

FOR IMMEDIATE RELEASE: May 13, 2010CONTACT: Jamie Newell
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Healthy Happenings

June 2010

Stroke Support Group

Tuesday, June 1

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, June 10

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.

Heart Screening

Wednesday, June 16

8:00 a.m. – 11:00 a.m.

Main Entrance of SSM DePaul Health Center

Join the SSM Heart Institute for a full heart health screening that provides your total cholesterol, HDL cholesterol, blood glucose, body fat analysis and blood pressure. Fasting is not required for cholesterol/glucose testing. Cost is \$15. (You may qualify for a free screening when you complete our online risk assessment. Learn more at ssmhealth.com/heart.)

To register, call toll-free at 866-SSM-DOCS.

Cancer Survivors Day

Thursday, June 3

5:00 – 6:30 p.m.

May Center at SSM DePaul Health Center

A special celebration for cancers survivors. Reservations are required.

Call 314- 344-6090 to register.

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

Cancer Support Group

Wednesday, June 9

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.

I Can Cope

Wednesday, June 16

8:30 a.m. – 1:00 p.m.

May Room A at SSM DePaul Health Center

This group provides education and support to those facing cancer. It is held every other month.

Call 314-344-6090 to register or for more information.

Knee Replacement Class

Tuesday, June 1

6:00 p.m.

SSM DePaul Health Center

Call 314-291-3399 to register.

Hip Replacement Class

Tuesday, June 15

6:00 p.m.

SSM DePaul Health Center

Call 314-291-3399 to register.

Knee and Hip Replacement Class

Wednesday, June 9

6:30 p.m.

Call 314-837-5555 to register.

Weight Loss Surgery Seminar

Wednesday, June 9

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, June 16

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, June 2

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 June

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, June 3

6:00 p.m.

Bridgeton Community Center

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

AARP Driver Safety Program

Tuesday, June 1

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, June 15

11:30 a.m. – 1:00 p.m.

Bridgeton Trails Library

Call 314-344-7080 for more information.

Medsafe

Friday, June 11

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.

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.

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

Wednesday, June 2

6:00 p.m.

SSM DePaul Health Center

SSM provides training with the Creighton fertility method, which helps couples achieve or avoid a pregnancy.

Call 314-344-7115 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.