

# Meeting and Lunch Thursday, March 12 Family Life Center at First Baptist Church, Zachary

10:00 a.m.-coffee, fellowship, games  
10:55 a.m.-door prize drawings  
11:00 a.m.-program begins

Our guest this month is Dr. Jamie Bohanon, Lane Surgery Group. Dr. Bohanon specializes in the surgical treatment of gastrointestinal disorders including gallbladder, stomach, and colorectal surgery, as well as treating breast cancer, skin cancer and hernias.



Lunch will follow our meeting (\$3.00). Why stay home and eat when you can come have lunch with us?



*Special "thanks" to the folks who faithfully come each month to decorate our tables. They do a great job! We need another person who will commit to coming each month to help with the decorating around 9:00 a.m. on the day of our meeting.*



## Road Trip-It's More Fun Together!!! "Not Going is NOT an Option"

**Tour Greater Baton Rouge Food Bank, Baton Rouge, lunch at Duke's,  
stop at Bass Pro Shop, Denham Springs  
FRIDAY, March 20**

Cost-lunch. Minimum number of people needed to go-15.  
Bring food donation to the Greater Baton Rouge Food Bank (suggestions listed on reminder sheet)

*Leave church parking lot at 9:15 a.m. and return around 3:00 p.m.*

St. James' Episcopal Church has chosen to serve gumbo only on one Friday this year, so we have made other "gumbo" plans.

**IF YOU SIGN-UP FOR THE TRIP AND FIND YOU CANNOT MAKE THE TRIP, PLEASE CALL THE CHURCH OFFICE (654-2755) AS SOON AS POSSIBLE TO CANCEL. THIS WILL ALLOW TRANSPORTATION DECISIONS TO BE MADE AND YOUR SEAT TO BE FILLED IN A TIMELY MANNER.**

**Trip Refunds Disclaimer:** If payment is due ahead of time for a Prime Timers' Trip and it is less than \$10, should you cancel, there will not be a refund due to the administrative effort involved; your payment will be considered a donation to the Senior Adult Ministry.



## 3<sup>rd</sup> (3M) Monday Game Day

**Monday, March 16**

9:30 a.m., Room 105 in FLC.

Bring your favorite game and some friends and enjoy the fellowship together.

Prime Timers

Dr. Fredrick “Jamie” Bohanon specializes in the surgical treatment of gastrointestinal disorders including gallbladder, stomach, and colorectal surgery, as well as treating breast cancer, skin cancer and hernias.

Originally from Asheville, North Carolina, Dr. Bohanon graduated from the University of Georgia and earned his medical doctorate from Ben-Gurion University Medical School for International Health. He completed residency training and a fellowship in general surgery from the University of Texas Medical Branch in Galveston, TX.

He is board eligible in General Surgery and is currently a member of the American Medical Association and the American College of Surgeons.



## FREE STOP THE BLEED TRAINING FOR BUSINESSES AND ORGANIZATIONS

Traumatic injuries are often sudden and unexpected. They can occur due to falls, accidents and intentional violence. The #1 cause of preventable death after injury is uncontrollable bleeding. Learning how to “Stop the Bleed” can help increase the chances of survival following traumatic injury.

Lane Regional Medical Center is offering free Stop the Bleed training to businesses and organizations to teach

individuals how to save lives in a bleeding emergency until professional help arrives.

Taught by Dr. Jamie Bohanon, with Lane Surgery Group, this free course teaches basic bleeding control techniques including how to correctly apply pressure, dress a wound, and apply a tourniquet.

