



WOOD RIVER HEALTH

Caring for Our Community Since 1976

YOUR HOME FOR HEALTH



Hayley's Healthy Habits: Improving Heart Health with Regular Exercise

The following article was written by Hayley Jackson, DNP, MSN, FNP-BC. A board-certified family nurse practitioner, Hayley provides Express Care Services at Wood River Health. She is passionate about holistic patient-centered care, lifestyle medicine and women's health.



Heart disease or cardiovascular disease is a condition that can affect blood flow to the heart and how it functions. Unfortunately, heart disease remains the leading cause of death in the United States. For many, this condition forms over time and is greatly impacted by many lifestyle factors such as diet, weight, and exercise. Studies have shown that regular exercise can be very effective for decreasing the risk of heart disease and improving heart disease overall. Of the many ways, exercise achieves this by improving how the body's metabolism works and increasing good cholesterol.

The metabolism utilizes calories to provide energy to the cells and eliminate waste. Extra calories consumed overtime can result in excess fatty tissue growth and ultimately being overweight. When there is excess fatty tissue in the body (obesity), controlling blood sugar and utilizing the sugar for cellular energy can become difficult. This process is an example of what medical professionals consider a metabolic disease. For some, this may lead to diabetes or prediabetes. Exercise can help this in three ways...

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Tickets Now on Sale for March Fundraiser!

Gather your friends and colleagues for a night of friendly competition and great music while supporting **Wood River Health**! Spring Ahead with Wood River Health: Music Bingo Decades Challenge will take place on Thursday, March 6 and will be a fun-filled evening of music bingo at **Tower Hill Brewing Company**! Get ready to test your music knowledge from different decades. Four winners will receive concert tickets at **Foxwoods Resort Casino** that match the decades challenge you won!

A \$50.00 donation gets you a tasty pint from Tower Hill Brewing company, some delicious slices of **NY Pizza of RI** and four bingo plays on your phone! You can also try your luck by purchasing a 50/50 Raffle ticket where you have the opportunity to win half the pot! Don't miss out on this exciting event - **buy your tickets today!**



Wood River Health's CEO Featured on Podcast

Wood River Health's CEO Alison L. Croke, MHA was recently featured on a compelling podcast of "Excellence In Healthcare", hosted by Jarvis T. Gray. Gray's podcast provides health care professionals with proven solutions for aligning people, processes, and priorities to generate business success.

This episode dives deep into the unique challenges and groundbreaking developments in smaller health care organizations. Highlights include:

- Discover how Wood River Health is revolutionizing same-day care.
- Understand what health care excellence means and how Wood River Health earned HRSA's prestigious gold quality award.
- Learn about the misconceptions surrounding health centers.
- Understand the leadership principles that drive Wood River Health's success.
- Understand the importance of community involvement for driving health care initiatives.
- Learn about the workforce crisis, funding challenges, and the inefficiencies plaguing the health care system today.

[Listen to the Podcast](#)



Crafty Donors Keeping Our Patients Warm

Wood River Health extends a warm thank you to **First Baptist Church in Hope Valley** and **Audrey Swain** of the **Richmond Senior Center** for donating beautiful one-of-a-kind quilts and hand knitted hats and sweaters!

We are so lucky to have such talented members of our community. Thank you for helping to keep our patients warm this winter!



Got the Flu? Book a Same Day Appointment.

According to **RI News Today**, Americans are experiencing the highest levels of colds and flu in over 15 years! If you are feeling sick, Wood River Health's compassionate providers are here to help you start feeling better soon!

If you are a current patient and are experiencing symptoms, you can now book a same-day appointment online by **visiting our website**. Our Express Care providers see patients Monday through Friday. We also have on-call providers available 24 hours a day, 7 days a week, holidays and weekends.

Avoid long lines and save money from costly tests and bills from the emergency room by contacting us first.

[Book A Same Day Appointment](#)

ESCL Now Located at Our Westerly Site

Patient Service Center located within Wood River Health Open to the Public

Hope Valley: 823 Main Street; 1st Floor, Hope Valley, RI 02832

Monday - Friday	Saturday	Closed for Lunch
8:00 AM - 5:00 PM	9:00 AM - 1:30 PM	12:00 - 1:00 PM

Westerly: 17 Wells Street, Westerly, RI 02891

Monday - Friday	Closed for Lunch
7:30 AM - 4:30 PM	12:00 - 1:00 PM

Take a number and ring the bell on the wall to the left of the television.
(No need to check in at the front desk).



WOOD RIVER HEALTH
Caring for Our Community Since 1978



East Side Clinical Laboratory

Wood River Health's Pledge to Our Patients



We are a safe space.

We value your privacy and provide confidential care.

We do not discriminate.

We welcome all, regardless of immigration status.

We will not ask for unnecessary information.

We only ask for documentation that is legally required.

We know our patients' rights.

And we want you to know them, too. Ask for a copy at your next visit.

Need A Little Support?

Looking for a
recovery
program
just for
women?



Start your
New Life today!

- Confidential and anonymous
- Secular, abstinence-based
- Welcoming to all aged 18 and older identifying as female
- Developed by women for women
- Rooted in principles which promote positive thinking and self-growth
- Non-judgmental

NEW RHODE ISLAND MEETING

Participants must be 18 years of age, identify as female and attend the meeting sober.

Date/Time:

Tuesday starting December
17, 2024
12-1 p.m. via Zoom

Location:

Online via Zoom
Email for details:
1205@womenforsobriety.org



WOMEN FOR SOBRIETY
CAPABLE • COMPETENT • CARING • COMPASSIONATE



For more information
about WFS

Do you have questions about immigration?

Join us and get answers from a Dorcas International immigration lawyer.

This is a **free** event.
No registration required.

Wednesday
February 19, 2025
6:00-7:30 pm

Westerly Library Auditorium
44 Broad Street, Westerly, RI

More Information, contact us at:

- 401-596-9411
- www.literacywashingtoncounty.org



Scan this QR code to submit your questions online anonymously

Have a Cough? Please Wear a Mask

MASKS
REQUIRED
with Cold/Flu symptoms



Masks available at the Front Desk

(Masks are optional if you do not have cold or flu symptoms)



WOOD RIVER HEALTH
Caring for Our Community Since 1976

Make a Difference in Our Community



INVEST IN OUR MISSION



WOOD RIVER HEALTH
Hope Valley and Westerly, RI

WoodRiverHealth.org/Support-Us

[Invest in Our Mission](#)

YOUR HOME FOR HEALTH



Since 1976, Wood River Health has provided quality, affordable, patient-centered care. We offer medical, dental, behavioral health care, WIC and care coordination services.

A non-profit, Federally Qualified Health Center, we help families at every stage of their lifecycle. We accept most insurance plans, Medicaid and Medicare.

WoodRiverHealth.org

HOPE VALLEY

823 Main Street
Hope Valley, RI 02832

WESTERLY

17 Wells Street
Westerly, RI 02891

Appointments: 401.539.2461



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