



HealthPorte is a free senior-based program designed to improve your health, make new friends and gain helpful, educational health information. There are many ways HealthPorte will help you live a healthy lifestyle, save money and have fun. We offer interesting events and programs that can benefit you along your health journey. In the past, we have offered programs with topics ranging from heart disease to cancer to healthy eating and everything in between. Our calendar of events is based on the recommendations of our members.

HealthPorte members can use their membership cards at The Crossing or the Wellness Centers at Starke Hospital, LifeWorks, and New Carlisle locations.

Your HealthPorte card can be used to attend HealthPorte programs that take place at Porter Regional Hospital, La Porte Hospital and Starke Hospital. Each member will also receive a quarterly newsletter with upcoming programs for all three hospitals. Sign up today!

Below are upcoming events for HealthPorte Starke:

- Thursday, June 28, 2018, Community Services of Starke County, 311 E Culver Rd, Knox
 - Free Lunch and Learn
 - Lunch begins at 12:15 p.m.
 - Presentation is from 1 – 2:00 p.m.
 - Topic: Alzheimer’s Disease: Know the 10 Signs...Early Detection Matters

- Thursday, September 27, 2018, Community Services of Starke County, 311 E Culver Rd, Knox
 - Free Lunch and Learn
 - Lunch begins at 12:15 p.m.
 - Presentation is from 1 – 2:00 p.m.
 - Topic: Diabetes...What You Should Know

Registration is REQUIRED. Please call 1-888-840-8204 to register or register online at <https://healthportelunch.eventbrite.com>

I look forward to seeing you at upcoming HealthPorte events.

Please feel free give me a call or send an email with any questions or suggestions.

Sincerely,

A handwritten signature in black ink that reads "Karin Birchel". The signature is written in a cursive, flowing style.

Karin Birchel

Regional Community Programming Coordinator
(219) 983-8633
karin.birchel@porterhealth.com



HealthPorte

YOUR DOOR TO WELLNESS

Date submitted:							
Last Name		Mid Initial		Second Membership Same Household			
First Name							
Phone # (____) ____ - ____		Full Date of Birth Month Day Year		Last Name		First Name	
				Mid Initial			
Address		Apt#		Phone # (____) ____ - ____		Full Date of Birth Month Day Year	
City		State Zip					
E-mail address _____@_____				Address (SAME)		Apt#	
				City		State Zip	
				E-mail address: _____@_____			
RETURN COMPLETED APPLICATION: HealthPorte Office 85 E US Hwy 6 Valparaiso, IN 46383 219.983.8633				What topics or areas of interest would you like to see included in the HealthPorte Program? _____ _____ _____ _____			

NOTE – New memberships to The Crossing require a one-time \$25 per person assessment fee. Assessments can also be done at LifeWorks, New Carlisle and Starke wellness locations.