

# 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



## Hailly Greenough, DPT

- Doctor of Physical Therapy
- Bachelor of Science in Exercise Physiology at Drury University
- Sees patients of all ages for physical therapy needs

# 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](http://ClarindaHealth.com)

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comprehensive services  
for patients of all ages

303 Pearl Street P (712) 523-1146 ClarindaHealth.com  
Bedford, IA 50833 F (712) 542-6720    



# 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	7:15 am - 12:00 pm
Wednesday	7:15 am - 12:00 pm
Friday	7:15 am - 12:00 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.*

# 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**