

NEWS RELEASE

June 15, 2010

For more information, contact Bret Berigan, bmb0914@bjc.org

Christian Hospital July Community Programs

Diabetes Awareness

Almost everyone knows someone who has diabetes. Did you know that an estimated 20 million Americans have this disease, and the number rises each year? It is estimated that one-third more million people have this disease but have not been diagnosed. Join us this morning and take advantage of a free blood glucose screening (diabetes test).

Jamestown Mall Food Court, Hwy 67/Old Jamestown Rd. July 21

9 – 10 a.m.

Free

No registration required.

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 16, 2-3 p.m.

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

Free

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

BREATHE

Designed for people with pulmonary disease — participants focus on deep breathing, exercises and relaxation.

Mondays/Thursdays, ongoing, 11 a.m.-noon

Graham Medical Center

\$30

Call 314-953-6090 to register or for more information.

Pilates

Pilates is a low-impact style of exercise that focuses on the abdominal region, with a secondary emphasis on the lower back and hip area.

Dates M W, July 7-Aug. 23 (12 sessions); Aug. 25-Oct. 27 (10 sessions) Time 5:30–6:30 p.m.

Location Northwest HealthCare Community Room, 1225 Graham Rd.

Cost \$60 for 12 sessions; \$70 for 14 sessions

Registration none

Yoga

Practice yoga at your own level as you learn to calm your mind, increase your concentration and enhance your ability to cope with stress.

Cost \$60 for 12 sessions (\$50 for 10 sessions)

Registration none

Dates M W F, June 28-July 30; Aug. 2-Aug. 27; Aug. 30-Oct. 6

Time 9–10 a.m.

Location Northwest HealthCare Community Room , 1225 Graham Rd.

Dates M W, June 23-Aug. 4; Aug. 9-Sept. 20; Sept. 22-Nov. 1

Time 5:30–6:30 p.m.

Location Christian Hospital Training & Development Classrooms 1 & 2D, Detrick Building, 2nd Floor, 11133 Dunn Rd.

Tai Chi

Resist illness, combat stress and fatigue, and increase flexibility through meditation in motion. Great for people of all ages.

Dates T Th, July 6-Aug. 26; Aug. 31-Oct. 26 Time 9–10 a.m.

Location NW Community Room

Cost \$70 for 14 sessions

Registration none

Center for Senior Renewal

The Center for Mental Health's Center for Senior Renewal, conveniently located on the first floor of the Detrick Building, provides day treatment programs for older adults dealing with anxiety, depression, grief, loss and early signs of dementia. The Center for Senior Renewal provides a comfortable, home-like atmosphere staffed with compassionate and experienced mental health professionals. For more information, contact **Connie Trunk** at 314-653-5123.

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.