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Grant Will Further Quest For First-Ever High-Resolution Imaging Of Live, Active Viruses

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Piran Kidambi, assistant professor of chemical and biomolecular engineering, has been awarded a grant to further his research into capturing high-resolution images of live viruses in tissues. The three-year grant from Chan Zuckerberg Initiative's Frontiers of Imaging is one of 20 awarded worldwide with the aim of revolutionizing the study of viruses, human health and vaccines.

"Visualizing viruses in the native state has been an elusive scientific challenge for several decades. Our research aims to enable this for the first time," Kidambi said.

His project will work to develop devices to enable direct imaging of live viruses—which would allow scientists to witness the physical changes to viruses in real time.

Kidambi's research is focused on understanding the synthesis of nanomaterials for health care, energy, electronic and catalytic applications. The success of this project could dramatically improve virology, vaccine development, oncology and human health.

The Frontiers of Imaging program aims to "visualize life's processes at the molecular, cellular and system level—in real time, in the living organism and in a minimally invasive manner," said

Cori Bargmann, Chan Zuckerberg Initiative's former head of science.

This is just the latest in high-profile support that Kidambi has earned for his research. In June 2022, his work was selected to receive funding through the U.S. Department of Energy's Early Career Research Program. That program is designed to provide support to exceptional researchers during the crucial early career period, when many scientists conduct their most formative work.

Kidambi's application for the CZI grant was supported by Janice Ascano and the team at the Vanderbilt office of Research Development and Support, which offers development assistance for proposals to be pitched to private foundations and federally funded opportunities. RDS services include searches

for new sponsors, coordination and team building for proposals of any size, content development and draft review. RDS is in the Office of the Vice Provost for Research and Innovation. To learn more about RDS or to request services, email rds@vanderbilt.edu.

About the Chan Zuckerberg Initiative

The Chan Zuckerberg Initiative was founded in 2015 to help solve some of society's toughest challenges—from eradicating disease and improving education to addressing the needs of our communities. Through collaboration, providing resources and building technology, its mission is to help build a more inclusive, just and healthy future for everyone. For more information, please visit chanzuckerberg.com.



Piran Kidambi (Vanderbilt University)

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Some Benefits Of Frozen Fruits And Veggies

Throughout human history, there have been many ways to preserve food, including pickling, canning and salting. Such efforts became easier with the invention of the refrigerator and freezer, which opened up a whole new way to shop for and stockpile foods.

It's difficult to imagine life without refrigerators or freezers. For example, frozen foods, which are a mainstay of the modern diet, are only possible thanks to modern refrigeration.

The American Academy of Nutrition and Dietetics says that frozen foods are an affordable way for people to get their daily recommended doses of fruits and vegetables. But the benefits do not stop with fruits and vegetables. Many other nutritious foods can be frozen and incorporated into recipes.

Despite their popularity, frozen foods are sometimes mistaken as being less worthy of consumption than

fresh alternatives. Food producers Green Isle Foods indicates that very often frozen foods make nutritious additions to a meal. Here are a few reasons why.

Frozen produce is often more nutritionally reliable than fresh items, as freezing prevents sensitive nutrients and vitamins from being lost during transportation. In a 2013 study sponsored by the University of Georgia, researchers compared various private-label frozen produce items

to fresh equivalents. Nutrient levels were analyzed in samples of the frozen produce and in the fresh equivalents upon being purchased and then again after the fresh produce spent five days in a refrigerator. Day-of-purchase fresh and frozen varieties were nutritionally similar. But after five days, the fresh produce lost vitamin content, especially vitamins A and C and folate.

Frozen foods typically contain no preservatives,

as freezing itself is a form of preservation.

Frozen foods enable people to choose from a variety of items even when they would normally be out of season.

Frozen foods may help reduce food waste, as individually packaged items help people use only what they need.

Frozen seafood is often less expensive than fresh fish because the extended shelf life offers year-round price stability and product availability.

It is important to be

picky when buying frozen foods. According to nutrition experts at Tufts University, convenience meals are not always created equal. It is essential to read labels to ensure that healthy ingredients are included and to pay attention to portion sizes to keep fat and calories in check.

