



EXECUTIVE NOTES

By JAMES R. WHITING

Let me first express to each of you how glad I am to be at Greensboro Hospital. You have all made me feel very welcome and a part of the "team." I greatly appreciate the concern you have expressed on behalf of my family.

Let me also express my firm commitment to the programs The Women's Hospital of Greensboro will offer in women's and infants' care. I think the executives of The Moses H. Cone Group of Health Care Services have made an excellent decision in emphasizing these programs and in dedicating this facility to that mission. As a society, we need to make a conscious effort to give more of our resources to women's programs and child development to improve the quality of life and reduce health care expenses. The earlier in an individual's life that appropriate health care is provided, the better the chances are for a productive, healthy life. It is far less costly and less traumatic to provide care to a pregnant mother than to treat a premature baby in a neonatal intensive care unit.

Our goal, therefore, is to offer



At the reception welcoming Jim Whiting to Greensboro Hospital, held Monday, July 2, Jim met both physicians and employees. Here Jim speaks with Dr. Ray Cox, Medical Director of the OB/GYN Teaching Program (center) and Dr. Don Shafer, anesthesiologist (right).

high quality programs and a level of service that is extremely responsive and efficient. For us to succeed, each one of our staff must recognize that goal and be dedicated to it. We are relying upon each person in the organization to make a commitment to the success of this institution.

The work will often be hard and intense, and the implementation of the programs may be difficult, but I believe that we can create an exceptional facility known regionally for

its excellence. It is this commitment to the hospital that can create a personal satisfaction in achieving something beneficial and unique in the community.

I look forward to meeting and working with each individual, and I will be available to listen to and act upon your concerns.

Women's Hospital Has New Logo

We are pleased to announce that The Women's Hospital of Greensboro has a new logo. Through a detailed design process involving considerable staff input, we have designed a logo that reflects our mission and the spirit of the hospital. Working with us on the design was **Carolyn Messick** of Booker Media Links Ltd., a local communications firm.



VOLUNTEERS: *They are the unsung heroes. Providing our visitors with information, manning the gift shop, and assisting with community events, our 35 active volunteers contribute 100 hours of work per week to Greensboro Hospital.*

"There was a time when volunteers were frosting on the cake," said **Ann Warmath**, Director of Volunteer Services, "but now they are a necessity." Their work, she said, currently saves the hospital approximately \$917 a week if you were to calculate both wages and benefits. And while we truly value their contribution, our volunteer needs will escalate when we convert to The Women's Hospital of Greensboro.

We will need volunteers to provide 350 hours of service weekly, three and a half times what we now provide. These service hours reflect an increase in needed programs. Some programs will be expanded. These include operating the gift shop from 10 a.m. to 7 p.m. five days a week and a half day on Saturday and Sunday, and staffing four information desks daily.

Other service areas are new. Volunteer projects will include the addition of baby services — baby photographs and the rental of infant car seats; acting as escorts during admission — a volunteer job in the early years of the hospital; operating a courier/mailroom service which involves picking up and delivering departmental and patient mail; performing hospitality tasks on the first floor and serving afternoon tea to patients on the third floor.

Another important service, recently put into operation, is the "Pink Lady Service." In this program, specially trained volunteers visit patients after they are admitted to discuss "hotel" issues. While they collect basic information concerning the patient's comfort, such as asking her if she has enough towels, the volunteer also

shows the patient that she is cared for and has an opportunity to bond with the patient. This is important for both the patient and the volunteer, Ann said, because helping and caring for others are some of the benefits of volunteering.

"Volunteers have an opportunity to contribute those special touches not only to patients, but to visitors and staff as well. They receive a sense of comradeship from belonging to a very special group of people," Ann said.

Volunteers also receive some employee benefits. They can eat in the cafeteria for employee prices and are privy to many of the educational, health and social programs offered to employees, such as free blood pressure checks and participation in the "Cone Cares for Life" programs. Monthly "dutch" luncheons are held for volunteers, and each meeting is focused on a different educational or social topic, which many times is presented by our staff. This gives the volunteers a chance to get to know the staff better. In addition, Ann noted, volunteers are invited to a special Christmas Luncheon and a Board of Trustees Appreciation Luncheon.

