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**FOR IMMEDIATE RELEASE:**

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**Coliseum Health System announces January 2019 Healthy Events**

**(Macon, GA)** – Coliseum Health System will offer the following events during the month of January.

**Healing from Trauma**

*Wednesday, January 9 from 6:00pm to 7:00pm  
Coliseum Medical Centers, Building C, Suite 120*

Trauma is the psychological, emotion response to an event or an experience that is deeply distressing or disturbing. Traumatic situations that cause post-trauma symptoms vary from person to person, but can often cause an inability to copy, feelings of helplessness, anger, guilt, sadness and despair. While there is no cure from trauma nor any quick fixes for the suffering associated with them, there is hope! Join Coliseum Medical Centers for this seminar to understand trauma and its impact on the individual and the family and the treatments available. To register, visit [www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com) or call (478) 746-4646.

**Greater Macon Chamber of Commerce Business After Hours  
New Year, New You!**

*Thursday, January 17 from 5:30pm to 7:00pm  
Coliseum Center for Behavioral Health Outpatient Services  
Building D, 340 Hospital Drive*

RSVP by calling (478) 621-2000. Advanced tickets are \$10 for chamber members. At the door, tickets are \$15 per chamber member and \$20 per future chamber member.

**H2U Senior Adult Meeting**

*Tuesday, January 22 at 8:30am  
Coliseum Medical Centers Cafeteria*

All adults over the age of 50 are invited to join H2U, a senior adult affinity group affiliated with Coliseum Health System. Members enjoy a monthly breakfast with guest speaker, monthly Bingo sessions, and the opportunity to go on group day trips and overnight travel. The January breakfast meeting will feature a speaker on the topic of medication safety. To find out information about joining, please call (478) 765-4116.

**Knee Pain Seminar**

*Tuesday, January 22 at 6:00pm  
Coliseum Northside Hospital; First Floor Conference Room  
420 Charter Blvd; Macon, Ga*

Orthopedic surgeon, Dr. Wood Pope, will discuss the causes of knee pain and some common solutions for helping you alleviate the pain. If your knees are so painful that you can no longer perform your day to day activities, this seminar is for you! Learn how to determine if it is time for surgery to get you back to living a pain-free life. To attend this seminar, register by calling (478) 746-4646 or online at [www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com).

**About Coliseum Health System**

*Owned by HCA Healthcare (HCA), Coliseum Health System is comprised of Coliseum Medical Centers and Coliseum Northside Hospital, two medical/surgical campuses with a total of 413 beds. The hospitals feature an expansive range of state-of-the-art services designed to meet the comprehensive medical needs of central Georgia. Both facilities include a 24-hour emergency room, inpatient and outpatient surgery options, rehabilitation programs, and diagnostic services. In addition, Coliseum Health System's breadth of care options includes specialty facilities such as the Coliseum Heart Institute, an advanced cardiac center offering all services from non-invasive cardiology to open heart surgery, Coliseum Primary Stroke Center, Coliseum Orthopaedic & Spine Institute, Coliseum Cancer Institute, Coliseum Robotic Institute, Georgia Bariatric Center, Coliseum Rehabilitation Center, and the Family Ties Birthing Center, which includes a level III neonatal nursery. Additionally, the Coliseum Center for Behavioral Health, located at Coliseum Medical Centers, provides treatment to adults with psychiatric and addiction issues through inpatient and outpatient programs, as well as, a specialty program for senior adults. For more information about Coliseum Health System, visit: <http://coliseumhealthsystem.com>*

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