

# YOUR WELLNESS

January - December 2010



**SCHNECK**  
Better Healthcare Begins Here.

## MATERNAL/PRENATAL CLASSES

To register for these classes, call 524-3373 and leave a message.

### Breastfeeding Class

Meets 7:00-9:00pm, Classroom 5

Wednesdays: January 6, February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3, December 1

Fee: \$10 per person

Call 524-3373 for more information.

### Childbirth Preparation for Teens

Educates teens about what to expect when a parent is expecting.

Call 524-3373 to schedule and for more information.

### Early Pregnancy Class

Fee: \$10

Call 524-3373 to schedule and for more information.

### Grandparenting Classes—Free!

A class for grandparents wanting to receive information and learn current techniques about caring for infants.

Meets at 6:30-8:00pm, Classroom 5

Mondays: January 4, April 5, September 13, December 13

Call 524-3373 for more information.

### Infant CPR Class

Meets at 6:30-9:30pm, Classroom 5 (unless noted)

Mondays: January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13 (Ste. 130), October 11, November 8, December 13 (Ste. 130)

Fee: \$15 per couple, Pre-registration required

Call 524-3373 for more information.

### Prenatal/Lamaze Class

Meets 9:00am-3:00pm, Classroom 5

Saturdays: January 9, February 13, March 13, April 17, May 15, June 12, July 10, August 14, September 18, October 16, November 13, December 4

Fee: \$40 per couple if pre-registered, \$45 per couple without registration

Call 524-3373 for more information.

### Prenatal Refresher Class

Fee: \$10 per person

Call 524-3373 to schedule and for more information.

### Sibling Class—Free!

Meets 6:30-8:00pm, Classroom 5

Tuesdays: January 12, February 9, March 9, April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9, December 14

Call 524-3373 for more information.

## SPECIAL EVENTS FOR KIDS

### Safe Sitter

For boys and girls, ages 11 to 14, to learn how to handle emergencies when caring for younger children.

Meets 8:00am-4:00pm, Suite 130 (Jackson Medical Bldg)

Saturdays: March 13, May 22, June 26, September 4, November 20

Call 524-3373 to register.

## WEIGHT LOSS CLASSES AND SUPPORT GROUPS

### Bariatric Informational Seminar—Free!

Informational seminar for patients considering bariatric surgery for weight loss. Presented by Schneck bariatric program coordinator and surgeon.

Meets at 6:00pm, Classroom 3

Mondays: January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, December 13

Call 523-5879 for more information.

### Bariatric Support Group

Support for patients considering, planning, or having had bariatric surgery for weight loss.

Meets at 7:00pm

Mondays: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20

Call 523-5879 for more information.

### Weight Management/Nutrition

Overview of healthy diet, exercise, and behavior modification with a registered dietitian. Physician referral is required.

Call 522-0176 for more information.



## DISEASE SPECIFIC SUPPORT GROUPS AND CLASSES

### **Alzheimer's Education and Support Group**

For relatives and friends of individuals with Alzheimer's Disease.

Meets at 2:00pm, Zion Lutheran Church

Third Thursday of each month.

*Call 522-7499 for more information.*

### **Better Breathers**

This is a support group for adult patients and/or their family members with asthma, chronic bronchitis, emphysema, lung cancer, or other respiratory problems. Caregivers are also encouraged to attend. Coordinated by the Respiratory Care Department.

Meets at 3:00pm, Suite 130 (Jackson Medical Bldg)

Wednesdays: March 17, June 16, September 15,

December 15

*Call 522-0401 for more information.*

### **Diabetes Self-Management Training Program**

This two-hour program includes an overview of diabetes disease management skills with a certified diabetes educator and a review of diabetes meal planning with a registered dietitian. Insulin pump evaluation /training is also available. Physician referral is required.

*Call 524-3365 for further information.*

### **Diabetes Support Group**

Provides diabetics the opportunity to compare notes with others who face the same challenges.

Meets from 5:00-6:00pm, Schneck Auditorium

Mondays: January 18, April 19, July 19, October 18

*Call 524-3365 for more information.*

### **Fresh Start Smoking Cessation-Free!**

This evening class meets twice per week for two weeks.

Classes are scheduled on an as needed basis.

*Call 522-0401 to register and for more information.*

### **Joint Replacement Informational Seminar-Free!**

Informational seminar for patients considering joint replacement. Presented by program coordinator and a Seymour Orthopedics surgeon.

*Call 523-7827 for program dates and information.*

### **Wellness Programs - Sponsored by Scheck Foundation**

Health-related topics are presented at this FREE seminar.

