

FOR IMMEDIATE RELEASE
June 16, 2010
Manager

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Healthy Happenings

July 2010

Stroke Support Group

Tuesday, July 6

1:00 p.m. – 3:00 p.m.

May Center at SSM DePaul Health Center

A presentation and educational session for stroke survivors and their family members or caregivers. Call 314-344-7392 for more information.

Mighty Hearts and Lungs – Support Group

Thursday, July 8

12:00 p.m. – 1:00 p.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 Larry Buhr at 314-344-6023 to register or for more information.

Cancer Support Group

Wednesday, July 14

5:00 p.m. – 6:30 p.m.

SSM DePaul Health Center

May Center at SSM DePaul Health Center

Call 314-344-6090 to register.

Knee Replacement Class

Tuesday, July 6

6:00 p.m.

SSM DePaul Health Center

Call 314-291-3399 to register.

Hip Replacement Class

Tuesday, July 20

6:00 p.m.

SSM DePaul Health Center

Call 314-291-3399 to register.

Knee and Hip Replacement Class

Wednesday, July 14

SSM HEALTH CARE – ST. LOUIS INCLUDES

Cardinal Glennon Children's Medical Center • DePaul Health Center • St. Clare Health Center • St. Joseph Health Center
St. Joseph Health Center – Wentzville • St. Joseph Hospital of Kirkwood • St. Joseph Hospital West • St. Mary's Health Center

6:30 p.m.

Call 314-837-5555 to register.

Weight Loss Surgery Seminar

Wednesday, July 14

7:00 p.m.

May Center at SSM DePaul Health Center

Attend this free seminar, presented by The Weight-Loss Institute at DePaul, to learn: the benefits and risks of bariatric surgery; types of bariatric surgery; and who is considered a surgical candidate. Call 314-SSM-DOCS to register.

General Weight Loss Surgery – Support Group

Wednesday, July 21

5:30 p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

This group is open to patients and candidates.

Call 1-877-477-6954 for more information.

Bandwagon - Adjustable Gastric Banding Support Group

Wednesday, July 7

5:30 p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

Call 1-877-477-6954 for more information.

HMR Program Orientation

Every Monday and Tuesday in July (*No meeting on July 5.*)

Mondays: 6:00 – 7:00 p.m.

Tuesdays: noon – 1 p.m.

SSM DePaul Weight Loss Institute

12266 DePaul Drive, Ste 310

Attend a free orientation to learn: the Five Success Variables needed to lose weight, different diet options available, and how important physical activity really is. Please call to register at 314-SSM-DOCS.

Alzheimer's Association Support Group

Thursday, July 1

6:00 p.m.

Bridgeton Community Center

To RSVP or to get more information, call 314-291-0855.

AARP Driver Safety Program

Tuesday, July 7

9:00 a.m.

SSM DePaul Health Center

A unique classroom refresher course, for drivers 50 years old and over, to refresh existing driving skills and develop

safe driving techniques. No written or driving test. \$12 fee for AARP members and \$14 for non-members. Call 314-SSM-DOCS to register.

Grief and Loss – Support Group

Tuesday, July 20
11:30 a.m. – 1:00 p.m.
Bridgeton Trails Library
Call 314-344-7080 for more information.

Sharing Losses Through Bereavement

Monday, July 20
1:00 – 2:30 p.m.
SSM Home Care & Hospice
1187 Corporate Lake Drive
For families and friends who want to help understanding and coping with the death of a loved one. Sharing Losses provides a supportive group setting in which to discuss the process of grief, to identify and to cope with emotions, such as emptiness, loneliness, anger and guilt. The group is open to anyone in the community who has experience the loss of a loved one. Regularly held the first and third Mondays of the month. (There will be no meeting on July 5.) To register, please call 314-SSM-DOCS (776-3627).

Medsafe

Friday, July 9
9:00 a.m. – 2:00 p.m.
Senior Specialty Center
SSM DePaul Medical Office Building – South
The Medsafe Program provides a free review of medications with an SSM DePaul pharmacist. Free Valet Parking. Call 314-344-7975 to schedule an appointment.

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.

Nutrition Education

SSM DePaul registered dietitians can help you make sure your diet is right for you. Call 314-344-6157 for information.

Tours of Maternity Suites

Saturday, July 10 – 10:00 a.m.
Thursday, July 29 – 6:30 p.m.
SSM DePaul Health Center
This is a 1 hour tour held every 4th Thursday of every month and every 2nd Saturday of the month. Please register no later than the Tuesday before the 4th Thursday of the month, or no later than the Thursday before the 2nd Saturday of the month. Registration is required with at 314-SSM-DOCS (776-3627).

Breastfeeding Class

Wednesday, July 21

6:30 p.m.

Designed for mothers and significant family members to learn more about breastfeeding. Includes information on how the breast makes milk, establishing a good milk supply, avoiding sore nipples and nurturing the breastfeeding family. \$10 per couple.

Childbirth Preparation

Thursday, July 22

6:30 p.m.

SSM DePaul Health Center

Designed to assist women and their partners in preparing for the birth of their baby. Recommended during the second trimester of pregnancy. Includes: coping with labor, relaxation methods, breathing patterns and pain management options. Postpartum adjustment strategies are also explored. \$60 per couple.

Fertility Care Class

Tuesday, July 13

7:00 p.m.

Creighton Model Fertility Care System helps couples avoid or achieve a pregnancy based on a mucus discharge that is present in a woman around the time of ovulation. The Creighton Model also helps women with various medical issues such as Endometriosis, PCOS, severe cramps, and infertility. This method is taught by Fertility Care Practitioners. Their training is from the Creighton University School of Medicine Fertility Care Program. The first session is taught in a group and subsequent sessions are one-on-one with a nurse/ practitioner and the client/couple. The introductory class is \$30. Call 314-SSM-DOCS (776-3627) to register.

Pregnancy Massage

SSM DePaul Health Center

Let a certified massage therapist ease away many of the aches and pains you experience as your body changes during pregnancy through a one-hour massage session.

\$50 for a one-hour massage. Call 314-344-7879 to schedule an appointment.

Therapeutic Massage

SSM DePaul Health Center

Massage by certified massage therapist to provide stress release, relaxation and health benefits. \$60/hour massage or \$35/half-hour massage. Call 314-344-7879 for more information or to schedule an appointment.

Cholesterol/Glucose Screening

DePaul Wellness Center at SSM DePaul Health Center

12-hour fasting required for accurate results. Please allow 2 weeks for results. Cholesterol HDL/LDL/Triglycerides (requires 12 hour fasting)- \$17; Cholesterol, Total - \$10; Glucose, Only - \$10; Glucose, Combined with either Cholesterol - \$5. Call 314-344-6176 to schedule an appointment.

Calcium Scoring Heart Scan Program

SSM DePaul Health Center

This program uses advanced (CT) imaging to scan the arteries around the heart and measure or score the amount of calcium present in the plaque deposits. This screening, in combination with other heart disease risk factors (high

cholesterol, high blood pressure, cigarette smoking, physical inactivity, etc.) can help determine an overall picture of your current heart health and your risk for developing heart disease. Call 314-344-6030 to learn more about the heart scan program or to schedule an appointment.

SSM DePaul Wellness Center

Tired of getting locked into long-term memberships that you never use? Join the DePaul Wellness Center and receive a personalized program for your specific needs. Classes available on strength training, nutrition and smoking cessation.

Call 314-344-6177 for more details.

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