

NEWS RELEASE

Jan. 25, 2010

For more information, call Bret Berigan, 314-653-5304.

Christian Hospital February Community Programs

Simply FooFoo Bath & Body Sale

Indulge yourself with candles and bath and body products that will be sure to pamper. Sponsored by the CH Auxiliary and all proceeds benefit patient care.

Feb. 4-5, 10 a.m.-2 p.m.

Christian Hospital Lobby (I-270/Hwy. 367 interchange)

Look Good, Feel Better

Anyone currently undergoing or just finishing cancer treatment is invited to experience a free makeover from certified cosmetologists that includes demonstrations on the use of wigs, turbans and scarves, nail care and cosmetics use. Complimentary cosmetics and skin care products provided. Sponsored by the American Cancer Society.

Feb. 8, 10 a.m.–Noon

Christian Hospital Cancer Resource Center

Free

Heart Fair '10

Don't miss a beat with free screenings, lectures, tours, refreshments and much more!

Feb. 13, 8:30 a.m.-12:30 p.m.

Christian Hospital Detrick Building Atrium, 11133 Dunn Rd. (I-270/Hwy. 367 interchange)

Please call 314-747-WELL to register.

Free

Heart-Healthy Diet

Now is the time to invest in your health by taking control of your diet choices. Learn how the food choices you make today can affect your health and wellbeing for life.

Jamestown Mall Food Court

Feb. 17

9-10 a.m.

Free

OASIS Senior Discussion Group at Village North

Join us monthly for lively conversation, refreshments and your chance at an attendance prize! A new topic each month! Registration is required and space is limited.

Feb. 19, 2-3 p.m.

Village North Retirement Community, off Dunn Road just west of Christian Hospital and the 1-270/Hwy. 367 interchange.

Free

Call 314-747-WELL to get discussion topics and to register.

Imagine Nation Book Sale

New books are discounted 40 to 70 percent for readers of all ages. Choose from hardcovers and paperbacks including many popular titles from the *New York Times* Best Seller Lists, cookbooks, children's books, musical selections, photo albums, games and puzzles. Christian Hospital Auxiliary hosts the book sale to raise funds to improve patient care in North County.

March 3, 10 a.m.—4 p.m.

March 4, 7 a.m.—3 p.m.

Christian Hospital Lobby

Alcoholics Anonymous Group 109 meets in the 11th floor conference room at Christian Hospital. This is an open meeting for alcoholics, drug addicts and their family and friends.

Sundays, 10 a.m.

Christian Hospital

11133 Dunn Road at the I-270/Hwy. 367 interchange

Chemical Dependency Information Meeting

Help is here to live a drug-free life and cope with life's challenges.

Tuesdays, 6:30-8 p.m.

For more information, call 314-839-3171.

STEPS Schizophrenia Support Group

This nationally recognized program provides education and support for those with schizophrenia. Group is facilitated by an experienced STEPS nurse.

Wednesdays, 6:30-7:30 p.m.

For more information, call 314-839-3171.

Christian Hospital Mental Health Evaluations — Psychiatric and chemical dependency evaluations are confidential and offered free by the Christian Hospital Center for Mental Health. Christian Hospital has a geriatric psychiatric unit dedicated to serving the mental health needs of geriatric patients.

Call 314-839-3171.

Christian Hospital Breathing Center offers free lung function screenings.

Northwest HealthCare, 1225 Graham Rd.

Call 314-953-6040.