



FOR IMMEDIATE RELEASE: June 18, 2009

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## Healthy Happenings July 2009

### Comprehensive Heart Screenings

Wednesday, July 15

8:00 a.m. – 11:00 a.m.

SSM DePaul Health Center

Join the SSM Heart Institute for a full heart health screening that provides total cholesterol, HDL cholesterol, blood glucose, body fat analysis and blood pressure. All for just \$15.

Call (866) SSM-DOCS to register.

### Look Good, Feel Better

Monday, July 20, 2009

1:00 p.m. – 3:00 p.m.

SSM DePaul Health Center

A licensed cosmetologist teaches beauty suggestions for women undergoing chemotherapy or radiation therapy. Makeup and refreshments provided.

To register, call 314-344-6090.

### Cancer Care – Support Group

Wednesday, July 8

5:00p.m. – 6:30p.m.

SSM DePaul Health Center

To register, call 314-344-6090.

### Grief and Loss – Support Group

Tuesday, July 21

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.



Weight Loss Surgery – Support Group

Wednesday, July 15

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

Adjustable Gastric Banding – Support Group

Wednesday, July 1

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

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.

Knee and Hip Replacement (combined) Seminar

Wednesday, July 8

6:30 p.m.

SSM DePaul Health Center

Call (314) 837-5555 to register

Knee Replacement Seminar

Tuesday, July 7

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

Hip Replacement Seminar

Tuesday, July 21

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register