"Many of our volunteers have been here with us since the opening of the hospital in 1977. They have remained loyal throughout all of the changes and are very excited about our conversion to The Women's Hospital of Greensboro." This excitement, Ann said, will aid in the recruitment of new volunteers, and she is relying on her volunteer staff to help her in this process.

Other recruiting efforts have involved speaking to the Junior Women's Club Board and other women's service clubs, Ann said. She will be working with the Volunteer Action Center and requesting volunteers through 30 corporate newsletters. The thrust of recruitment will occur in September, and training will be held in September and October.

Ann is also counting on employees to help her recruit, and she emphasized that our conversion to a women's hospital does not mean that male volunteers will not be needed. On the contrary, she said, there will be plenty for them to do, from working with the baby photographs and manning the information desks to working in the mailroom. Currently, 12 percent of her volunteers are men, and she would love to increase that percentage.

"I feel that volunteering at The Women's Hospital of Greensboro will be exciting and will attract men and women from many areas of our community. We hope that volunteers will also include employed people as well as others. Currently, approximately 22 percent of our national workforce is involved in some form of volunteering. It is a satisfying way to give back something to the community."

If you know of anyone who would like to volunteer at The Women's Hospital of Greensboro, please call Ann at ext. 886.



1 9 9 0 - 1 9 9 1 GUEST RELATIONS COMMITTEE:

(Pictured right to left)

Becky Hunnicutt, Eileen Kerr, Joe Davis, Vickey Mackey, Cindy Stringer, Lisa Morgan, Diane Allred, Ann Warmath, John Phillips and Jackie Lopez, Chairman.

Department **Spotlight**

SURGERY

As we make the conversion to a women's hospital, several changes will occur in the Surgery Department. **Sara Lowe, R.N.**, Assistant Nurse Manager, said the primary changes in the Surgery Department of The Women's Hospital of Greensboro will be

- 1) the addition of Caesarean sections
- 2) Operating Room personnel working on a 24-hour basis
- 3) approximately 30 percent more surgical procedures than are presently being performed. The staff will be training, and there will be some personnel changes beginning in July



DEPARTMENT HEAD

F O C U S



Grace Wallace, R.N.

Grace Wallace, R.N., has been the Manager of the Surgery Department since 1988 and previously served in the department as assistant manager. She has experience as both a staff nurse and office nurse. Early in her career she taught obstetrics at Kentucky Baptist Hospital in Louisville.

She has been busy preparing program plans for her department that reflect the new services her staff will offer upon our conversion to The Women's Hospital of Greensboro. Grace, together with her staff, is looking forward to our new look and to our new challenges.

CONE CARES FOR LIFE

EMPLOYEE • WELLNESS • PROGRAM

AUGUST PROGRAMS

INTERVENTION PROGRAMS

LIFESTEPS

A weight management program developed and supervised by the National Dairy Council for all employees. Regular classes have been discontinued for the summer, but appointments are now being made for the fall series. Call Shira Hedgepeth for details.

WHY QUIT SMOKING?

An effective cessation program designed for employees to overcome tobacco dependency and achieve independence and recovery. Registration is now underway! Call now for the schedule of this session.

STRESS TALK - DEPARTMENTAL WORKSHOPS

A positive approach to understanding stress both on the job and at home, identifying personal strategies, and dealing with conflict resolution. Contact the Employee Wellness Office for a convenient time.

CORPORATE FITNESS MEMBERSHIP

If you are considering a membership to an area fitness facility, check out the opportunities available at Ronny Barnes Nautilus, Sportime, the Central YMCA and the Guilford College YMCA. Program options and discount payment plans are available through the Employee Wellness Office.

PHYSICAL FITNESS PROGRAMS (ongoing classes)

FITNESS EVALUATION AND EXERCISE PRESCRIPTION

Available to all employees by appointment. Set up a time for a complete fitness assessment and individually designed exercise program. This can be the first step towards "High Energy Living." Contact John or Shira for an appointment.

"HIGH ENERGY" AEROBICS (full cardiovascular workout - all levels)

Monday, Wednesday, Friday	8 a.m. - 9 a.m.
Monday through Thursday	4 p.m. - 5 p.m.
Monday through Thursday	5:30 p.m. - 6:30 p.m.
Monday through Thursday	11:45 p.m. - 12:30 a.m.

