Cardiovascular

Health Presentation Cardio
Wyoming Tribune Eagle
July 13, 15, 18 and 19

Presented by Maria Kidner, DNP
Maria will be discussing risks for cardiovascular disease and how you can help protect yourself.

Cheyenne Regional Medical Center • Auditorium A
214 East 23rd St., Cheyenne, WY 82001

cheyenneregional.org/heart • (307) 637-1600
Bringing heart experts to you

Talk to your physician about seeing our cardiologist here in Rawlins on one of the dates below.

Dr. Michael Higginbotham, Cardiologist: July 12, July 19
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing one of our cardiologists here in Laramie on one of the dates below.

Ann Anderson, Nurse Practitioner: July 3
Dr. William Nienaber, Cardiologist: July 10, July 31
Dr. Obadah Al Chekakie, Cardiac Electrophysiologist: July 26
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing our cardiologist here in Bridgeport on one of the dates below.

Dr. William Nienaber, Cardiologist: July 9, July 30
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing one of our cardiologists here in Wheatland on one of the dates below.

Dr. Michael Higginbotham, Cardiologist: July 16
Dr. William Nienaber, Cardiologist: July 23
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing our heart expert here in Kimball on one of the dates below.

Ann Anderson, Nurse Practitioner: July 9, July 30
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing one of our cardiologists here in Torrington on one of the dates below.

Ann Anderson, Nurse Practitioner: July 5, July 26
Dr. Muhammad Khan, Cardiologist: July 25
Dr. Michael Higginbotham, Cardiologist: July 18
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing one of our cardiologists here in Torrington on one of the dates below.

Dr. Michael Higginbotham, Cardiologist: July 18
Dr. William Nienaber, Cardiologist: July 23
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing our cardiologist here in Wheatland on one of the dates below.

Dr. Michael Higginbotham, Cardiologist: July 16
cheyenneregional.org/heart • (307) 637-1600

Bringing heart experts to you

Talk to your physician about seeing our heart expert here in Kimball on one of the dates below.

Ann Anderson, Nurse Practitioner: July 9, July 30
cheyenneregional.org/heart • (307) 637-1600
#1 in Orthopedic Care
Billboard
July 1-31

Ranked #1 in Wyoming for Orthopedic Care
CareChex
A Division of COMPARION
cheyenneregional.org/ortho

Ortho Quality Top 100
Billboard on I-25
July 1-31

Ranked Top 100 in the Nation For Hip Fracture Repair
cheyenneregional.org/ortho
Orthopedics

Meet Dr. Smith
Wyoming Tribune Eagle
July 21 and 24

Meet Dr. Bruce Smith
Orthopedic Surgeon

Call to schedule an appointment.

Orthopedic Surgeon
• Over 24 years of experience in knee and shoulder reconstruction
• Practicing in Cheyenne for 10 years

Practice Location
Wyoming Orthopedics & Sports Medicine
4017 Rawlins Street, Cheyenne

cheyenneregional.org/wyortho • (307) 635-2562

Ortho Quality #1
Wyoming Business Report
July 1-31

Ranked #1 In Wyoming for Orthopedic Care
Your Partner In Health

Ortho Quality Top 100
Billboard on I-25
July 1-31

Cheyenne Regional Orthopedics

Ranked Top 100 in the Nation For Hip Fracture Repair
cheyenneregional.org/ortho
Oncology

Oncology Product Line Screening
Wyoming Livestock Round Up
July 1-31

Cancer Screening Saves Lives!

- **Every** county in the state of Wyoming is covered by one of the 5 regional offices.
- **We** provide cancer education and awareness to the community.
- **Promote** prevention and early detection of cancer.
- **Offer** Patient Navigation to Wyoming residents needing local, regional, state and national cancer information.

For more information call toll free:

Cheyenne 1-877-286-0907
Buffalo 1-888-684-4550
Evanston 1-877-789-8771
Cody 1-877-437-2702
Casper 1-877-344-5364

Wyoming Cancer Resource Services is funded by the Wyoming Department of Health, Comprehensive Cancer Control Program.
Dr. Right - Primary Care
Wyoming Tribune Eagle
July 3, 5, 13, 14, 17 and 19

Dr. Right - Specialty Care
Wyoming Tribune Eagle
July 7, 8, 10, 12, 21, 24, 26

Cheyenne Regional Medical Group

“Dr. Right” is waiting for you at one of our
Primary Care Clinics

Cheyenne Children’s Clinic
(307) 639-7961
Cheyenne Family Medicine
(307) 778-2517
Cheyenne Plaza Primary Care
(307) 633-7644
Family First
(307) 778-3675
Family Medicine
(307) 638-5175
Internal Medicine
(307) 632-6444