Individuals can customize many frozen foods to their needs and can rest assured that the meals they are creating are nutritionally diverse and wholesome.



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Foot And Ankle Surgeon Looks At Team Approach

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Dr. Jonathon Srour gained experience in a variety of fields while completing his training in foot and ankle surgery.

Srour joins fellow foot and ankle surgeon Dr. Christopher Juels at Tier 1 Orthopedic and Neurosurgical Institute.

"I experienced an ankle injury when I was younger and had a great outcome in getting it repaired," he said. "I went on to participate in cross country and now, Irish step dancing, among other things."

He earned his doctor of podiatric medicine degree from the New York College of Podiatric Medicine in 2017, completed residency in Washington, DC, and completed fellowships in Virginia and California.

While in Washington, DC, he was a resident

physician at Medstar Washington Hospital Center and Medstar Georgetown University Hospital.

He was a limb preservation fellow at the University of California San Francisco Medical Center's division of vascular surgery and then went on to complete a fellowship in reconstruction, revision and limb preservation surgery of the foot and ankle in Richmond, Virginia.

"As part of Medstar's vascular surgery service, there were plastic, general and podiatric surgeons," he said. "I got to deal with surgical wounds, which gave me a new perspective on treating ankle and foot problems."

He had the opportunity to train with his mentor, Dr. Laurence Rubin, in his private clinic in Virginia.

While at a conference, he connected with Dr. Chris Juels, foot and ankle surgeon at Tier 1.

"I mentioned I was looking around Nashville at job opportunities," Srour said. "He spoke about Cookeville and how great it is." Joining the team at Tier 1 is a dream job, he said.

"Tier 1 is an excellent orthopedic and neurosurgical group with a strong desire for excellence and delivering the best patient care," he said. "This field requires a team approach and good communication with others to get the best outcome." Srour is accepting new patients. Call 931-526-9518 to set up an appointment.

Question And Answer With Dr. Srour

What is your favorite place to travel? I have to say, Israel is amazing.

What are your hobbies? Play music, Irish step-dancing and distance running. I toured the U.S., Canada, Taiwan and Israel with Michael Flatley's Lord of the Dance and currently a dancer/musician with Hammerstep – Indigo Grey, an innovative fusion dance septet that took America's Got Talent by storm leading to a viral YouTube video with 250,000 views in three weeks. Hammerstep aims to elevate dance to a new level, to act as a platform for personal and collective empowerment and to spark social progression in the process.

Family members? My fiancée is the director of a music school outside of Nashville where we currently live. My parents are still in Pennsylvania, and I have two brothers.



Dr. Jonathon Srour



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Use February To Create A Healthy Plan For Your Heart

UT MEDICAL CENTER

During the month of February, hearts are very popular. February is most commonly known as a month to celebrate loved ones during Valentine's Day, but it's also reserved for American Heart Month, a time to educate the public about heart disease. Killing approximately 2,300 people per day, and ranked as the number one cause of death of Americans, it is important to note that heart disease is preventable by making healthy life choices.

Dr. Anne Kassira, a

cardiologist at The University of Tennessee Medical Center, shares some important tips on how to lower your risk for developing heart disease.

"Heart disease encompasses many different heart conditions including coronary artery disease, arrhythmias, angina, heart attack and stroke," said Kassira. "Some of the risk factors for heart disease are high blood pressure, high cholesterol and smoking, and almost half of all Americans have at least one of these three risk factors."

According to Kas-

sira, other medical conditions and lifestyle choices that can put you at risk for heart disease include diabetes, obesity, poor diet, physical inactivity and excessive alcohol use.

Additionally, women are adversely affected by heart disease.

"One in five women die from heart disease," said Kassira. "Nearly 80 percent of cardiac events can be prevented, yet cardiovascular diseases continue to be a woman's greatest health threat."

Kassira explains that National Wear Red Day takes place on Febru-

ary 5, 2021, and is an initiative created by the American Heart Association to increase women's heart health awareness.

Kassira says men and women can experience similar symptoms of a heart attack, which can include the following:

Uncomfortable pressure, squeezing and pain in the center of the chest;

Pain or discomfort in one or both arms, the back, neck jaw or stomach;

Shortness of breath.