(All aerobic exercise classes emphasize the "Low Impact Style" and are held in the West Basement at Moses Cone Hospital. Ask your instructor about our incentive program.)

"GOING THE DISTANCE" Mileage Clubs - Run, walk, cycle, or swim your way to a higher level of fitness. Receive an award for your effort and be a part of these elite groups. Applications are available in the Personnel Office or the Employee Wellness Office.

Run/Walk	100 Mile
Cycle	250 Mile
Swim	50 Mile

FOR SPECIFIC INFORMATION AND CLASS REGISTRATION FOR ANY OF THE ABOVE LISTED PROGRAMS, PLEASE CONTACT THE EMPLOYEE WELLNESS OFFICE AT 379-3608 or 379-4083. THE EMPLOYEE WELLNESS OFFICE IS LOCATED ON THE THIRD FLOOR OF MOSES CONE HOSPITAL, ROOM NUMBER 3548.

Welcome

NEW EMPLOYEES

James R. Whiting, Executive Vice President, Administration and General

Eileen Kerr, Director of Public Affairs

Christy Gaines, Nursing Assistant, OPTIFAST

Cheryl Hardison, Medical Technologist I, Laboratory

Tonya Carter, Transcriptionist, Medical Records

Joan Manka, Staff Nurse, Operating Room

SUMMER REHIRE

Mike Lunceford, Administrative Intern, General Accounting

TRANSFERS TO CONE

Peggy Shields, Staff Nurse, Intensive Care to Nursing 2100

MARRIAGES

Gail Sharpe, Staff Nurse, Nursing Unit #2, to **John Buttry**, June 16, 1990.

Brenda Butts, Staff Nurse, Emergency Department, to **Bill Trodgon**, June 15, 1990.

BIRTHS

To **Kathy Brigham**, Dietitian, and **Mark Brigham**: a daughter on June 18, 1990.

August Birthday Party

August 15th

3-4 p.m. in the Cafeteria

Nursing Excellence Award Update

The nomination process for the 1990 Nursing Excellence Award has been completed. The next step will be for the nominees and the nominators to submit written documentation to the Nursing Excellence Committee based on specific pre-established criteria as outlined in the nomination packet.

Members of the Nursing Excellence Committee this year are: **Sara Wall**, Staff Development, Chairperson; **Tonya Corbitt**, G.H.; **Cindy Stringer**, G.H.; **Debbie Britt**, 2500; **Kathy**

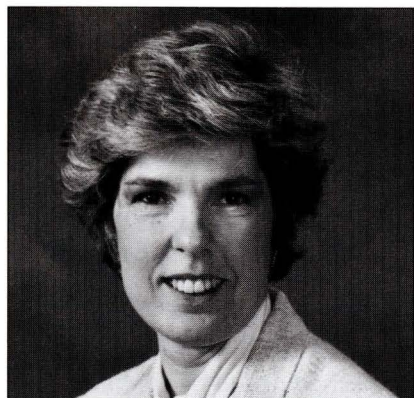
Crutchfield, E.R.; **Jean Mabe**, 2000; **Teri Masten**, 2100; **Marcia Lassiter**, 2900; **Cathy Moore**, 3000; **Lisa Cook**, SCN; **Cheryl McClellan**, 3500; **Ann Clamp**, 3700; **Rachael Bower**, L&D; **Sharon Pate**, 4000; **Carol Tidwell**, 4500; **Doris Ferguson**, 4700; **Peggy Fox**, 5000; **Donna Rideout**, 5100; **Anita Sherer**, 5100; **Debra Baker**, 5500 A & B; **Bertha Stanfield**, 5700; **Cindy Jones**, 6100; **Michael Shields**, MDC; **Jean Stewart**, O.R.; **Carol Knapp**, Endo; **Vangela Swofford**, PACU. These members are available to answer questions about the nomination process.

On June 26, 1990, the committee members honored the nominees with a reception.

The tenth anniversary of the Nursing Excellence Award program on September 26, 1990, will be a special event for The Moses H. Cone Group of Health Care Services. Watch for details about the planned activities in the upcoming weeks.

The Publicity Committee Nursing Excellence

New Corporate Vice President of Human Resources



Cynthia Strauff Schaub has joined The Moses H. Cone Group of Health Care Services as Vice President of Human Resources.