“Dr. Right” is waiting for you at one of our
Specialty Clinics

Behavioral Health
(307) 639-7961
Cheyenne Cardiology Associates
(307) 637-6000
Cheyenne Kidney & Dialysis
(307) 638-7757
Cheyenne Oncology & Hematology Associates
(307) 635-2511
Cheyenne Rheumatology
(307) 638-7757
Cheyenne Vascular
(307) 796-0474
Cheyenne Vascular Consultants in Surgery
(307) 632-1714
Endocrinology
(307) 638-7757
Infectious Disease
(307) 638-7757
Occupational Medicine
(307) 638-7757
Pain Management
(307) 639-7757
Pulmonology & Intensive Care Medicine
(307) 638-7757
Pulmonary & Sleep Center
(307) 639-7757
Weight Loss Center
(307) 639-7757
Wyoming Cardiology
(307) 635-2511
Wyoming Orthopedics & Sports Medicine
(307) 635-2912
Wyoming Sleep Disorders Center
(307) 635-2912

cheyenneregional.org

cheyenneregional.org
Attention patients of Dr. Helen Iams

Dr. Helen Iams has left Cheyenne Regional Medical Group as of July 31. Cheyenne Regional will be happy to assume your care. If you desire other arrangements, please contact Cheyenne Regional at (307) 699-7925 to obtain your medical records.

Dr. Feuer Offboarding

Dr. David Feuer has left Cheyenne Vascular as of May 1. The providers at Cheyenne Vascular will be happy to assume your care. Your medical records will be maintained with the clinic and will be available to ensure continuity of your care. If you desire other arrangements for your continued care, please contact Cheyenne Vascular located at 2301 House Ave. Suite 207, or call (307) 778-1849.

Dr. Right- Dr. Kristina Behringer

Introducing

Dr. Kristina Behringer
Family Medicine
- Residency: University of Wyoming Family Practice Program
- Cheyenne, WY
- Medical School: Ross University School of Medicine
- Commonwealth of Dominica, West Indies
Practice Location:
Cheyenne Regional Health Plaza, 800 E. 20th St., Suite 300

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70 providers
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Cheyenne Regional Medical Center

Fitness Center
Billboard
July 1-31

MyChart
Billboard
July 1-31

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cheyenneregional.org/fitness-schedule

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medical records ONLINE
sign up NOW!

mychart.crmcwy.org
The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day.

Cheyenne Regional is proud to be a DAISY Award Partner, recognizing our nurses with this special honor quarterly.

Colleen Rodgers  Kori Gilbert  Julie Doman

Fitness Center
Movie Theater
July 1-31

Check out our schedule online. over 50 classes to choose from

Cheyenne Regional Fitness Center

Cheyenne Regional
Your Partner in Health
cheyenneregional.org

Cheyenne Regional
Pine Bluffs Post
Trail Days

Cheyenne Regional
Pebble Creek (South High Volleyball Posters)
2013 Season

cheyenneregional.org • (307) 634-2273

cheyenneregional.org/fitness-schedule
Weight Loss
Wyoming Tribune Eagle
July 7 and 9

Is weight affecting your health?

WEIGHT LOSS CENTER

Health Seminar
Tuesday, July 9

We provide the most options
• Research your options at cheyenneregional.org/weightloss.
• Call to schedule a free consultation.
• Email weightloss@crmcwy.org for a free 20 minute introductory DVD.
• Join us for an informational seminar from 6 - 8 p.m.
Cheyenne Regional Medical Center, Auditorium B
214 East 23rd Street, Cheyenne, WY

Free Event

cheyenneregional.org/weightloss • (866) 633-7619

DONNA Wheatland, WY
Chose Lap-Band
Lost 110 pounds

Weight Loss
Casper Star
July 9 and 11

Is weight affecting your health?

WEIGHT LOSS CENTER

Health Seminar
Wednesday, July 11

We provide the most options
• Research your options at cheyenneregional.org/weightloss.
• Call to schedule a free consultation.
• Email weightloss@crmcwy.org for a free 20 minute introductory DVD.
• Join us for an informational seminar from 6 - 8 p.m.
Ivinson Memorial Hospital, Saratoga Room, Education Dept.
255 North 30th Street, Laramie, WY

Free Event

cheyenneregional.org/weightloss • (866) 633-7619

DONNA Wheatland, WY
Chose Lap-Band
Lost 110 pounds

Weight Loss
Laramie Boomerang
July 7 and 9

Is weight affecting your health?

