



# Adena Health Resource

*Your Resource for Health and Wellness*

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## Urgent Care or Emergency Department?



### Know Where to Go for Care

When most of us hear the words emergency department or urgent care it's not always clear on the difference. Find helpful tips on choosing the best care for your treatment needs.

[Learn More](#)

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## Winter Blues Have You Feeling Down?



The winter season is here, and the colder weather and shorter days may cause you to feel more isolated, lonely, and less motivated.

Click below for some simple tips to ease this common problem.

[Learn more](#)

## **Cardiac Services Available at Adena Health**

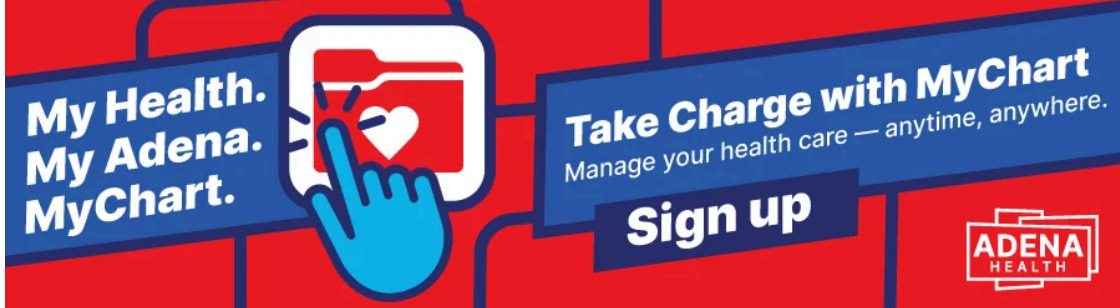


Adena Health provides advanced cardiac services in Chillicothe, Circleville, Greenfield, Jackson, Washington Court House, and Waverly.

The Adena Heart and Vascular Center is here to help.

[Learn more](#)

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## Helpful Contacts

- Find a primary care doctor: 740-779-FIND (3463)
- Occupational Health support: 740-779-7813
- Locate an urgent care close to you: [www.adena.org/urgentcare](http://www.adena.org/urgentcare)

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