

## **NEWS RELEASE**

**April 15, 2009**

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

### **Christian Hospital May Community Programs**

#### **Sleepless in St. Louis?**

**Thursday, May 7, 2009**

**6:30 – 7:30 p.m.**

**Speaker: Gary Goldstein, MD, Pulmonologist**

**Northwest HealthCare Community Room**

**1225 Graham Road, Florissant, Missouri**

Are you having trouble falling or staying asleep? Do you often feel tired and fatigued during the day? Consider this - Lack of sleep can lead to depression, obesity and heart disease; can cause short term memory problems; creates dangerous situations on the job and on the road, and just plain makes you cranky.

It's time to do something about it.

The Sleep Disorder Center at Northwest HealthCare invites you to learn about the causes, diagnostic techniques and latest treatments for sleep problems from one of our board-certified sleep physicians.

Stay awake for this one. You (and all your friends and family) will be glad you did.

Call 314-747-WELL or 1-877-747-WELL to register!

#### **Anxiety screenings**

The Christian Hospital Center for Mental Health is offering free, confidential screenings for anxiety disorders on National Anxiety Disorders Screening Day. Mental health professionals will be on hand to answer questions and give out informative material about anxiety disorders. Appointments are required.

May 7, 10 a.m. – 2 p.m.

**Locations:** North County Recovery Center, 12434 Lusher Rd.; Christian Hospital Center for Senior Renewal, 1st floor Detrick Building, 11133 Dunn Rd.

Free

**Call 314-747-WELL or 1-877-747-WELL to register!**

#### **Colon Cancer Prevention**

Colon cancer is the third most common cancer found in men and women in the United States. The truth is Colorectal Cancer is preventable. Join us this morning and learn how you can have a healthier colon.

Speaker: Muhammad Yasin, MD  
Speaker: Muhammad Yasin, MD

May 12, 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.

May 15, 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 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 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.