



FOR IMMEDIATE RELEASE: February 22, 2010

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## Healthy Happenings March 2010

### **Hip Replacement Seminar**

Join us for a FREE one-hour talk on hip replacement, explaining how the latest procedures mean quicker recovery. It's also a great chance to ask any questions you may have. Refreshments will be served

Saturday, February 27

10:00 a.m.

May Center at SSM DePaul Health Center

Call (314) 344-7500 to register or visit [ssmhealth.com/orthopedics](http://ssmhealth.com/orthopedics) to learn more.

### **Sleep Seminar**

Do you have problems getting to sleep or staying asleep? Join us for a FREE sleep disorder screening and seminar with Dr. Mary Polk, a board-certified sleep specialist on-staff with the SSM Center for Sleep Disorders at DePaul Health Center.

Monday, March 15

6:00 p.m.

May Center at SSM DePaul Health Center

Call (314) 776-3627 to register or visit [ssmhealth.com/sleep](http://ssmhealth.com/sleep) to learn more.

### **Mighty Hearts and Lungs – Support Group**

Thursday, March 11

12:00p.m. – 1:00p.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 314-344-7277 to register.

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

Monday, March 15

1:00 p.m. – 3:00 p.m.

SSM DePaul Health Center

A licensed cosmetologist teaches beauty suggestions for women undergoing chemotherapy or radiation therapy. Makeup and refreshments provided. To register, call 314-344-6090.

### **Cancer Care – Support Group**

Wednesday, March 10

5:00p.m. – 6:30p.m.

SSM DePaul Health Center

To register, call 314-344-6090.

**Weight Loss Surgery – Support Group**

Wednesday, March 17

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

**Adjustable Gastric Banding – Support Group**

Wednesday, March 3

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

**Grief and Loss – Support Group**

Tuesday, March 16

11:30a.m. – 1:00p.m.

Bridgeton Trails Library

Call (314) 344-7080 for more information.

**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**

SSM provides training with the Creighton fertility method.

Call 314-344-7115.