

YOUR WELLNESS

January - December 2012



SCHNECK
Better Healthcare Begins Here.

MATERNAL/PRENATAL CLASSES

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

B.A.B.E. Appointments

Before Admission Baby & Mother Evaluation appointments are scheduled during the 37th week of pregnancy to make the admission process easier. During the visit, a nurse will complete necessary forms and discuss the birth plan and what to expect upon arrival.
Call 522-0435 for more information.

Breastfeeding Class

Meets 7-9 p.m., Classroom 5 (5th floor of SMC)
Wednesdays: January 4, February 1, March 7, April 4, May 2, June 6, July 11, August 1, September 5, October 3, November 7, December 5
Fee: \$10 per person
Call 524-3373 for more information.

Breastfeeding Support Group - Free!

Meets 9-11 a.m. on Wednesdays, Classroom 5
Call 524-3373 for more information.

Car Seat Safety Check

A certified car seat technician ensures your infants and children are protected when riding in a vehicle.
Held every Wednesday, 2-4:30 p.m. by appointment.
Call 522-0435 for more information.

Childbirth Preparation for Teens

Educates teens about childbirth and caring for a new baby. Includes a tour of the Family Life Center.
Fee: \$15
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 p.m., Classroom 5
Mondays: January 9, April 9, August 13, December 10
Call 524-3373 for more information.

Prenatal/Lamaze Class

Meets 9 a.m.-3 p.m., Classroom 5
Saturdays: January 14, February 11, March 10, April 14, May 12, June 16, July 14, August 11, September 15, October 13, November 17, December 15
Fee: \$40 per couple if pre-registered, \$45 per couple without registration
Call 524-3373 for more information.

Sibling Class - Free!

Meets 6:30-8 p.m., Classroom 5
Tuesdays: January 10, March 13, May 8, July 10, September 11, November 13
Call 524-3373 for more information.

SPECIAL EVENTS FOR OLDER KIDS

Safe Sitter with CPR Instruction

For boys and girls, ages 11 to 13, this two-day class will teach sitters how to handle emergencies when caring for younger children.
Meets 8 a.m.-3 p.m., Suite 130 (Jackson Medical Bldg)
Wednesdays & Thursdays: March 21&22, May 30&31, June 13&14, July 25&26
Fee: \$40
Call 523-4770 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 p.m., Classroom 3
Mondays: January 9, February 13, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10
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 p.m., Classroom 3
Mondays: January 16, February 20, March 19, April 16, May 21, June 18, July 16, August 20, September 17, October 15, November 19
Call 523-5879 for more information.

Weight Management/Nutrition

Comprehensive weight management and lifestyle program, covering essentials for healthy eating, physical activity, and behavior modification strategies. Offering one-on-one sessions with registered dietitians who hold advanced degrees in nutrition and certificates of training in adult and pediatric weight management. Physician referral required.
Call 522-0456 or 522-0718 for more information.

Weight Mgmt. Follow-up Support Group—Free!

support group and information class for patients who have completed at least one education session with a Schneck registered dietitian. Provides accountability along with additional weight loss information and lifestyle tips.
Meets at 12 p.m., Nutrition Education Room
Fridays: January 20, February 17, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, November 16, December 21
Call 522-0456 for more information.

DISEASE SPECIFIC SUPPORT GROUPS AND CLASSES

Better Breathers

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 p.m., Suite 130 (Jackson Medical Bldg)

Wednesdays: March 14, June 13, September 12,
December 12

Call 522-0401 for more information.

Diabetes Self-Management Training Program

This comprehensive 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 5-6 p.m., Schneck Auditorium

Mondays: January 16, April 16, July 16, October 15

Call 524-3365 for more information.

Working Well Program: For business and industry, includes health screenings and educational classes on weight control, stress management, nutrition, smoking cessation, and more. Call 524-4244 for more information.

Fresh Start Smoking Cessation - Free!

Classes are scheduled on an as needed basis, with availability of attendees.

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 Schneck Orthopedics & Sports Medicine surgeon.

