

 Sarah Bush Lincoln

Health

styles

In this edition:

FROM BEDRIDDEN TO BACK ON HIS TRACTOR

SBL Home Health restores strength and mobility for an 84-year-old cancer survivor.

NO TIME TO WAIT

SBL Regional Cancer Center urgently helps Ashmore woman fight cancer.

FACING THE UNSEEN THREAT

Top-quality care catches EIU police officer's heart problem before it is too late.





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Health Styles provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

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Health *styles*

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From Bedridden to Back on His Tractor

SBL Home Health restores strength and mobility for an 84-year-old cancer survivor.

2

No Time to Wait

SBL Regional Cancer Center urgently helps Ashmore woman fight cancer.

4

Facing the Unseen Threat

Top-quality care catches EIU police officer's heart problem before it is too late.

6

Sarah Bush Lincoln Welcomes

Julie Kim, DO, and Julia Fiuk, MD

8

SBL Pediatrics Welcomes

Brooke Lema, DNP

10

Cardiology and Pulmonology Services

Expanding at the SBL Bonutti Clinic

12

Community Connection

13



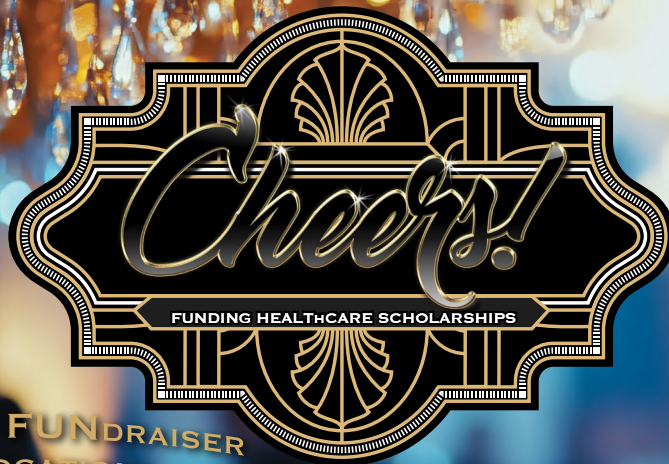
2



4



6



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Cardiology and Pulmonology Services are Expanding at SBL Bonutti Clinic

The Sarah Bush Lincoln Bonutti Clinic recently added nuclear and exercise stress testing to its menu of cardiology services. The tests complement those previously offered—EKG testing and the Heart2Heart program—to meet the needs of Effingham-area residents.

“These stress tests are great ways to identify heart problems, and we want them to be available to everyone,” said Danielle Laue, cardiac services director at The Heart Center at SBL. “We are always looking for ways to better serve our community, and offering these tests at another location gives our patients greater access to care.”

Nuclear stress tests use imaging to analyze blood flow while patients exercise and rest. After a patient receives a radiotracer (contrast liquid) through an IV, an imaging machine takes pictures to identify areas of poor blood flow or heart damage. Typically, exercise stress tests are conducted on a treadmill. This allows providers to track the heart rhythm, blood pressure and breathing.

To qualify for a nuclear stress test or other service provided at the SBL Bonutti Clinic, patients must be able to lift their elbows

above their heads and meet established body weight requirements.

Advanced Practice Provider Cory Hess, APRN, sees patients five days a week. Advanced Practice Provider Monica Scott, APRN, will increase access to testing by seeing patients at the clinic two days per week, potentially starting this summer.

Pulmonary function Testing (PFT) will also be offered. It is a set of tests used to measure how well someone’s lungs are working. The tests assess lung volume, capacity, flow and gas exchange efficiency. Common PFTs include spirometry, which measures the amount and speed of air a person can exhale. Lung volume tests evaluate the total air the lungs can hold.

Pulmonary function testing is used to diagnose asthma, chronic obstructive pulmonary disease (COPD), interstitial lung disease and other conditions. The tests can also help detect early signs of lung disease before symptoms appear.



For more information about cardiology services at the SBL Bonutti Clinic, located at 1303 West Evergreen Ave., Suite 201, call SBL Effingham Cardiology at **217 238-4960**.

From Bedridden

to Back on His Tractor



“There are some people who help you because they care about you, and you can tell with that staff that they care.”

