



FOR IMMEDIATE RELEASE: March 16, 2009

CONTACT: Jamie Newell  
Public Relations Manager  
Office: (314) 344-7509  
Pager: (314) 908-1986

## Healthy Happenings April 2009

### Grief and Loss – Support Group

Tuesday, April 21  
11:30a.m. – 1:00p.m.  
Bridgeton Trails Library  
Call (314) 344-7080 for more information

### Mighty Hearts and Lungs – Support Group

Thursday, April 9  
12:00p.m. – 1:00p.m.  
SSM DePaul Health Center  
For patients and family members coping with cardiac and pulmonary health issues; learn how to better manage your condition for a healthier life.  
Call 314-344-7277 to register.

### I Can Cope

Tuesday, April 21  
8:30a.m. – 1:00p.m.  
May Center at SSM DePaul Health Center  
Learn how to manage cancer before and after treatment.  
To register, call 314-344-6090.

### Cancer Care – Support Group

5:00p.m. – 6:30p.m.  
Wednesday, April 8  
SSM DePaul Health Center  
To register, call 314-344-6090.

### Diabetes Basics

Proper diabetes treatment and education can help you learn to live well with diabetes.  
Call 314-344-7024 for information or 314-344-7220 to enroll.

### Nutrition Education

SSM DePaul registered dietitians can help you make sure your diet is right for you.  
Call 314-344-6157 for information.

Weight Loss Surgery – Support Group

Wednesday, April 15

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

Adjustable Gastric Banding – Support Group

Wednesday, April 1

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

Fertility Care Services

SSM provides training with the Creighton fertility method.

Call 314-344-7115.

Childbirth Classes

SSM DePaul offers childbirth preparation and refresher, infant care, infant/child CPR and breast-feeding classes as well as monthly tours of the labor and delivery unit. For tours, call 314-344-6453; for classes, call 314-SSM-DOCS.

Knee Replacement Seminar

Tuesday, April 7

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

Hip Replacement Seminar

Tuesday, April 21

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

Knee and Hip Replacement (combined) Seminar

Wednesday, April 8

6:30 p.m.

SSM DePaul Health Center

Call (314) 837-5555 to register