"Heart disease is preventable through simple lifestyle changes that anyone can implement, as well as taking charge of any existing medical conditions," said Kassira.

Choosing healthy foods and drinks, maintaining a healthy weight, exercising regularly and not smoking are some simple, yet effective choices you can make to

decrease your chances of developing heart disease.

"If you have high cholesterol, high blood pressure or diabetes, you can lower your risk for heart disease by regularly checking your cholesterol and blood pressure, monitoring your blood sugar and taking your medications as directed," said Kassira.

Heart disease is something you can prevent, emphasizes Kassira.

"Take time to make an appointment with your physician to talk about any potential risk factors you may have," said Kassira. "With guidance from your physician, create a proactive plan aimed at decreasing your chances of developing heart disease and make a commitment to put it to action."

Kassira encourages that if you or a loved one need medical care,

including preventative heart screenings or heart care, do not delay coming to the medical center or other facilities within UT Medical Center's health care system.

"Despite COVID-19, our facilities are safe for patients to come in for a visit, and we offer telehealth services when possible," said Kassira.

For reliable information on taking care of your health or a loved one's health, contact UT Medical Center's Health Information Center at 865.305.9525 or online at www.utmedicalcenter.org/hic. Staffed by medical librarians and certified health information specialists, the Health Information Center offers an extensive health library, digital and printed resources, walk-in assistance, and help with the research on specific health conditions – all free of charge and available to the public.

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Common Symptoms Of Eating Disorders

Eating disorders are a significant problem across the globe. Studies published in the American Journal of Clinical Nutrition and in the journal Current Opinion in Psychiatry estimate that eating disorders affect at least 9 percent of the population worldwide. Though such numbers are troubling, the National Eating Disorders Association notes that eating disorders are treatable.

Chances for recovery from eating disorders increases the earlier a disorder is detected. That underscores the importance of learning to recognize some of the common symptoms of eating disorders. The NEDA breaks such symptoms down into two categories: emotional/behavioral and physical. While familiarizing oneself with these categories and the symptoms within them is a useful first step toward learning about eating disorders, the NEDA points out that the list should not be mistaken for a checklist. Warning signs vary depending

on the disorder, and some symptoms may not fit neatly into either category. In addition, people with eating disorders generally do not have all of these symptoms at once.

Emotional and behavioral

Emotional and behavioral symptoms of eating disorders are generally behaviors and attitudes that indicate that weight loss, dieting and control of food are becoming primary concerns. Such behaviors and attitudes may include:

- A preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting;

- Refusal to eat certain foods: A refusal to eat certain foods may progress to restrictions against whole categories of foods, such as carbohydrates;

- Appears uncomfortable eating around others;

- Adherence to certain food rituals: For example, someone with an eating disorder may eat only a particular food or food group, including condiments, or

- chew excessively. Others may not allow foods to touch;

- Skipping meals or taking small portions of food at regular meals;

- Adherence to new practices with food or fad diets, including cutting out entire food groups (no sugar, no carbs, no dairy, vegetarianism/veganism);

- Withdrawal from usual friends and activities;

- Frequent dieting;

- Extreme concern with body size and shape;

- Frequent checking in the mirror for perceived flaws in appearance and

- Extreme mood swings

Physical

- Some physical symptoms of eating disorders may be hard for loved ones to recognize. For example, NEDA notes fluctuations in weight, both up and down, are a physical symptom of eating disorders. However, someone with an eating disorder may begin wearing clothing to cover up such fluctuations. That's why it's so important that loved ones, such as parents

- and siblings, learn to recognize the other physical symptoms of eating disorders, some of which may be subtle.

- Stomach cramps or other non-specific gastrointestinal complaints: For example, someone with an eating disorder may complain about being constipated or indicate they're experiencing acid reflux;

- Menstrual irregularities: Adolescents and women may miss periods or only have a period while on hormonal contraceptives (the NEDA notes this is not considered a "true" period);

- Difficulties concentrating;

- Abnormal laboratory findings: Blood tests during doctor's appointments may

- reveal anemia, low thyroid and hormone levels, low potassium, or low white and red blood cell counts;

- Dizziness, especially upon standing;

- Fainting spells or syncope, a condition marked by a temporary loss of consciousness caused by a fall in blood pressure.