In her new position, she will be responsible for employee health, benefits, wage and salary administration, employment, recruitment/retention, employee wellness, and guest relations and training.

"I see a lot of challenge in terms of Human Resources," Cynthia says. Goals she has set that will positively impact Greensboro Hospital and Moses Cone Hospital employees are developing an "employee-responsive" employee relations function and evaluating the current benefits structure.

Cynthia joins us from her most recent position as Vice President of Human Resources at Wake Medical Center in Raleigh. Previously, she was Vice President of Human Resources/Risk Management for West Suburban Medical Center in Oak Park, Ill. At Wake Medical Center, she was responsible for compensation administration; benefits administration; recruitment and retention; employee health and Workers' Compensation; labor relations and career development.

In demand nationally and regionally as a public speaker, her human resources-related topics have included day care, nurse recruitment and retention, and the work force of the future.

She holds a bachelor's degree in sociology from Mount Saint Agnes College; a master's degree in liberal arts from Johns Hopkins University; and a master's of business administration from the University of Chicago.

Cynthia's office will be located in the Human Resources Department at Moses Cone Hospital.

Upcoming Educational Programs

New Employee Hospital Orientation

August 6th
8:00 a.m. to 4:30 p.m.
In the classroom

Nursing Orientation

August 7th
8:00 a.m. to 2:00 p.m.
In the classroom

Please contact the Education Department at extension 806 for further information and registration.

Skills Competency Workshop

Details To Be Announced

CPR Recertification

August 8th
5:00 p.m.
In the classroom

BENEFIT BRIEF

EDUCATIONAL LOAN PROGRAM: *New & Improved!*

THE MOSES H. CONE GROUP OF HEALTH CARE SERVICES provides an educational loan program for employees and individuals who are willing to commit to future employment with our institutions. The loan program provides financial support in obtaining educational degrees or required certification for positions that the hospital normally employs. Priority for educational assistance is given to individuals interested in positions for which recruitment and retention are particularly critical to the hospital or are in short supply due to the competitive market.

The educational loan program was recently updated in response to comments made by employees on the Employee Attitude Survey conducted last summer. The following is a summary of the program and the changes.

YOU CAN APPLY MORE OFTEN.

Employees can now apply for educational assistance four times per year. Under the previous policy, applications could be submitted three times per year. The following is a new schedule:

Completed applications must be submitted at least **30 days prior** to:

- October 1 - for the winter term
- December 1 - for the spring term
- April 1 - for the summer term
- July 1 - for the fall term

This schedule becomes effective at the start of the new fiscal year on October 1st. For the fall 1990 school year, the old schedule of August 1st still applies.

YOU CAN CHOOSE FROM MORE POSITIONS.

The hospital has designated more positions from which employees and students can select a field of study covered by a student loan. Those positions are:

- Registered Nurses, Licensed Practical Nurses
- Nursing Assistants
- Physical, Speech and Occupational Therapists, Assistants

- Respiratory Therapists
- Nurse Anesthetists (CRNA)
- Radiological Technologists (including Radiation Therapy and other specialists)
- Medical Technologists
- Registered Medical Record Technicians (including Coding Specialists)
- Biomedical Technicians, Engineers
- Pharmacists
- Social Workers

The listing of eligible positions will be reviewed and updated each year by the Vice President of Human Resources.

TELL ME MORE, TELL ME MORE!

To be considered for a loan, here are the requirements for eligibility:

- The hospital must foresee a need for the graduate in the specific field of education following completion of studies
- The employee or student must establish financial need in order to pursue education

In addition to submitting a completed application, applicants must maintain a grade point average of "C" or above. Also, applicants cannot have more than two loans outstanding, or the total of existing and requested amounts cannot exceed \$4,000 in order to be considered eligible for the upcoming school year.

Educational assistance loans may be repaid either by employment at the hospital following graduation, or by cash payments to the hospital. The full amount of each annual loan will be forgiven for each year of full time equivalent employment at Moses Cone Hospital beginning within two months of graduation.

IF YOU HAVE ANY QUESTIONS or would like more information about the educational loan program, please call **Betty McMillan** in the Human Resources Department at ext. 4100.

CONSTRUCTION UPDATE

MAMMOGRAPHY/ ULTRASOUND SUITE

On Monday, June 11th, ultrasound and nuclear medicine services moved into the newly constructed Mammography/Ultrasound Suite located on the first floor across from Day Surgery.

