

MEET OUR TEAM



Kaylee Messner, ARNP

- Certified Family Nurse Practitioner
- Graduate of Graceland University
- Provides Family Medicine services, acute care and more
- Sees patients of all ages



Kirsten Hamilton, ARNP

- Certified Family Nurse Practitioner
- Graduate of Herzing University
- Provides Family Medicine & Women's Health Services
- Sees patients of all ages



Trista Grossnickle ARNP, PMHNP-BC

- Psychiatric Mental Health Nurse Practitioner
- Sees patients weekly for Mental Health needs
- Graduate of Walden University



Austin Barth, LMHC

- Licensed Mental Health Counselor
- Sees patients weekly for Mental Health needs
- Graduate of Bellevue University



Josh Hardy, PT, DPT

- Doctor of Physical Therapy
- Sees patients of all ages for orthopedic conditions in Clarinda & Bedford Clinics
- Graduate of Des Moines University

CLINIC HOURS

| | |
|-----------|----------------|
| Monday | 7:00 - 4:00 PM |
| Tuesday | 7:00 - 4:00 PM |
| Wednesday | 7:00 - 4:00 PM |
| Thursday | 7:00 - 4:00 PM |
| Friday | 7:00 - 4:00 PM |



**Walk-in appointments
are always welcome!**



**Always accepting new
patients!**

GET IN TOUCH

WITH BEDFORD FAMILY HEALTHCARE

 (712) 523-1146

 F (712) 542-6720



303 Pearl Street
Bedford, Iowa 50833



ClarindaHealth.com

Advancing Exceptional Care



*Caring for
your health*

Learn more about our
comprehensive services
for patients of all ages

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PRIMARY CARE FOR ALL AGES

- Acute illness and injury care
- Allergy shots
- Chronic disease management
- DOT Physicals
- Immunizations
- Medicare Visits
- Minor office procedures
- Mental health counseling
- Medication review and renewal Labs
- Physicals and follow-up visits
- Primary care & preventative visits
- Telehealth Visits
- Women's Health
 - Breastfeeding Support

PEDIATRIC SERVICES

- **Well-Child Checks:** *assessments by our provider for development, nutrition, vision, hearing, growth and medication needs for children from newborn to 18 years of age.*
- **Sports physicals:** *can be performed during a WCC or as a separate visit to ensure adequate health for participation in physical activities.*
- **Mental & Behavioral Health Services** *Mental Health Services are available weekly by Trista Grossnickle, PMHNP-BC.*
- **Chronic disease screening:** *to reduce the risk of disease and for early detection, so treatment can be most effective.*
- **Medication Management:** *RX refills and dosage adjustments.*
- **Immunization for all ages**

PHYSICAL THERAPY

The Physical Therapy Team at BFHC offers treatments for:

- Strengthening
- Mobility
- Back and neck pain
- Orthopedic injuries
- Fall risk assessments
- Balance assessments
- Vestibular (dizziness) rehab
- And more!

Initial appointments will need to be scheduled at CRHC, but all follow-up visits can be scheduled in Bedford!

PHYSICAL THERAPY HOURS*

| | |
|-----------|-------------------|
| Monday | 7:30 am - 3:30 pm |
| Wednesday | 7:30 am - 3:30 pm |
| Friday | 7:30 am - 3:30 pm |

A dedicated & fully equipped area for Physical Therapy services in Bedford!



**Schedule & providers for PT services are subject to change based on patient needs.*