- Feeling cold all the time;

- Sleep problems;

- Cuts and calluses across the top of finger joints: These cuts and calluses suggest a person is inducing vomiting, a behavior associated with the eating disorder bulimia;

- Dental problems, such as enamel erosion, cavities, and tooth sensitivity;

- Dry skin and hair, and

- brittle nails;

- Swelling around area of salivary glands;

- Fine hair on body;

- Cavities, or discoloration of teeth, typically resulting from vomiting;

- Muscle weakness;

- Yellow skin (in context of eating large amounts of carrots);

- Cold, mottled hands and feet or swelling of feet;

- Wounds that heal poorly and

- Impaired immune functioning

Eating disorders affect people from all walks of life. Learning to recognize the symptoms of eating disorders can be an important first step toward seeking treatment for yourself or a loved one.



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Alzheimer's Research Initiative Launched At UT Medical Center

UT MEDICAL CENTER

In an effort to expand Alzheimer's disease research on the campus of The University of Tennessee Medical Center, former Regal Entertainment Group CEO Amy Miles has agreed to chair a major fundraising initiative to support research at The Pat Summitt Clinic. The announcement comes as the medical center celebrates The Pat Summitt Clinic's one year anniversary. The Alzheimer's Research Initiative represents the evolution of the clinic as it continues to fulfill the organization's mission to serve through healing,

education and discovery, and grows toward becoming a nationally recognized Alzheimer's disease center.

Legendary basketball coach and teamwork expert, Pat Summitt envisioned a place in East Tennessee where patients, families, caregivers, and leading medical experts would work collaboratively to improve care and support, educate future physicians and clinicians, and conduct ground-breaking research in the field of Alzheimer's disease and other dementias.

Inspired by coach Summitt's vision, The Pat Summitt Clinic opened its doors in January 2017,

supported in part by a grant from The Pat Summitt Foundation, allowing the medical center to increase the capacity of Alzheimer's patients to address the growing need in the region. Today the clinic, the first and only of its kind in the region, serves approximately 3,500 patients in East Tennessee. That number is expected to increase to approximately 6,000 within the next five years. The initiative Miles is leading will directly support the research focus at the clinic.

"Many Regal employees have been personally touched by Pat's legacy on and off the court," said Miles. "She

left us with a charge to carry on her mission. I'm proud to partner with The University of Tennessee Medical Center's Pat Summitt Clinic to work to eradicate this terrible disease."

Miles, a graduate of the University of Tennessee and longtime admirer of coach Summitt, added that she signed on to the Alzheimer's Research Initiative because she recognized the impact of the disease throughout the nation.

There are currently an estimated 5 million cases of Alzheimer's disease in the nation. That number is expected to more than triple, to 16 million, by the year 2050. According to Dr. Roberto Fernandez, medical director of The Pat Summitt Clinic, the fundraising initiative will provide for significant expansion of the multi-disciplinary research being conducted at the facility, with a focus on

the structure, function, behavior, and pathology of the brain as well as how each is impacted by Alzheimer's disease.


"As Alzheimer's moves closer to becoming an epidemic in our country, it is imperative that we increase our research initiatives to ultimately seek a cure for this disease," Fernandez said. "We greatly appreciate the passion that Amy Miles brings to the Alzheimer's Research Initiative on behalf of all those impacted by Alzheimer's disease and other dementias. She does so also in memory of Pat Summitt and demonstrates much of that same powerful and positive spirit that the coach brought in working to defeat Alzheimer's disease."

The Alzheimer's Research Initiative will culminate with the 2019 An Evening In Orange, a signature fundraising

event of the medical center.

"It's so fitting to have Amy Miles, who is such an influence not only in our Knoxville community but also nationally, chair this initiative as we honor the legacy of Pat Summitt, one of the greatest figures in the history of sports," said Kathy Boyd, chief development officer at UT Medical Center. "Our Alzheimer's Research Initiative elevates the work of our physicians, researchers and scientists, and allows our community, the region and others from across the country the opportunity to support this important cause."

