

# Hush

**Daily Quiet Time:**

**1:30 to 3 pm**

**10 pm to 6 am**



**DAILY QUIET TIME** improves our patient's healing process. While your patient is resting, please feel free to go for a walk, visit the cafeteria, chapel, gift shop, labyrinth, outdoor gardens, atrium coffee cart, lobbies, quiet room, libraries (with public computers) and activity rooms.

*Please help us by supporting a quiet and healing environment for all our patients here at MCMC.*

**MCMC**  
MID-COLUMBIA MEDICAL CENTER