—Donald Kelsheimer

SBL Home Health restores strength and mobility for an 84-year-old cancer survivor.

In less than a year, SBL Home Health helped 84-year-old Donald Kelsheimer from being bedridden to riding his lawnmower across the yard.

While healing from cancer surgeries in the fall of 2023, the Casey resident lost a tremendous amount of strength and muscle mass despite having physical therapy in the nursing home.

“For three months, I just lay in bed all day. The most I could do was sit up a little bit to eat, but I didn’t hardly move at all,” he explained. “I couldn’t do anything. Life was not great during that time.”

“My legs were tiny and had almost no muscle at all,” he said. “I was just skin and brittle bones when I came home.” He and his wife, Judith, knew he needed advanced help. Luckily, a friend of theirs, Tiffany Davidson, RN, suggested they reach out to SBL Home Health for support.

In January 2023, just a few weeks after leaving the nursing home, SBL Home Health began working with Donald to get him back on his feet. Donald’s body was so weak that he was still bedridden for a few weeks. “It was probably three or four weeks before I could fully get off the bed, but I did it eventually,” he said. “I was finally able to stand off the edge of the bed and use a walker for support. It was a tremendous feeling.”

The SBL staff instructed Donald to take a few steps at a time with breaks in between. The process was slow, but it built up the strength Donald needed. He exercised his legs two or three times each day with gradual improvement. “When the staff first started, I couldn’t lift my legs off the bed,” he said. “I got to the point that I could lift my leg a foot-and-a-half in the air with their help.”

Even with other health problems delaying Donald’s recovery, SBL Home Health was able to get Donald back on his feet and active with the support of a walker within nine months. “I’m grateful for the staff’s help, but I am equally grateful for the prayers from family, friends and the SBL staff,” Donald said.

“It’s been great to be able to get up and go on my own,” he said. “For so long, I couldn’t hardly move, but now I can get around and do what I need to.” In fact, Donald mows the lawn with this riding mower, and he climbs into his tractor to travel around the property.

Donald appreciates the SBL Home Health staff who not only gave him the exercises he needed, but also who encouraged him and gave him the confidence that he could be mobile again. “There are some people who help you because they care about you, and you can tell with that staff that they care,” he said.



For more information about Sarah Bush Lincoln Home Health, call **1-800-879-3212**.



No time to Wait

SBL Regional Cancer Center urgently helps Ashmore woman fight cancer.

When Ashmore resident Darla Grigg's local doctor diagnosed her with anal cancer in October 2023, she faced a difficult decision: either wait almost two months to begin treatment close to home or find a provider who could start the treatment right away.

"I already had been bleeding for a few months, and I did not want to wait any longer. I called Sarah Bush Lincoln, and they got me in right away," Darla said. "They got the ball rolling with my care plan."

Darla learned that cancer— and cancer care— doesn't take holidays. "Initially, treatment was going to start after Thanksgiving, but they decided to start the week of Thanksgiving because I [had] had the bleeding for five months at that point," she said.

Sarah Bush Lincoln Oncologists Seong Cho, MD, and Abdur Shakir, MD, ordered radiation and chemotherapy to start the week of Thanksgiving. Darla appreciated that the SBL Regional Cancer Center staff immediately began treating her. The staff even worked on Thanksgiving to care for her.

Darla appreciated the most about Dr. Shakir is that he prepared her for all the side effects that she would experience. “He did not sugarcoat anything, and he told me what would happen,” Darla said, “and the symptoms appeared just like he explained they would.”

Despite the forewarning, Darla still struggled at times to manage her emotional and physical wellbeing. “I told myself that I had to think that those things wouldn’t happen,” she said. “I told myself I wouldn’t lose my hair, but I did. I told myself that I wouldn’t get depressed, but I did.”

Darla’s 2023 Christmas included more treatments and sickness, but she was in the final stages of chemotherapy

“Dr. Cho drove from Champaign on Thanksgiving to treat me. His nurse, who [had] planned to hunt with her son and husband, also came in to care for me. I was blown away by how accommodating they were.”

—Darla Grigg

and radiation by then. By January 2024, her treatment was complete.

“During my treatment, I was not interested in the holidays. I just wanted to get through it,” she said. “This year, I was excited to spend the holidays healthy with my friends and family.”

