



April is your next chance for health fair screenings!

**Every Wednesday in April
7:00 – 9:00 am**

Please make an appointment by calling (719) 336-8363.

To learn more,
scan the QR Code



What is a Visiting Specialist?

In addition to our physicians, certified physician assistants and nurse practitioners that are part-time or full-time, and live in the area; we have specialists that only visit our community on a rotating weekly or monthly basis. This is a very common practice in smaller communities — providing both on-going care and specialty services on a less frequent schedule. Our visiting providers specialize in:

- Cardiology
- Oncology
- Ophthalmology
- Pulmonology
- Prosthetics

How Does Food Connect Us?

March is National Nutrition Month and this year's theme "**Food Connects Us**" highlights how food serves as a powerful link between people. It ties us to our cultures, families, and friends, and sharing a meal opens doors to understanding its preparation, the hands that crafted it, and the origins of its ingredients. In turn, the food we consume plays a significant role in shaping our health.



Food Connects Us
2025 NATIONAL NUTRITION MONTH®

"Working with the freshest ingredients available, no matter the season, are the most nutritious," says

Prowers Medical Center Nutritionist John Ruibal. "Choose fresh over frozen and frozen over canned and give new seasonal recipes a try!"

Convenient Care Clinic



Available on Tuesday and Wednesday evenings from 5-7 p.m., Convenient Care is here for sick visits for patients with symptoms appearing the day of, or within the previous 1-2 days.

The Convenient Care Clinic is not for establishing care, chronic pain visits, or medication refills. **Meagan Hillman**, Certified Physician Assistant, is the provider in the clinic, and appointments must be scheduled by calling (719) 336-6767.

Join us! Our next Community Advisory Stakeholder Engagement (CASE) meeting will take place on **March 21** at noon at the Cultural Events Center. Lunch will be provided. Dr. Christian Korkis and Dr. Shanon Forseter will be discussing OB/GYN and Labor and Delivery Services.



Christian Korkis, MD
OB/GYN Physician



Shanon Alex Forseter, MD
OB/GYN Physician

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