

## **NEWS RELEASE**

Sept. 17, 2009

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

### **Christian Hospital October Community Programs**

#### **Nurturing the Seeds of Prevention**

##### **Women's Big 3 Luncheon**

Mother, daughters, sisters and friends are all invited to this educational afternoon. Learn about preventive measures you can take against the top three women's cancers: lung, breast and colon.

Oct. 3 9:30 a.m.-1 p.m.

Christian Hospital Detrick Building Atrium (Hwy. 367/I-270 interchange)

Cost Free

#### **Depression Screenings**

Free, confidential depression screenings for adults aged 18 and older in observance of National Depression Screening Day. Free screenings will be offered for four of the most common and frequently co-occurring mental disorders: depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder. Mental health professionals will be on hand to discuss screening results and referrals will be available for those who wish to seek further assistance.

Oct. 8, 10 a.m.-3 p.m.

North County Recovery Center, 12434 Lusher Road; or Christian Hospital Center for Senior Renewal, 1st floor Detrick Building (Hwy. 367/I-270 interchange)

Free

#### **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.

Oct. 12, 10 a.m.-noon

Christian Hospital Cancer Resource Center, POB 2 (Hwy. 367/I-270 interchange)

#### **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.

Oct. 16, 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.

### Show Me Healthy Women

Breast cancer and cervical cancer are most treatable when detected early. Christian Hospital provides free breast and cervical cancer screenings to Missouri women who meet certain age and income requirements. Join us and find out more about state-funded cancer screenings.

Jamestown Mall Food Court

Sept. 16

9-10 a.m.

Free

### Balancing Act: How to Improve Your Balance and Avoid Falls

Is your balance declining? Do you periodically lose your balance? If so, join us on Thursday, October 29, at noon to learn more about keeping your balance and avoiding falls. Kristine Ward, MS, PT, and Marsha Shepley, OT, both from BJC Home Care Services, will discuss a variety of topics including: the risk of falls, home safety, Lifeline Emergency Response, common causes of balance problems, ballroom dancing and its effects on balance and posture, and when to seek help from a physical or occupational therapist. A light lunch will be served.

Northwest HealthCare Community Room, 1225 Graham Rd.

Oct. 29, Noon

Free

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.