

MGH Professional Way Lab Draw Station is moving!



Hours:

Monday through Friday 7:30 a.m. to 6 p.m.

> No appointment necessary.

Mason Clinic **Opening Soon!**

MGH Shelton Family Medicine and Orthopedics providers, the Walk-In Clinic and services from the Professional Way Lab Draw Station are moving to Mason Clinic, starting Feb. 24.























DO A PROVIDER SEARCH

Go to **www.masongeneral.com** and click on FIND A PROVIDER in the top menu. Enter a Provider's Name or Specialty for a list of providers and their contact information.

Ribera, PA-C

For Clinic and Service Move Updates, visit www.masongeneral.com

Testimonial

Special Commendation for Emergency Department nurses and staff from Mason County Sheriff's Office

The Mason County Sheriff's Office, Central Mason Fire and District 6 personnel responded to an overdose. The person was transported to the Mason General E.R. via Central Mason EMS.

The doctors and nurses at the ER rarely, if ever, receive recognition for the amazing life-saving work they do. Today, Fire, EMS and ER staff came together as a team and saved a life.

I saw the professionalism, dedication, partnerships and respectful values displayed today by these professional men and women.

I believe these men and women should be recognized for their dedication to saving the lives of the citizens of Mason County.

– Mason County Sheriff's Office

interpreter can be provided on request.

Classes and Workshops

First Aid/CPR/AED:

Saturday, Feb. 8

Highway North

Learn the basics of first response

Where: Mason Health Learning

Shelton McDonald's on Olympic

When: 8:30 a.m. to 1 p.m.,

Center, located next to the

Cost: A fee of \$40 (exact

cash or check) is required in

advance to cover the cost of

books and materials, and an

eCard can be made available

upon successful completion

of the course. Comfortable

clothing is recommended for

all participants, and a Spanish

Register: Call the Learning Center for more details about availability at 360-427-3609.

General Diabetes Support Groups:

These free meetings are designed to support, encourage and inform everyone in the community about how to manage diabetes.

Call **Debbie McGinnis**, RN, CDE, at 360-427-7332 for more information.

Subject: What's On Your Plate? An Exploration of Many **Diet Plans**

When: 1 to 2 p.m., Feb. 20, in the MGH Pershing Room and 1 to 2 p.m., **Feb. 27**, at Port of Allyn

Type 1 Diabetes Support Group:

When: 1 to 2 p.m., second Wednesdays, Feb. 12 Where: MGH Ellinor Room Register: Call Debbie McGinnis, RN, CDE, at 360-427-7332 for more information.

Cancer Wellness Workshop

Mason Health partners with the Karen Hilburn Cancer Fund and Harmony Hill Retreat Center to offer a support program to those affected by cancer. Where: Pershing Room at Mason General Hospital When: 4 to 6:30 p.m., Feb. 12 Register: Call Kelly Mattheis, patient navigator, at 360-432-7706 or email patientnavigator@ masongeneral.com.



Mason Health

disability, sex or sexual orientation.

901 Mountain View Drive, PO Box 1668, Shelton, WA 98584 360-426-1611, from Allyn 360-275-8614 Toll free 1-855-880-3201 • TTY/TDD 360-427-9593 www.MasonGeneral.com • www.MyMasonVirtualCare.com Equal Opportunity Provider • Free Translation Services Provided/Se habla español **Accredited by DNV-GL Healthcare** Mason Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, religion, national origin, age,

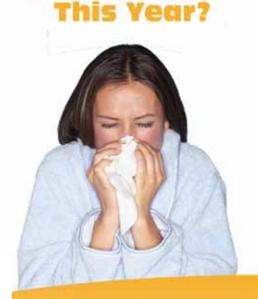
Mission Empowered People, Exceptional Health

Provide the best patient-centered care in the Pacific Northwest.

Service & Relationships

Have You Had Your





Contact your health care provider today

Special Kudos



Congratulations to **Andrea** Welander, RN, for being selected as the Mason Health January Employee of the Month.

Save the date!



www.masongeneral.com

