



FOR IMMEDIATE RELEASE: September 22, 2009

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## Healthy Happenings October 2009

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

Thursday, October 8

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.

### **I Can Cope**

Tuesday, October 20

8:30a.m. – 1:00p.m.

May Center at SSM DePaul Health Center

Learn how to manage cancer before and after treatment.

To register, call 314-344-6090.

### **Cancer Care – Support Group**

Wednesday, October 14

5:00p.m. – 6:30p.m.

SSM DePaul Health Center

To register, call 314-344-6090.

### **Weight Loss Surgery – Support Group**

Wednesday, October 21

5:30p.m. – 7:00 p.m.

May Center at SSM DePaul Health Center

### **Adjustable Gastric Banding – Support Group**

Wednesday, October 7

5:30p.m. – 7:00p.m.

May Center at SSM DePaul Health Center

### **Grief and Loss – Support Group**

Tuesday, October 20

11:30a.m. – 1:00p.m.

Bridgeton Trails Library

Call (314) 344-7080 for more information.

**Knee Replacement Seminar**

Tuesday, October 6

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

**Hip Replacement Seminar**

Tuesday, October 20

6 p.m.

SSM DePaul Health Center

Call (314) 291-3399 to register

**Knee and Hip Replacement (combined) Seminar**

Wednesday, October 14

6:30 p.m.

SSM DePaul Health Center

Call (314) 837-5555 to register

**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.