Nuclear medicine services are temporarily provided in this area until we convert to The Women's Hospital of Greensboro. At that time, mammography services will be available and will include breast imaging, screening mammograms, and fine needle aspirations and localizations for biopsies. Employee breast screening will also be performed here.

Ultrasound procedures currently being performed include adult echocardiography, abdominal and retroperitoneal studies, obstetrical and gynecological imaging, small parts imaging, and minor surgical procedures such as amniocenteses and paracenteses. With the addition of the neonatal nursery in the fall, neonatal head imaging and neonatal echocardiography will be added to the list of services provided by our staff. The two ultrasound units are mobile and can be transported to patients in the NICU, LDRP'S, medical/surgical rooms and the triage area for those patients who are unable to be moved to the suite for their studies.

Diagnostic interpretation will be provided by **Drs. Elizabeth Eagle** and **Rebecca Kennedy** of Greensboro Radiology Associates who will be new to our hospital in October. "We look forward to having Drs. Eagle and Kennedy with us," said Helen Sullivan, Director of Radiology. "Dr. Eagle has been in Greensboro since 1985 and has been associated with G.R.A. for approximately two-and-a-half years. Dr. Kennedy recently joined G.R.A. after serving as Chief Resident of Radiology at UNC - Chapel Hill. Together, their interest in ultrasound and mammography and their overall medical expertise will be a great asset to The Women's Hospital of Greensboro."

Outpatients who are referred by their physicians for mammography and ultrasound services will be directed from the outpatient registration area

to the Mammography/Ultrasound Suite waiting area. For those patients who are having obstetrical ultrasounds, family members will be allowed to be present during a portion of the procedure. The ultrasonographer will escort the family members from the main lobby waiting area into the examination room.

The Mammography/Ultrasound Suite consists of a waiting area, two ultrasound rooms, a mammography room, a consultation room for patient/physician conferences, a patient education room for mammography patients to view educational tapes prior to their procedures, and a radiologists' reading room for interpretation of films. The suite is tastefully decorated with French blue and peach accenting a Queen Anne and Chippendale decor with a very feminine flair.

The addition in the fall of the two new radiologists and expanding mammography and ultrasound services adheres to the philosophy of The Women's Hospital of Greensboro: "The Women's Hospital of Greensboro is dedicated to personalized service and excellence in medical care and seeks to respond accordingly to the needs and values of patients, staff, physicians, and the community."

PHASE II

As **John Derby**, Project Manager of Construction Management, reported in the July Department Head's meeting, Phase II of construction at Greensboro Hospital will begin this fall.

Tentative dates for this phase include bids being obtained in September and October 1990 and construction beginning in November and December. Phase II is estimated to be completed within 9 to 12 months.

On the ground floor, Phase II of construction will include work on a new main entrance, new offices for admitting and the business office, and a new gift shop. On the first floor, new space is being created for education functions including a patient health library and large conference rooms.

THE MOSES H. CONE EXTENDED CARE CENTER

Construction has begun on the nursing home, located on North Church Street next to the Day Surgery Center on the Moses Cone Hospital campus. The 150-bed facility, which has been named The Moses H. Cone Extended Care Center, is scheduled to be completed in the spring of 1991. If you have any questions concerning the center, please call **Jim Roskelly**, Vice President of Planning and Development at 379-4199, or **Ruth Farrell**, Director of the Older Adults Service at 271-4812.

WENDOVER MEDICAL CENTER

Construction is progressing on Wendover Medical Center, located on Wendover Avenue between Olive and Cherry Streets. Wendover Medical Center is a joint venture between The Weaver Companies and Moses Cone Hospital. The building will house physician offices and other health related services including the **Greensboro Diagnostic Center** and the **Moses Cone Preadmission Center**. The building is scheduled to be completed this September. If you have any questions, please call **Peter Kariher**, Vice President of Health Services, at 379-3695.

THINKING WELL

"Humanity takes itself too seriously. It is the world's original sin. If the cavemen had known how to laugh, history would have been different."

