

St. Mary Medical Center

A Ministry of the
Sisters of St. Joseph of Orange

ST. JOSEPH
HEALTH SYSTEM

and the Brothers of St. John of God

18300 Highway 18, Apple Valley, CA 92307

Contact:

Emily Abbott
(760) 242-2311 ext. 8257 or
Randy Bevilacqua
(760) 242-2311 ext. 8260

FOR IMMEDIATE RELEASE

St. Mary Healthy Beginnings opens Hesperia clinic

HESPERIA - April 7, 2008 - Ensuring children get a good start in life is critical, and that healthy boost begins before they leave the womb.

St. Mary Medical Center's Healthy Beginnings Perinatal Service Hesperia clinic is now open. It is located at 17071 Main St. and is currently operating on Thursdays from 8:30 a.m. to 5 p.m. It will add days of service as they become needed.

Staffed by certified nurse midwives, health workers and social service counselors, Healthy Beginnings provides a holistic approach toward pregnancy. A primary goal for Healthy Beginnings is to ensure good outcomes for moms and babies. Along with the prenatal care, the Hesperia clinic offers nutritional and parenting education, counseling and staff is on-hand to help uninsured patients register for low-cost insurance programs.

The Healthy Beginnings Hesperia Clinic is located in an area of the Victor Valley that is home to a high number of families at-risk for various health problems and who lack direct access to health care services.

In addition to the perinatal services, the staff of St. Mary Medical Center's Bright Futures Mobile Van will be at the clinic every other Tuesday, starting April 8, offering primary care services to low-income, uninsured adults and children. The clinic will be open from 8:30 a.m. to 5 p.m., every other Tuesday.

Healthy Beginnings is also doing more to combat childhood obesity in the High Desert. Healthy Beginnings now has a registered dietician on staff to address patient needs and to work in the community to create nutritional programs for children up to 5 years old. A grant from First 5 San Bernardino made this new service possible.

For more information on Healthy Beginnings please call, (760) 946-8169.

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