

Health Services Index

Advertisers Listed Alphabetically

Bealka Eye Surgery of Texas	Page 2
Body By Design Gym	Page 17
Coryell Advanced Wound Care	Page 2
Coryell Memorial Healthcare System	Page 3
CryoGold	Page 5
Family Practice Clinic of Mills County	Page 11
Graves Dental Clinic	Page 15
Goldthwaite Health & Rehab	Page 9
Hamilton Healthcare	Page 17
Hendrick Medical Center	Page 9
Hillside Medical Lodge	Page 13
Hillview Manor	Page 18
McMahan Pharmacy Services	Page 20
Mills County Medical Clinic	Page 3
Mills County State Bank	Page 9
New Leaf Chiropractic	Page 10



To us, non-healing wounds are just wounds that haven't healed yet... but they will.

Healing hard to heal wounds is our specialty. We bring together the latest technology and the most caring staff of wound experts to prove that "non-healing" wounds can heal! Call us or ask your doctor for a referral and let us show you how to reclaim your life.

For more information or to schedule an appointment, call **254-248-6204** or visit www.cmhos.org.



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and staff believe
"PATIENT FIRST"

NEIL M. BEALKA, JR., M.D.
BOARD CERTIFIED OPHTHAMOLOGIST



TRAVIS LOVEN, O.D.
THERAPEUTIC OPTOMETRIST

Staying Active

From wheelchair basketball to jogging, there are still tons of options for those with a disability to still lead an active lifestyle.

The President's Council on Fitness, Sports and Nutrition notes the benefits are myriad for those with disabilities to remain active, as it can help everything from overall physical health to emotional well-being.

THE BENEFITS

Children and adults with disabilities can gain numerous mental and physical benefits from being physically active on a regular basis, including reduced risk of chronic and secondary conditions, improved self-esteem and greater social interaction.

The council encourages everyone keep in mind that individuals with disabilities are just as capable and worthy of being active as someone without a

disability, and the activity does not have to be strenuous to provide positive benefits.

EVERYONE NEEDS TO BE ACTIVE

Here's a note from the CDC about the importance of everyone finding a way to be active:

"Having a disability does not mean a person is not healthy or that he or she cannot be healthy. Being healthy means the same thing for all of us — getting and staying well so we can lead full, active lives. That means having the tools and information to make healthy choices and knowing how to prevent illness. To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. Most people with or without disabilities can stay healthy by learning about and living healthy lifestyles."