

The Health Resource Center

APRIL PROGRAM SCHEDULE

April 1

Diabetes Support Group – 6:30-7:30 pm. We are happy to provide support for those with diabetes and their families. The group is lead by the Diabetes Educators of the JHSMH Diabetes Management Program.

April 1, 7, 8, 14, 15, 21, 22, 28, 29 (Class times vary)

JHSMH* Diabetes Outpatient Program Classes. In-depth diabetes education classes provided by RN's & Registered Dietitians who are certified diabetes educators. Group classes and individual consults available. Education is covered by most insurance, for more information call 361-6025.

(*JHSMH – Jewish Hospital and St. Mary's HealthCare)

April 1, 8, 15, 22, 29

Gentle Yoga – 5-6pm. Yoga for the beginner. Call 361-4361 for more information, cost is \$30.00 per month or \$8.00 per class.

April 3

Healthy Feet Presentation – 12-1pm. Informational presentation by podiatrist, Dr. Dawn Masternick, on foot health and issues related to diabetes and other disease states.

Free Foot Screenings – 1-3pm. Conducted by Dr. Masternick. Call 363-7930 to register for the presentation and/or foot screenings.

April 3, 24

Introduction to Diabetes Class – April 3, 9-11am; April 24, 12-2pm. Free diabetic teaching by a certified diabetic educator. The class is targeted at the new diabetic or those on insulin. Call 363-7930 to register.

April 4, 11, 18, 25

Health Screening Fridays – 9am-2pm. Cholesterol screening \$9, glucose and blood pressure free. No registration required. Call 363-7930 for more information.

April 4, 11, 18

"Healing From Loss" – 1-2:30pm. Conducted by Dr. Diane Banik. Free four week bereavement healing series. Topics for exploration include: understanding stages of grief, coping strategies while in the throgs of grief, and life-long coping strategies for healing. Call 363-7930 for more information or to register.

April 9

Friendly Folks Stroke Club – 12-1:30pm in the Assembly Room. Support for those affected by a stroke and their loved ones. Call 361-6012 for more information.

NAMI Support Group (National Alliance on Mental Illness) – 7-8pm. A self-help support group for family members coping with a mental illness/brain disorder in a relative. For information, call 245-5287.

April 10

Breast Cancer Support Group – 7-8:30pm. Support for those affected by breast cancer. Call 587-4108 for more information.

April 15

Cancer Support Group – 7-8:30pm. General cancer support group for patients and loved ones. Call 587-4108 for more information.

April 16

Parkinson's Support Group – 6-7pm. Support group for patients and families coping with the disease. Call Vicky Stanley at 426-0888 for more information.

Healthy Heart Support Group – 6-7pm. Located in the Assembly Room on the ground floor. Support group for those with chronic heart conditions and their loved ones. Call 361-6737 for more information.

April 21

Look Good, Feel Better – 10-11:30am. Free class for women currently being treated for cancer; make-up and wig application taught. Call 363-7930 to register.

Laryngectomy Support Group – 2-3pm. Support for those who have undergone the surgery. Call 361-6585 for more information.

April 24

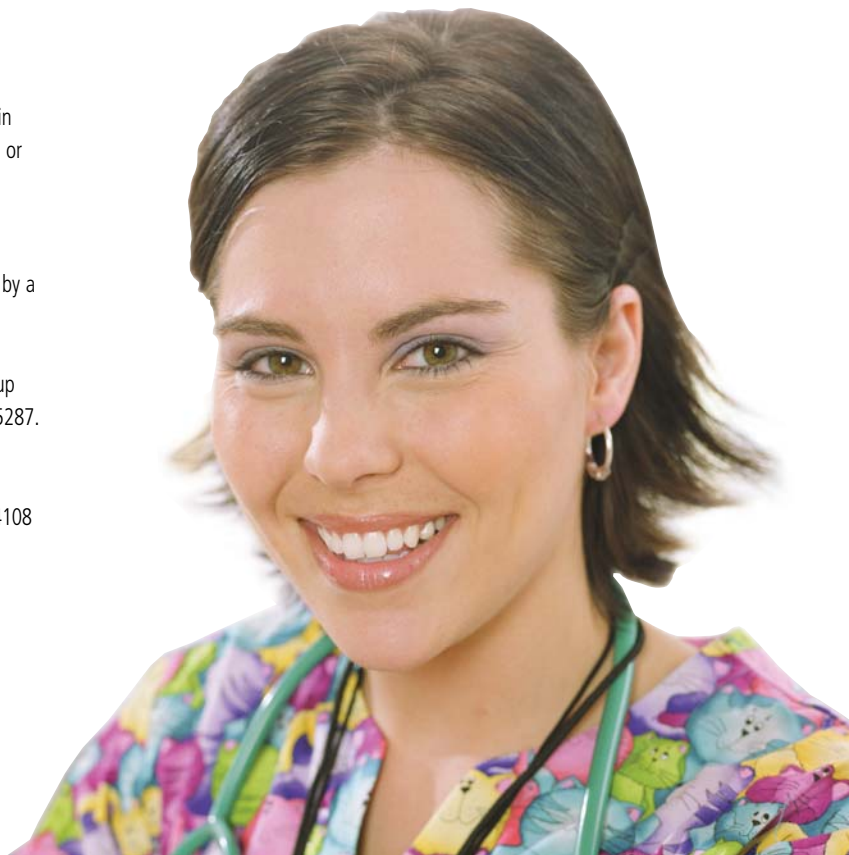
Medtronic MiniMed Pump Information Class – 2-3pm. Informational class discussing what an insulin pump is, its benefits, and the advantage of continuous blood glucose monitoring. Call Donna Giovenco at 1-800-646-4633, ext 2635.

April 28

Better Breathers Support Group – 4:30-6:30pm. Located in the Assembly Room on the ground floor. Support group for those with chronic lung conditions such as COPD, asthma, and emphysema. Call 361-6595 for more information.

April 30

Alzheimer's Support Group – 2-3:30pm. Support group for caregivers only. Call 363-2685 for more information.



Sts. Mary & Elizabeth Hospital

A service of Jewish Hospital & St. Mary's HealthCare