WEIGHT LOSS CENTER

Health Seminar
Tuesday, July 9

We provide the most options
• Research your options at cheyenneregional.org/weightloss.
• Call to schedule a free consultation.
• Email weightloss@crmcwy.org for a free 20 minute introductory DVD.
• Join us for an informational seminar from 6 - 8 p.m.
Ivinson Memorial Hospital, Saratoga Room, Education Dept.
255 North 30th Street, Laramie, WY

Free Event

cheyenneregional.org/weightloss • (866) 633-7619

DONNA Wheatland, WY
Chose Lap-Band
Lost 110 pounds

Sports Physicals
Wyoming Tribune Eagle
July 13, 17, 20, 24, 27 and 31

$20 Sports Physicals

July 15 - August 23

Cheyenne Regional Medical Center

CHEYENNE REGIONAL

$20 Sports Physicals

July 15 - August 23

Cheyenne Family Medicine
1050 Bluegrass Circle, Suite 200
(307) 778-2577

Cheyenne Regional Urgent Care
413 East 19th Street
(307) 773-8133

Cheyenne Plaza Primary Care
800 East 20th Street, Suite 300
(307) 633-7444

Family First
5416 Education Dr
(307) 776-3675

cheyenneregional.org

cheyenneregional.org
Scrub Shuffle
Traders
July 5 and 12

Saturday, July 13
8 a.m. start • Laramie County Community College

Entry Fee: $25 through July 10
$35 July 11-Race Day

Register online at Active.com:
Enter “Scrub Shuffle 5K”

You can also register at Cheyenne Regional
Fitness Center, 1620 E. Pershing Blvd.

Proceeds benefit Cheyenne Regional’s
new cancer center.

Call 635-3316 or visit
cheyenneregional.org for more information.

Love and Logic- July Class
Wyoming Tribune Eagle
July 6, 7, 10 and 11

Become a
Love & Logic Parent

A parenting seminar designed
to give you practical skills
for use in everyday conflicts.

FREE EVENT
One-Day Seminar
Friday, July 12
8 a.m. - 4 p.m.

Presented By Kathleen Farstad, LPC.
This seminar can help with everyday frustrations such as:
• How can I get my child out of bed in time to catch
  the school bus?
• How can I get my children from fighting?
• How do I get my children to help with chores?

Cheyenne Regional Medical Center, East Building, Capital Classroom
2600 East 18th St., Cheyenne, WY 82001

Please call to register for the class.
cheyenneregional.org • (307) 778-2220

Love and Logic- August Class
Wyoming Tribune Eagle
July 26, 28 and 30

Become a
Love & Logic Parent

A parenting seminar designed
to give you practical skills
for use in everyday conflicts.

FREE EVENT
One-Day Seminar
Friday, August 2
8 a.m. - 4 p.m.

Presented By Kathleen Farstad, LPC.
This seminar can help with everyday frustrations such as:
• How can I get my child out of bed in time to catch
  the school bus?
• How can I get my children from fighting?
• How do I get my children to help with chores?

Cheyenne Regional • East Building • Capital Classroom
2600 East 18th St., Cheyenne, WY 82001

Please call to register for the class.
cheyenneregional.org • (307) 778-2220

Urgent Care (CFD)
Traders
July 19

Getting you back to summertime fun

Exceptional Care.
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OPEN
weekdays • 9 a.m. - 7 p.m.
weekends • 10 a.m. - 4 p.m.

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Cheyenne Regional
CFD Program/Frontier Day Edition of Wyoming Tribune Eagle
July 2013

Great Rodeos. Great Healthcare.
Two proud traditions in Cheyenne.

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Cheyenne, WY 82001
(307) 634-2273
cheyenneregional.org

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Wyoming Tribune Eagle
July 7

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Your Partner In Health

Social Media
Twitter
July 2013

CheyenneRegional
View my profile page

270
TWEETS
57
FOLLOWING
37
FOLLOWERS

Compose new Tweet...
Cheyenne Regional Medical Center

Facebook
July 2013

Find Your “Dr. Right”
70 providers in 21 locations
Cheyenne Regional Medical Group
cheyenneregional.org/crmg

Cheyenne Regional Medical Center

Friday

USS Cheyenne Visits Pediatric Unit (4 photos)
Officers and crew from the USS Cheyenne visited Cheyenne Regional's pediatric unit today. The crew visited Molly and taught her how to say “hello” and “goodbye” Hawaii style. Thank you to the entire crew of the USS Cheyenne for their service to our country.

Cheyenne Regional Medical Center

June 24

DND 2013 Gala and Auction (5 photos)
Thank you to all who joined us for a wonderful evening “Around the World”. We raised enough money to upgrade to a digital radiography unit for our pediatric patients in the Cheyenne Children’s Clinic. Without your support, we could not make this happen!