NEWS RELEASE
June 16, 2009

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

Christian Hospital July Community Programs

Living a Healthy Life
Set healthy goals. Make action plans. Manage pain. Embrace nutrition and exercise. Understand medication. Increase your confidence in managing your own health. Developed by Sanford University's Patient Education Research Center and presented by OASIS, this self-management course is for those with such chronic conditions as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema or others. Take charge of you health and register today. Call 314-747-WELL.
Northwest HealthCare, 1225 Graham Rd., Florissant, Mo.
July 9-Aug 20 (no class Aug 6), 1-3:30 p.m.
Fee: $10

Services Available at Christian Hospital
There is no need to travel a long distance for your health care. Christian Hospital's services are in your community and close to your home. Join us this morning and you will have an opportunity to learn about the services Christian Hospital has available.
Jamestown Mall Food Court
July 15, 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.
July 17, 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. All proceeds from this Auxiliary event go toward improving patient care.
Aug. 4, 10 a.m.–4 p.m.
Aug. 5, 7 a.m.–3 p.m.

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

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 and their family members. 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.