For more information about the Alzheimer's Research Initiative, contact The University of Tennessee Medical Center Development Office at (865) 305-6611 or via email at development@utmck.edu.



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From left, Dr. Roberto Fernandez, Amy Miles and Dr. Russ Langdon

Quitting Smoking For Good Is Possible

Smoking is a deadly habit. The Centers for Disease Control and Prevention say that cigarette smoking causes more than 480,000 deaths each year in the United States. Smoking also cause more deaths each year than alcohol use, illegal drug use, human immunodeficiency virus, motor vehicle injuries, and firearm-related incidents combined. Statistics Canada indicates that around 100 Canadians die of smoking-related illnesses each day.

Despite the knowledge that both cigarette smoking and products such as pipes, cigars, e-cigarettes, and vaping pens have serious health risks, many people

feel powerless to quit. Quitting smoking can reduce the risk for heart and lung diseases, reduce the chances for low birth weight babies and sudden infant death syndrome and improve one's life expectancy.

Each time a person resists a tobacco craving, he or she is one step closer to quitting smoking. Around 90% of those who try to quit do so without any help from aids, according to WebMD. But going cold turkey may not be the best path to success, as only

around 5 to 7 percent of people who try this route maintain the momentum. However, research published in 2010 in the Cochrane Database of Systematic Reviews,

which compared abrupt quitting to methods designed to gradually quite, found that neither method was necessarily more successful than the other. Individuals who are attempting to quit may need to go through some trial and error before ultimately finding the cessation method that works for them.

Involving others in your efforts might be a smart approach. Doing so creates a sense of accountability and ensures a support network is always there.

Changes in behavior and thinking also can be necessary. The Mayo Clinic suggests avoiding triggers that have previously stimulated a desire to smoke. Some

common triggers include being at parties or bars, stressful situations, post-meal smoking sessions, or commutes. Changing routines can help break the habit of smoking.

Replacement products, whether they contain nicotine or not, can give the mouth something to do and stave off cravings.

Many people find chewing gum, sucking on a straw or munching on carrots helps. A variety of nicotine replacement products also may help people quit.

Staying busy and distracting the mind can keep a person away from cigarettes. Enrolling in fitness classes, starting

a club or engaging in a hobby or craft can divert attention away from smoking - especially if these activities are not part of one's normal routine.

People who want to quit smoking can be successful, even if they experience a little trial and error on their way to



What You Should Know About Canned Food

Canned food is convenient. Pantries that include a variety of canned foods make it possible to whip up last-minute meals. And because canned foods have longer shelf lives than fresh items, making them a part of your pantry can reduce food waste. That's a significant benefit for shoppers' bottom lines as well as the planet, as the Food and Agriculture Organization of the United Nations notes that roughly one-third of the food produced in the world for human consumption every year gets lost or wasted.

Canned foods may be more convenient than

fresh foods, but home cooks should still follow a few simple pointers to ensure canned items are safe to eat.

Don't presume that canned foods last forever. The Food Safety and Inspection Service, a division of the United States Department of Agriculture, notes that there are limits to how long canned foods will remain preserved. Always adhere to the expiration date on the can. If an item has expired, do not eat it or serve it.

Be especially careful with high-acid canned foods. The FSIS notes that canned foods, and

especially certain high-acid foods, such as tomatoes, have natural chemicals that can react with the container over time. This can cause changes in the texture and taste of the foods, and may even adversely affect their nutritional value. If the can is corroded or the foods' appearance is abnormal, do not eat or serve it.

Avoid storing canned foods at high temperatures. According to the FSIS, the risk of spoilage increases sharply as the storage temperatures rise. Temperatures 100° F and above are harmful to canned goods, so do

your best to keep storage conditions mild.

Store items in dry places. In addition to storing canned foods in cool places, make sure they're stored in dry areas.

Never keep canned foods beneath a sink or beside a stove. Extra storage in garages or basements may seem like great places to store canned items purchased in bulk, but

such areas tend to be damp and often experience extreme temperature changes between seasons. Both of those conditions can compromise canned foods.



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