*Call 524-4247 for program dates and information.*

**Working Well Program:** For business and industry, this program includes health screenings and educational workshops on weight control, stress management, nutrition, smoking cessation, and more. *Call 523-5861 for more information.*

## BEREAVEMENT / GRIEF SUPPORT GROUPS

### **GriefShare Support Group**

Sponsored by SMC Hospice and Burkholder Funeral Home.

A bereavement support group utilizing short DVD messages and group discussion on topics such as living with grief, family dimension changes, changes with friends, anger, loss of spouse, and more.

Meets for six weeks, in the spring and fall

*Call 523-4879 or 522-2517 for more information and schedule.*

### **Resolve Through Sharing Support Group**

For families who have experienced the loss of a child from miscarriage, ectopic pregnancy, or stillbirth.

Meets at 6:30pm

Tuesdays: January 19, February 16, March 16, April 20,

May 18, June 15, July 20, August 17, September 21,

October 19, November 16, December 21

*Call 522-0511 for more information.*

**To find out more information about these classes or to register online, go to [www.schneckmed.org](http://www.schneckmed.org) and click on Events & Classes.**

## CANCER CENTER SCREENINGS AND SUPPORT GROUPS

### **Breast Cancer Support Group**

Meets at 7:00pm (unless noted), Schneck Cancer Center  
Thursdays: January 14, February 11, March 11,  
April 8, (Wednesday) May 12, July 18 (6pm),  
September 9, October 14, November 11,  
December 10 (6pm)

*Call 522-0474 for more information.*

### **Colon Cancer Screening-Free!**

ColoCare, which is a test for blood in the stool that an individual does at home, will be handed out at the Annual Community Health Fair at no cost.

*Call 522-0480 for further information.*

### **Leukemia & Lymphoma Support Group**

Sponsored by the Leukemia and Lymphoma Society.  
Provides education about leukemia and lymphoma, treatment, side effects, and how to cope with treatment.  
Meets 6:00pm, Schneck Cancer Center  
Second Monday of each month.

*Call 522-0480 or 522-6090 for more information.*

### **Look Good, Feel Better**

Sponsored by the American Cancer Society.  
A community-based, free program teaching female cancer patients beauty tips to feel good about how they look during chemotherapy and radiation treatments.

Meets at 6:00pm, Schneck Cancer Center  
Mondays: February 22, April 26, June 28,  
August 30, October 25

*Call 522-0480 for more information.*

### **Man to Man**

Sponsored by the American Cancer Society.  
Provides education about prostate cancer, treatment, side effects, and how to cope with the disease and its treatment.

Meets at 6:00pm, Schneck Cancer Center  
*Call 522-0480 for schedule and further information.*

### **Prostate Cancer Screening-Free!**

A PSA test and Digital Rectal Exam performed by a physician. *Call 522-0480 for further information.*

### **Skin Cancer Screening-Free!**

A skin exam to identify abnormal skin lesions, done by a physician. *Call 522-0480 for further information.*



**If you are looking for healthcare information or resources available, call our  
Community Wellness Coordinator, Joannah Wischmeier, RN, at 523-5861.**

## COMMUNITY EVENTS

### **7th Annual Women's Health Fair - October 30**

Sponsored by the Schneck Foundation.  
Many free tests and screenings, as well as a variety of vendor booths offering free information regarding services and products. We also offer a comprehensive blood analysis for a reduced fee.

*Call 524-4247 for further information.*

### **27th Annual Community Health Fair - April 10**

Many free tests and screenings. We also offer a comprehensive blood analysis for a reduced fee. A variety of vendor booths will be present to offer free information regarding services and products.

*Call 523-5861 for further information.*

### **Diabetes Awareness Fair-November**

A variety of vendor booths will be present to offer FREE information regarding services and products.

*Call 524-3365 for more information.*

### **Jackson County Fair - July**

A week full of education, prizes, and fun at the Schneck Medical Center booth.

*Call 524-3343 for further information.*

The Schneck Nutrition Services Food Show will be held on Wednesday in the Pavilion. Learn about healthy eating tips and receive recipes.

### **Mini Health Fairs**

FREE screenings and blood testing will be available along with a comprehensive blood analysis for a reduced fee.

Medora - September

Crothersville - October

Brownstown - November

*Call 523-5861 for further information.*

### **Mother's Fair-February**

Breastfeeding, prenatal care, newborn care, and anesthesia are topics discussed.

*Call 524-3373 for further information.*