-Oscar Wilde

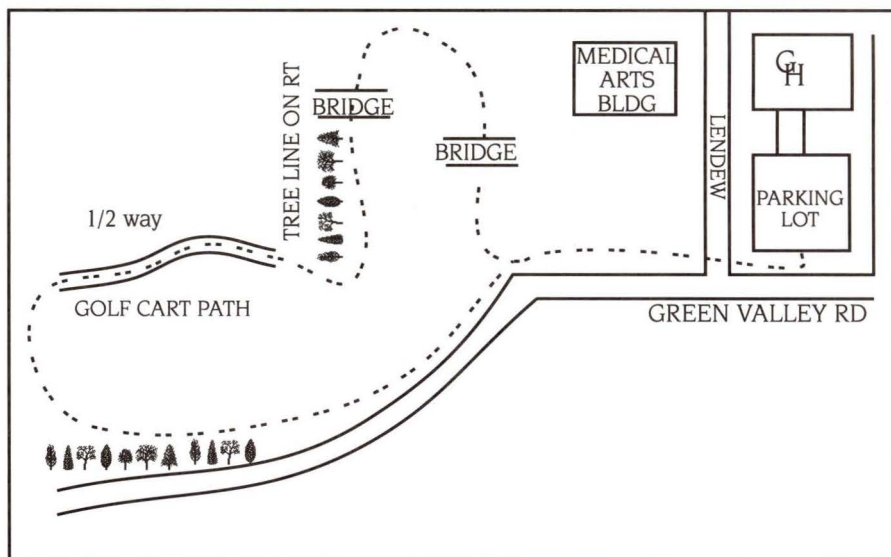
EMPLOYEE COUNCIL UPDATE

THE DOG DAYS OF SUMMER are here, and the Employee Council has planned activities to help "beat the heat."

ON JULY 19TH, the Ice Cream Feast, which was held from 3:30 to 5:30 p.m. in the Cafeteria and 8:30-9:30 p.m. in the third floor lounge area, drew a record crowd. Employees competed to see who could pile it the highest and eat the whole thing!

IN AUGUST, come out and support your very own Greensboro Hospital softball team. Both Moses Cone and Greensboro Hospital will have a Benefit Round Robin Tournament on August 18th. Practice will start soon, so all sports enthusiasts get ready for the main event of the season.

ON SEPTEMBER 9TH, our annual

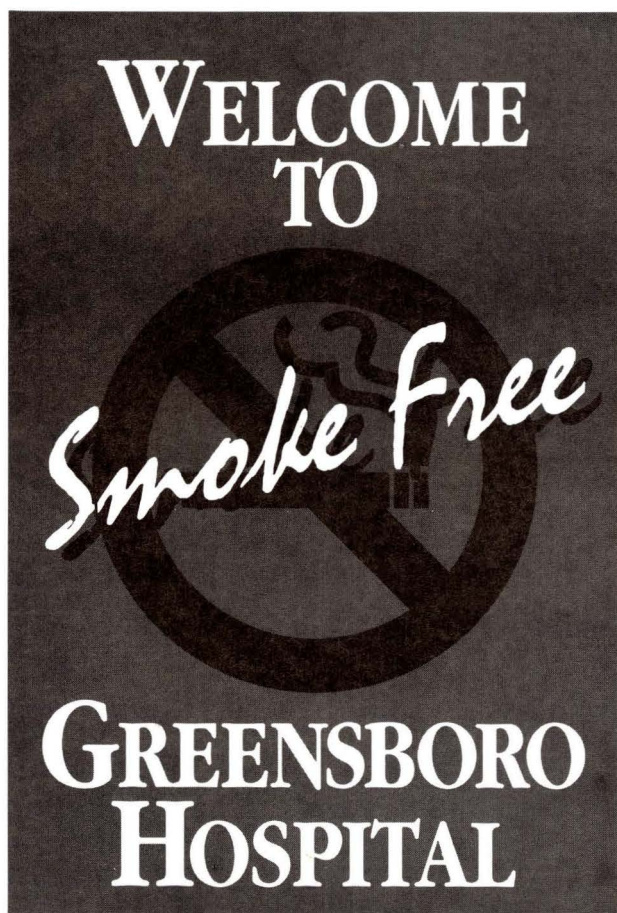


employee picnic will be held at the High Point City Lake Park. This is a family event with good food, entertainment and fun for all.

