

## **NEWS RELEASE**

**May 7, 2010**

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

### **Christian Hospital June Community Programs**

#### **Look Good, Feel Better**

Anyone currently undergoing or just finishing cancer treatment is invited to experience a free makeover from certified cosmetologists that includes demonstrations on the use of wigs, turbans and scarves, nail care and cosmetics use. Complimentary cosmetics and skin care products provided. Sponsored by the American Cancer Society.

June 14, 10 a.m.–Noon

Christian Hospital Cancer Resource Center, 11133 Dunn Road at the I-270/Hwy. 367 interchange

Free

#### **Care That Makes Sense**

Join us for a fun morning to become familiar with North County's BJC Medical Group physicians, who are dedicated to providing our community with the best in medical care. Log onto [www.bjcnorthcounty.org](http://www.bjcnorthcounty.org) to see providers' credentials as well get a glimpse of their off-hours personalities in this innovative and informative format. Click to view the personal profile video of each provider.

Jamestown Mall Food Court

June 16

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.

June 18, 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.

#### **SHAPE Exercise**

(Senior Health And Physical Exercise) is an eight-week exercise program designed specifically for people aged 55 and older. Physician consent required.

June 21-Aug. 12

MW, 9-10 a.m.; M Th, 1-2 p.m.; T Th 8:30-9:30 a.m.; T Th 10-11 a.m.,

Graham Medical Center, 1150 Graham Rd., Ste. 104

\$35

### **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.

\$60 for 12 sessions

Registration none

M W, June 28-Aug. 4 , 5:30–6:30 p.m.

CH Training & Development Classrooms 1 & 2, Detrick Bldg. 2<sup>nd</sup> floor, 11133 Dunn Road at the I-270/Hwy. 367 interchange

### **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 11<sup>th</sup> 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.