Inspired by her experience, Darla plans to volunteer at the SBL Regional Cancer Center to comfort and support others who are receiving treatment.

“The only way I know how to pay back my gift is to pay forward my story and personal experience,” she said.

“Dr. Cho drove from Champaign on Thanksgiving to treat me,” Darla said. “Even his nurse, who had planned to hunt with her son and husband, came in to care for me. I was blown away by how accommodating they were.”

Darla’s body handled the treatment for the first few days, but on Thanksgiving afternoon, she became sick. What



For more information about the SBL Regional Cancer Center, call **217 258-2250**.



Facing the Unseen Threat

Top-quality care catches EIU police officer's heart problem before it is too late.

Access to local, top-quality cardiac care meant the difference between life and death for Charleston resident Jason Cook.

The Eastern Illinois University police officer had just started his workday when he realized he needed emergency care. “I felt this big shot of pain from my lower abdomen up to my left shoulder,” he said. “I immediately drove myself to the Sarah Bush Lincoln Emergency Department.”

Emergency staff discovered Jason’s blood pressure was high, so they called in SBL Cardiologist Michael LaMonto, DO, who performed a stress test and cardiac ultrasound. Concerning results from both tests led to a CT scan, which confirmed severe blockage in the left

anterior descending artery (LAD). Blockage in this artery is often referred to as a 'widow maker' heart attack due to its high fatality rate and minimal warning symptoms.

The news was shocking for Jason. “I never had many signs that would’ve indicated heart problems, so I was caught off guard by the discovery,” he said. Upon reflection, however, Jason noted that for the few years prior he had often found himself short of breath after climbing stairs or doing manual labor.

“I contracted COVID-19 a handful of times, so I thought the shortness of breath was a lasting side effect from that,” he explained. “I usually just needed to pause briefly, and I’d catch my breath and be fine. I didn’t consider that it was something more threatening.”



“I truly think that Dr. LaMonto and Dr. Katsamakias saved my life.”

—Jason Cook

else would be wrong,” he said. “It was very nerve-wracking.”

SBL Interventional Cardiologist Dean Katsamakias, DO, placed the two stents in Jason’s widow maker artery without any complications. Jason was relieved that the procedure went smoothly, and he is grateful for Drs. LaMonto and Katsamakias. “I truly think that Dr. LaMonto and Dr. Katsamakias saved my life,” he said. “There’s no other way to put it. They said I hadn’t had a heart attack yet, but if I waited any longer, I was at risk for a cardiac event.”

Jason reflects on that weekend as the start of his second lease on life. He is an active member of the East Harrison St. Church of God, and he loves his job at EIU. Most importantly, he is an active family man. His fellow church congregants, co-workers and family were there for him before and after the procedure, and he wants to be there for them going forward.

“The world is out there, and I want to do everything I can to maintain myself and my family,” he said. “I’ve started appreciating everything more.”

Jason has since enrolled in cardiac rehabilitation at SBL, and he feels much better. Walking up flights of stairs, mowing the lawn and being active with his family neither leave him breathless nor pose health risks. Jason embraces the opportunities life has to offer.

Dr. LaMonto observed Jason over that October weekend. Medications reduced Jason’s high blood pressure a bit, but his body could not sustain it. Dr. LaMonto decided the best solution was to place two stents in Jason’s artery.

Jason was nervous. He had never undergone a procedure before, much less a procedure on a vital part of the body. “I was nervous that the stents may not be enough and I’d need bypass surgery or that something



For more information about the SBL Heart Center, call **217 238-4960**.

Sarah Bush Lincoln



Julie Kim, DO General Surgery

General Surgeon Julie Kim, DO, loves surgery so much that she named her dog, Bovie, after a surgical instrument.

A bovie uses high-frequency current to cut, coagulate and control bleeding during surgery. “It’s a term you would only know if you worked in a surgical setting, but I think it’s also a cute dog name,” she said.

Both skilled and clever, Dr. Kim is new to the surgical staff at the Health Center. The University of Arizona graduate earned bachelor's degrees in physiological sciences and business administration. She earned a master's degree in biological and physical sciences from the Touro College of Osteopathic Medicine in New York in 2014, and she earned her doctoral degree from Touro in 2018.

