



FOR IMMEDIATE RELEASE: July 6, 2009

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## Healthy Happenings August 2009

### Grief and Loss – Support Group

Tuesday, August 18  
11:30a.m. – 1:00p.m.  
Bridgeton Trails Library  
Call (314) 344-7080 for more information.

### Cancer Care – Support Group

5:00p.m. – 6:30p.m.  
Wednesday, August 12  
SSM DePaul Health Center  
To register, call 314-344-6090.

### I Can Cope

Tuesday, August 19  
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.

### 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.

### 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.

Weight Loss Surgery – Support Group

Wednesday, August 19

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

Adjustable Gastric Banding – Support Group

Wednesday, August 5

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

Knee Replacement Seminar

Tuesday, August 4

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

Hip Replacement Seminar

Tuesday, August 18

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

Knee and Hip Replacement (combined) Seminar

Wednesday, August 12

6:30 p.m.

SSM DePaul Health Center

Call (314) 837-5555 to register