



**Instead of drowning
your sorrows,**



reach for a lifeline.

If you or a loved one turns to alcohol or drugs for comfort, it's time to turn to the experts for advice. Our free program gives you a chance to do just that. You'll also learn how CARE, the Chemical Addiction Recovery & Education program at Huntsville Memorial Hospital, helps patients to stay on the job and in their homes while they learn to kick the habit. We'll offer you refreshments, door prizes and — best of all — answers.

Learn more at our January event.

Tuesday, January 26, 6:30 p.m.

HMH Conference Rooms

Speakers: Terri Spiker, LPC, and Dr. Sheri Gaines,

Medical Director, HMH Outpatient Counseling

RSVP 936★291★4599



Down to earth and up to the minute.



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Call today for a physician referral: 936★291★4595 | www.huntsvillememorial.com