Following a general surgery residency at Community Memorial Health System in Ventura, CA, Dr. Kim completed an advanced gastrointestinal minimally invasive surgery fellowship at the University of Nebraska Medical Center in Omaha, NE.

Dr. Kim’s desire to join SBL and make an impact on the community is due, in part, to her residency. “I’ve always wanted to serve a community. I had the honor of doing that in my residency at a small, community hospital,” she said. “I’m excited to provide surgical services to people in the area at Sarah Bush Lincoln.”

When Dr. Kim was nine, her family moved from Busan, South Korea to Los Angeles, where her parents and brother still live. Having lived in two huge metropolitan areas, she is experiencing a different way of life in Central Illinois.

“My first interview with SBL happened to be on my birthday, and staff members whom I didn’t know threw me a surprise birthday party,” she said. “I knew that if this is how they treat others, I would enjoy being here.”

Dr. Kim performs a range of surgical procedures, from repairing hernias to treating cancer. She also offers gastric bypass surgery, which can be an effective long-term weight-loss procedure for some people.

A gastric bypass involves creating a small pouch that bypasses a segment of the small intestine, affecting how the body processes calories and nutrients.

Since moving to Charleston and beginning her tenure at the Sarah Bush Lincoln Surgery Clinic, Dr. Kim and Bovie have been enjoying the community and exploring the area. “Bovie and I love nature, and there are a lot of great options nearby for us to hike and enjoy,” she said.



For more about Dr. Kim and her services, call the SBL Surgery Clinic at **217 258-4020**.

Welcomes

Julia Fiuk, MD

Urology

“Joining Sarah Bush Lincoln is a welcome return home,” Urologist Julia Fiuk, MD, said of her new role as a member of the SBL Urology team and as a physician who spent 13 years in Illinois for schooling and residency.

The New Jersey native earned her bachelor’s degree in biology from Northwestern University in 2008, and she earned her medical degree from Northwestern’s Feinberg School of Medicine in 2013. Following that, she practiced for five years at Southern Illinois University in Springfield to complete her residency.

The time Dr. Fiuk spent in Illinois left an impact, so when the opportunity to join SBL presented itself, Dr. Fiuk jumped at it. “My husband and I knew that we wanted to move back to Illinois, and SBL stands out because it serves such a large community.”

Dr. Fiuk’s passion is community-based urology, which allows her to really connect with people. “I want to serve as many people as I can, and I want to put as much time and effort into the community as I can,” she said. “I like the notion of knowing the people I care for, like going to the grocery store and recognizing someone.”

In the SBL Urology Clinic, Dr. Fiuk is available for disease management and surgeries, including two procedures new to SBL: Holmium laser enucleation of the prostate (HoLEP) and percutaneous nephrolithotomy (PCNL).

HoLEP is a minimally invasive procedure that uses a laser to carve out benign tissue growth of an enlarged prostate.



HoLEP can help men who get up in the middle of the night to urinate frequently or who have a weak stream.

A PCNL is a minimally invasive procedure that removes kidney stones that are too big to pass on their own. During the procedure, the surgeon goes through the back of the kidney to remove the stones.

Dr. Fiuk is pleased to provide these procedures to people in the community. “Sometimes with specialized procedures, people have to travel to a metropolitan area, which can be inconvenient,” she said. “I’m happy to provide a local, close-to-home option.”



For more information about the SBL Urology Clinic and Dr. Fiuk’s services, call **217 258-4186**.

Sarah Bush Lincoln Pediatrics Welcomes



“It’s rewarding and heartwarming to play a part in a child’s development.”

—Brooke Lema, DNP

Brooke Lema, DNP Pediatrics

Advance Practice Nurse Brooke Lema, DNP, brings 15 years of extensive nursing experience with her as the newest member of Sarah Bush Lincoln’s pediatric practice.

The Mattoon native is returning home after having worked in challenging roles in other cities. Most recently, she worked as an Advanced Practice Nurse for two and a half years at St. Louis Children’s Hospital. Prior to that, Lema cared for patients in an adult “step-down” intensive care unit and for patients in a pediatric intensive care unit. Earlier, she worked as a clinic nurse.

