



FOR IMMEDIATE RELEASE: January 12, 2009

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Healthy Happenings February 2009

Knee Replacement Seminar

Join us for a FREE one-hour talk on knee replacement, explaining how the latest procedures mean quicker recovery. It's also a great chance to ask any questions you may have. Refreshments will be served

Saturday, January 30

10:00 a.m.

May Center at SSM DePaul Health Center

Call 314-344-7500 to register or visit ssmhealth.com/orthopedics.

Knee Replacement Seminar

Join us for a FREE one-hour talk on hi replacement, explaining how the latest procedures mean quicker recovery. It's also a great chance to ask any questions you may have. Refreshments will be served

Saturday, February 27

10:00 a.m.

May Center at SSM DePaul Health Center

Call 314-344-7500 to register or visit ssmhealth.com/orthopedics.

Mighty Hearts and Lungs – Support Group

Thursday, February 11

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, February 16

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

Wednesday, February 10

5:00p.m. – 6:30p.m.

SSM DePaul Health Center

To register, call 314-344-6090.

Weight Loss Surgery – Support Group

Wednesday, February 17

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

Adjustable Gastric Banding – Support Group

Wednesday, February 3

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

Grief and Loss – Support Group

Tuesday, Tuesday, February 16

11:30a.m. – 1:00p.m.

Bridgeton Trails Library

Call (314) 344-7080 for more information.

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.

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.

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.