- Stay aware of the goals you've already reached and the goals you plan to achieve.
- Negative thoughts can undermine your ability to handle the slip. Focus on balance and moderation over the long term.
- Once you've had a slip, immediately regain control of the situation. Get back on schedule with your activity or make the next meal healthy.

Source: MD Anderson Cancer Center



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20501 Katy Freeway Ste. 130 • Katy, TX 77450

Open weekdays: 9 am to 6 pm