ONE MORE QUICK NOTE. We now have a 1 1/4-mile walking trail (see map above). It is in a wonderful location and the exercise will help

you alleviate stress and improve your cardiovascular fitness. Remember to always walk with a buddy, and please take advantage of our new trail.

Elaine Criticos
Chairperson - Greensboro Hospital Employee Council



On July 1 the final phase of our "Smoke-Free in '90" plan went into effect. This smoke-free policy is part of our mission to improve and enhance the health of individuals in our community. By becoming a smoke-free environment, we believe we are setting a healthy example for our patients and our community.

The new smoking policy prohibits smoking in the hospital's facil-

ities for employees, medical and dental staff and visitors. Patients are permitted to smoke only with a physician's written order if the physician determines it is in the patient's best interest to smoke.

Employees may smoke on the patios outside the Cafeteria and Personnel Office, and at the Employee Entrance. Employees are requested not to smoke outside of visitor entrances, on the

stairwells or in places other than the designated areas. When entering the facility, employees are requested to extinguish cigarettes in the provided receptacles.

Enforcement of the smoking policy will be a joint effort of every one of us. A special card featuring tips for enforcing the new no smoking policy has been distributed to all employees. We recognize that this final phase in our smoke-free plan may require a great amount of adjustment for some people. As a reminder, the Employee Wellness Program will continue to offer free smoking cessation classes to employees, medical and dental staff members, and their families. In addition, the Employee Wellness Program can also provide "coping survival kits" and lists of community resources for people who desire to quit or reduce the amount of their smoking. Please call the Employee Wellness Office at 379-3608 for more information.

Your support and cooperation will make our transition to a smoke-free facility a smooth one. If you have any questions, please talk with your department manager or **Becky Tolbert**, Employee Health, at ext. 836. Thank you for setting a healthy example!

The Greensboro Hospital Way A Greensboro Hospital SALUTE



Steve Fracheur, yard attendant, has been part of the Greensboro Hospital staff since November, 1989. He came to us from Moses Cone Hospital where he had worked for 5 1/2 years as a member of the Facilities Management Department. At Greensboro Hospital he has sole responsibility for the actual upkeep of our grounds. In spite of construction equipment, fences and drought, he manages to keep our outdoor setting attractive.

Donnie Williams, Director of Plant Operations, said Steve is a hard worker and a good employee. "We all find him a good listener and a friend who is easy to talk with. He takes Guest Relations seriously."

In Memorium...



DR. ROD BUIE, a prominent Greensboro physician who served on The Moses H. Cone Memorial Hospital Board of Trustees from 1973-82, died June 26.

Dr. Buie was a past president of the medical board at Moses Cone and one of the first doctors to be appointed a trustee at the hospital. He had also served as president of the Greensboro Academy of Medicine.

Dr. Buie had a private practice in Greensboro for 36 years. He was a retired corporate physician for Richardson-Vicks and for Jefferson-Pilot Corp.

He was a graduate of Wake Forest College, where he played on the 1939 basketball team under coach Murray Greason. The team was in the first NCAA championship tournament.

He was a member of the second graduating class of Wake Forest's Bowman Gray School of Medicine, graduating in 1944.

An OPTIFAST Update

The OPTIFAST Program has made several recent program changes, including a price reduction and new payment options.

In April we enacted program changes that enabled us to reduce the cost of the program without affecting program quality. We also introduced two new interest-free payment plans, one of which further reduces the cost of the program.

We are also pleased to announce a new program for individuals with 20-50 pounds to lose. The OPTITRIM Program combines medical supervision with a low-calorie dietary protocol, behavior modification and exercise. Like the OPTIFAST Program, this program is designed to help achieve long-term weight control through behavior modification and lifestyle change.

You have been reading the recent claims challenging the safety of weight loss programs. Weight loss itself is not being challenged, simply the programs. Many are not tested, are unsupervised and do not recognize the health risks associated with excess weight and the precautions necessary for safe weight loss. Medical supervision is the key to success. The OPTIFAST Program is the only weight management program where clients are seen weekly by a physician. As a result, OPTIFAST is the program with proven long-term results.

To find out more about OPTIFAST and OPTITRIM programs or to schedule a free individual consultation, call 272-9227.

Lyn Richardson, R.D., M.Ed.
OPTIFAST Program Director

Greensboro Hospital

801 Green Valley Road
Greensboro, NC 27408