



FOR IMMEDIATE RELEASE: April 28, 2009

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Healthy Happenings May 2009

Stroke Awareness Seminar

Nirav Vora, MD, will discuss the risk factors, symptoms and treatment of stroke. You can also take a free stroke risk assessment.

Friday, May 29

1:30 p.m. – 3:00 p.m.

May Center at SSM DePaul Health Center

Call (314) SSM-DOCS to register.

“Live Like Your Life Depends On It: Managing Heart Disease”

Seminar in recognition of Older American’s Month

Tuesday, May 5

1-3 p.m.

May Center at SSM DePaul Health Center

Call 636-947-5677 to register.

Grief and Loss – Support Group

Tuesday, May 19

11:30a.m. – 1:00p.m.

Bridgeton Trails Library

Call (314) 344-7080 for more information.

Mighty Hearts and Lungs – Support Group

Thursday, May 14

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.

Cancer Care – Support Group

5:00p.m. – 6:30p.m.

Wednesday, May 12

SSM DePaul Health Center

To register, call 314-344-6090.

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.

Nutrition Education

SSM DePaul registered dietitians can help you make sure your diet is right for you. Call 314-344-6157 for information.

Weight Loss Surgery – Support Group

Wednesday, May 20
5:30p.m. – 7:00 p.m.
May Center at SSM DePaul Health Center

Adjustable Gastric Banding – Support Group

Wednesday, May 6
5:30p.m. – 7:00p.m.
May Center at SSM DePaul Health Center

Fertility Care Services

SSM provides training with the Creighton fertility method. Call 314-344-7115.

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.

Knee Replacement Seminar

Tuesday, May 5
6 p.m.
SSM DePaul Health Center
Call (314) 291-3399 to register

Hip Replacement Seminar

Tuesday, May 19
6 p.m.
SSM DePaul Health Center
Call (314) 291-3399 to register

Knee and Hip Replacement (combined) Seminar

Wednesday, May 13
6:30 p.m.
SSM DePaul Health Center
Call (314) 837-5555 to register