

NEWS RELEASE

Feb. 9, 2010

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

Christian Hospital March Community Programs

Imagine Nation Book Sale

New books are discounted 40 to 70 percent for readers of all ages. Choose from hardcovers and paperbacks including many popular titles from the *New York Times* Best Seller Lists, cookbooks, children's books, musical selections, photo albums, games and puzzles. Christian Hospital Auxiliary hosts the book sale to raise funds to improve patient care in North County.

March 3, 10 a.m.—4 p.m.

March 4, 7 a.m.—3 p.m.

Christian Hospital Lobby

Pressure Points: Putting the Squeeze on High Blood Pressure

Ever-changing guidelines, foods and medications all impact blood pressure. Join us for this fun and interactive course where you will learn blood pressure basics, get a chance to test drive some home measurement equipment, and get the latest scoop on emerging blood pressure issues.

Dates: March 10 & 17 (two-session program) Time: 10 a.m.-Noon

Location: Northwest HealthCare Community Room, 1225 Graham Rd.

Cost: Free

Colon Cancer Awareness

Colorectal cancer is preventable, even curable when detected early. Nearly 132,000 new cases of colorectal cancer will be diagnosed this year. Join us this morning and you will have an opportunity to collect information on diet and lifestyle changes that could help you prevent colon cancer.

Jamestown Mall Food Court

March 17

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.

March 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.

Diabetes Alert Day

We can't say this enough: 1-in-5 Americans are at risk for developing type 2 diabetes. Left untreated, diabetes can be deadly. In the early stages, symptoms are subtle and often go unnoticed until the damage has been done.

Now you have no excuses. We'll make it easy for you to get screened on Diabetes Alert Day with two locations and extended hours.

So get screened today!

Date March 23

Location CH Diabetes Institute, 11155 Dunn Road, Suite 101 N

Time 7 a.m.–3 p.m.

Location Northwest HealthCare, 1225 Graham Road, Florissant

Time 9 a.m.–6 p.m.

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. 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.