

## NEWS RELEASE

May 15, 2009

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. A light lunch will be served. Space is limited.

June 8, 10 a.m.-noon

Christian Hospital Resource Center, Professional Building 2, Hwy. 367/I-270 interchange.

Free

To register, please call 314-747-WELL.

#### **Oh Say Can You Breathe**

Brian Taylor, MD

An estimated 20 million people in the United States have asthma. Asthma is becoming more of a widespread disease. This morning Brian Taylor, MD will present on diagnosing asthma, managing asthma triggers and the available treatment options for breathing-related problems. Participants will have an opportunity to participate in a free lung function screening.

Tuesday, June 9, 2009

8:30-9:30 a.m.

St. Louis Mills, entrance #2, proceed to the right

Free

To register, please call 314-747-WELL.

#### **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 19, 2-3 p.m.

Village North Retirement Community, off Dunn Road just west of Christian Hospital and the 1-270/Hwy. 367 interchange.

Free

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

**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 and their family members. 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.