Her prior experience of working with children and adults of all ages drove her to pursue a career as a nurse practitioner. “Seeing so many different diagnoses for people of all ages and helping care for them made me want to learn more and have a more direct impact on people’s health,” she explained.

Lema said she sometimes acted as a “second mom” for her younger sisters, supporting them when needed and even playing teacher and doctor with them.

“Working with children is very gratifying because they’re going through a period of rapid growth and development,” she said. “It’s amazing how even when they are sick, children can still have the brightest smiles.”

Lema is excited to guide children in the community through their health journeys as they grow. Now she gets to be a “second mom” for a different generation of children who need guidance in managing their health. “It’s rewarding and heartwarming to play a part in a child’s development,” she said. “The families I help become a second family for me.”

Lema earned a Bachelor of Science in Community Health from the University of Illinois Urbana-Champaign in 2012, and a Bachelor of Science in Nursing from Lakeview College of Nursing in 2014. Lema earned her Doctor of Nursing Practice from the University of Illinois – Chicago in 2021.



To schedule an appointment with Lema, call the SBL Pediatric Clinic at **217 258-4006**. The clinic is located at 1005 Health Center Drive on the main hospital campus in Prairie Pavilion 1.



Charleston Ophthalmology Practice Joins Sarah Bush Lincoln

Dr. Ryan Pine with SBL President & CEO Kim Uphoff.

Sarah Bush Lincoln acquired the practice of Ophthalmologist Ryan Pine and relocated its office to the former SBL Walk-In Clinic in Mattoon at 200 Dettro Drive. The new clinic is called SBL Pine Eye Center. The Mattoon Walk-In Clinic moved to Emerald Acres Sports Connection in December.

SBL President & CEO Kim Uphoff said this is the first ophthalmology practice SBL has owned and believes it will enhance the continuum of care for area residents. “We have worked closely with Dr. Pine for many years and are fortunate to have this caliber of eye care in our community. We hope to grow the practice by recruiting other eye specialists to complement Dr. Pine’s practice,” she said.

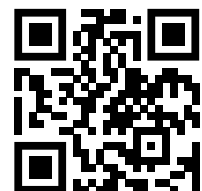
“This acquisition enables us to improve access to care and helps ensure long-term viability of excellent ophthalmology care,” Dr. Pine added. “It is difficult to operate a private practice today, and under the leadership of Sarah Bush Lincoln, we will be able to recruit additional ophthalmologists and eye specialists typically not found in smaller communities. We’re excited for this next chapter.”

Dr. Pine will continue to perform all of his surgical cases in the SBL Surgery Center on the Health Center’s campus. Patient medical records and appointments will be transferred to the new facility so patients should experience a seamless appointment at the new location. Minor renovations are expected in the new facility to help streamline the practice.

NEW @ SBL

Conveniently schedule your own primary care appointments.

Scan the QR code below to access this feature, or select the *Make Appointment* link at www.sarahbush.org.





A New Level of Care:

OB/GYN Hospitalist Ashton Ballinger, MD, cradles newborn Acelyn Kuhn, daughter of Jacquie Arnold.

SBL Introduces Dedicated OB Hospitalists

The Sarah Bush Lincoln Labor and Delivery unit now offers around-the-clock physician coverage provided by three obstetrician/gynecologist hospitalists: Ashton Ballinger, MD, Manisha Shah, MD, and Shannon Watley, DO.

Specialty Clinic Director Casey Hargis said SBL is happy to offer this level of availability for expectant families. “Dr. Shah and Dr. Ballinger love welcoming children into the world, and they are excited to be on-hand to help women in those special moments,” she said. “Dr. Watley previously worked in the hospitalist model, bringing significant experience to support expectant mothers.”

Clinic Supervisor Whitney Hussong said that expectant mothers often have an increased sense of comfort knowing that an obstetrician/gynecologist is available immediately to them should they need help. The hospitalist model of ob/gyn

care is designed to provide patients with faster, safer access to care.

Drs. Watley, Shah and Ballinger are also available to women with gynecological emergencies who enter the Health Center through the Emergency Department.

As part of the new model, Dr. Scott Meyer continues to be on-call and to perform deliveries, but he will do so with less frequency than he had. Drs. Ballinger and Shah will no longer see women in the Women’s Healthcare Clinic. Dr. Carlos Sierra will only see gynecological patients in-clinic and perform gynecological procedures.

