

## C.H.E.C. Highlights



Southeastern Health, a non-profit organization, is a comprehensive health care system which offers a wide array of health care services through its affiliated divisions. Southeastern Health is licensed for 452 beds and includes Southeastern Regional Medical Center, a DNV GL – Healthcare accredited hospital which offers a combination of acute care, intensive care and psychiatric services to more than 16,000 inpatients and 65,000 emergency patients annually. The medical center is licensed for 292 general acute care beds and 33 psychiatry beds. WoodHaven Nursing, Alzheimer's and Rehabilitation Center is licensed for 115 beds and Southeastern Hospice House is licensed for 12 beds.



To learn more about the latest news and services at Southeastern Health, visit

[www.southeasternhealth.org](http://www.southeasternhealth.org)

Southeastern Health  
300 West 27th Street  
PO Box 1408  
Lumberton, NC 28359  
(910) 671-5000



**Better Health - Starting With You**



Southeastern Health  
Community Health Education Center  
(C.H.E.C.)

(910) 671-9393

Located inside of  
Biggs Park Mall  
2800 N. Elm Street  
Lumberton, NC 28358

[www.southeasternhealth.org](http://www.southeasternhealth.org)

## Community Health Education Center

*Providing health information, wellness events and a positive environment of community engagement*

### Overview



Southeastern Health's Community Health Education Center (C.H.E.C.) is a free resource for health information located inside Biggs Park Mall. Health-related pamphlets, brochures and books are offered to the public free of charge. Many patrons visit C.H.E.C. to learn about a special medical diagnosis. The center offers free use of a blood pressure/weight machine to all patrons, including the Biggs Park Mall walkers. Additionally, C.H.E.C. routinely offers interactive presentations from local health professionals addressing current and emerging health topics and conditions.

*Hours of Operation:*  
Monday - Friday  
7:30 am - 4:30 pm

### Snapshot

#### **FREE**

Wellness events highlighting major health concerns

#### **FREE**

Blood pressure machine and weight scale

#### **FREE**

Health information and brochures on a variety of health topics

We believe that an educated mind will make smarter choices to enhance overall health and well being. We provide the tools and resources to improve lifestyle behaviors with presentations, classes and much more!



### Events

Each month, C.H.E.C. hosts a variety of events, which are open to the public, including:

- Wake Up to Wellness
- Snack & Learn
- Nutrition Classes
- Bingo & Jeopardy
- Diabetes Support Group
- Privileges*Plus* Double Bunco

*For more information or the monthly calendar of events, contact C.H.E.C. at (910) 671-9393 or stop by the center.*

