

Atrium Medical Center Facebook Content Calendar

November 2011

Week of November 6

Do you believe an apple a day keeps the doctor away? How about stress causes you to go gray faster? Get the facts on these and other health myths.

<http://mediagallery.usatoday.com/Health+myths,+fact+vs.+fiction/G2445>

November is National Healthy Skin Month! How do you tend to your skin? Keep your skin clean with these 11 helpful tips. <http://brainz.org/11-ways-keep-your-skin-healthy/>

Ask Atrium. Mary E. Krebs, MD answers: What do I need to know about my cholesterol, my diet and cholesterol-reducing therapies? <http://www.atriummedcenter.org/atrservices.aspx?id=59666>

Week of November 13

Are you expecting a new addition to your family? Register now for our Baby Bootie Camp on Wednesday, November 23! <http://www.atriummedcenter.org/atrcalendar.aspx?id=11938>

(Poll App) Thanksgiving is just around the corner. What's your favorite part of the day?

- A. Togetherness
- B. The food
- C. The leftovers
- D. The memories

Tired of spending too much money at the grocery store? Here are 40 easy healthy recipes you can make with just 10 ingredients. <http://www.womenshealthmag.com/life/healthy-food-list>

Week of November 20

Are you a Black Friday shopper? Here are tips for safe shopping on one of the busiest days of the year. <http://www.moneycrashers.com/black-friday-tips-for-safe-shopping/>

Do you get a flu shot every year? Check out these three easy to follow action plans to fight the flu. <http://www.cdc.gov/flu/protect/preventing.htm>

(Nov. 24) On behalf of everyone at Atrium Medical Center, we wish you all a safe and happy Thanksgiving!

Week of November 27

Feeling bloated? Check out what a variety of specialists say can help.

<http://www.naturalhealthmag.com/expert-advice/how-can-i-feel-less-bloated>

Have you ever wondered if your severe headaches could actually be migraines? Go through this checklist to learn the difference. <http://www.womenshealth.gov/publications/our-publications/fact-sheet/migraine.pdf>

Not enough time in your day? Check out these easy time management tips to gain some me-time! <http://www.self.com/health/2011/10/time-management-tips>