Beginning in January, Certified Nurse Midwife Cassie Green, APRN (previously an SBL Labor and Delivery nurse), will offer primary obstetric care in the Women’s Healthcare Clinic. At times, she will also be available for labor and delivery.



For more information about the OB/GYN hospitalists and the new model, call SBL Women’s Healthcare at **217 258-4030**.

Courses, Classes and Support Groups

Wellness

Center for Healthy Living

A medical center through which participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

■ 217 238-3488

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

First Aid for Emergencies; Adult and Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

■ 217 258-2403

Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. 217 258-2568

Living with Diabetes

This program is for people with diabetes and focuses on managing it through nutrition and exercise.

■ Paula Enstrom, RN, 217 238-4808

Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

■ 11 am, 12:30 pm, 2 pm every Tues. and Thurs. in the METS department.

■ Cathy Matheny, RTT, 217 238-4973

Financial Assistance

Affordable Care Act

Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby.

■ 217 238-4994

Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Mon. through Fri.

■ 1-800-381-0040

■ Forms may be downloaded from

www.sarahbush.org

Prepared Childbirth

Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee.

Financial assistance is available.

■ Allison Masse, RN, IBCLC, ICCE, 217 258-2229

■ sarahbush.org/ohbaby

Support Groups

Diabetic Support Group

- 7 pm, second Tues. of the month in March, June, Sept. and Dec. at SBL
- Cindy Foster, RD, certified diabetic educator, 217 258-2135

Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Vogel, APRN, CWOCN, 217 238-4804

Grief Support Groups

Two options for support groups open to anyone who has lost a loved one.

- 6:30 to 8 pm, first Wed. of each month
- Prairie Pavilion 2 on SBL main campus
- SBL Hospice, 1-800-454-4055

- 1 to 2:30 pm, third Wed. of each month
- SBL Lincoln Avenue Building
700 W. Lincoln Ave. - Charleston
- SBL Hospice, 1-800-454-4055

Sarah Bush Lincoln Walk-In Clinics

We're here when
you need us.

No appointments.

7 am – 7 pm / Monday through Friday

8 am – 3 pm / Saturday and Sunday*



MATTOON

At its new location:
Emerald Acres
Sports Connection
1201 Wooddell
Lane, Suite B
217-238-3000



CHARLESTON

2040 Lincoln Ave.
just east of IL Route 130
217-345-2030



EFFINGHAM

1303 West Evergreen
SBL Bonutti Clinic, Entrance B
217-540-6123



TUSCOLA

1100 Tuscola Blvd.
217-253-4764



VANDALIA

1442 N. 8th St., Suite C
618 283-0266

*Open 9 am to 4 pm on
Saturday and Sunday.

**Wait time feature not available
for this location.



Use your cell phone camera to scan this code to visit

sarahbush.org.

Use the "Walk-In Clinic Wait Time" feature at the top of the webpage for current wait estimates at each of the walk-in clinic locations.**



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Mattoon, Illinois 61938-0372



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PLAN YOUR SCAN

Free Colon Cancer Screens

A limited number of **free** colon cancer screening kits are available on a first-come, first-served basis.

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11am to 1pm

▶ **Friday, March 7**

SBL Charleston Walk-In Clinic
2040 Lincoln Ave., Suite 100

▶ **Friday, March 14**

SBL Effingham Walk-In Clinic
SBL Bonutti Clinic - 1303 W. Evergreen Ave., Suite 103

▶ **Friday, March 21**

SBL Mattoon Walk-In Clinic
At its new location: Emerald Acres Sports Connection
1201 Wooddell Lane, Suite B

▶ **Friday, March 28**

SBL Tuscola Walk-In Clinic
1100 Tuscola Blvd.

The free kit allows participants to easily collect a stool sample in a plastic container and discreetly return it to the Sarah Bush Lincoln Walk-In Clinic where it was received. Please return the kit by **April 4**.

For more information on colorectal cancer screenings, screening recommendations or to print a registration form to save time, please visit sarahbush.org/cancerscreens or use your phone's camera to follow the link to the web-page.



 **Sarah Bush Lincoln**
SBL Gastroenterology Clinic | **217 258-4155**