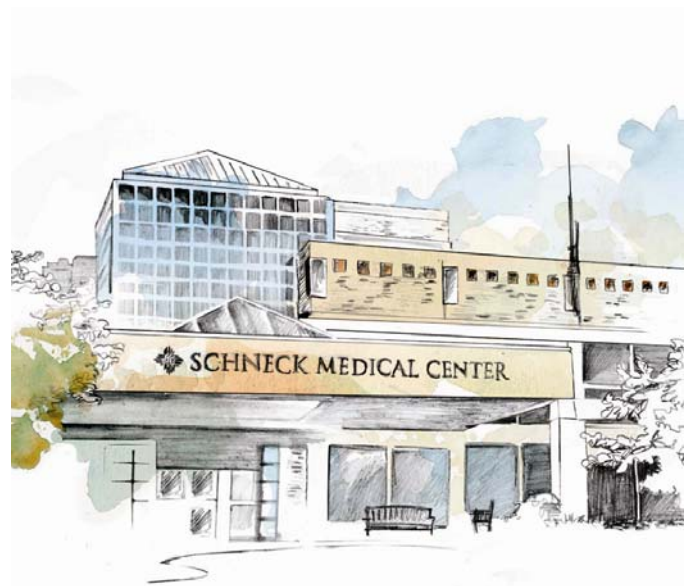
Call 524-3311 for program dates and information.

Wellness Programs

Sponsored by the Scheck Foundation

Health-related topics are presented at these FREE seminars.

Call 524-4247 for program dates and information.



BEREAVEMENT / GRIEF SUPPORT GROUPS

GriefShare Support Group

Sponsored by Hospice & First Church of the Nazarene
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. Held twice per year for six weeks.

Meets 7-8:30 p.m., First Church of the Nazarene

Thursdays: February 2-March 8 (second set of dates TBA)

Call 524-3382 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 7 p.m., Classroom 1

Mondays: January 16, April 16, July 16, October 15

Sunday: December 9 (Candle Light Service)

Call 522-0511 for more information.

To find out more information about these classes or to register online, go to www.schneckmed.org, click on Frequent Links, and then select Events & Classes.

CANCER CENTER SCREENINGS AND SUPPORT GROUPS

Breast Cancer Support Group

Meets at 6 p.m., Schneck Cancer Center
Thursdays: February 16, March 8, April 12, July 12,
September 13, October 11, November 8, December 6
Call 522-0474 for more information.

Clinical Breast Exam - Free!

Sponsored by the Schneck Foundation.
A screening exam to help identify those at risk for breast cancer. Financial assistance available for those with abnormal results and who can not afford a mammogram.
Held in conjunction with Mini Health Fairs.
July (Convenient Cares in N. Vernon, Scottsburg, and Salem) or September (Cancer Center in Seymour)
Registration is required.
Call 522-0477 for further 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 Day of Dance health fair in April and Mini Health Fairs at no cost.
Call 522-0480 for further information.



Leukemia & Lymphoma Support Group

Sponsored by the Leukemia and Lymphoma Society.
Provides education and open discussion about leukemia, lymphoma, and multiple myeloma, as well as treatment, side effects, and how to cope with treatment.
Meets 6 p.m., Schneck Cancer Center
Mondays: February 13, March 13 (*The Pines*), April 9,
May 14, June 11, August 13, Sept 10, October 8,
November 12, December 10
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 p.m., Schneck Cancer Center
Mondays: January 23, March 26, May 21, July 23,
September 24, November 26
Call 522-0480 for more information.

Oral Cancer Screening - Free!

An oral health exam performed by a dentist held on April 19 from 8 a.m. - noon. Registration is required.
Call 522-0480 for further information.

Prostate Cancer Screening - Free!

A PSA test and Digital Rectal Exam performed by a physician held on September. Registration is required.
Call 522-0480 for further information.

COMMUNITY EVENTS

9th Annual Girls' Morning Out - October 27

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.

29th Annual Day of Dance health fair - April 14

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 524-4244 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.
Nutrition Services Food Show will be held on Wed. in the Pavilion. Learn about healthy eating tips & receive recipes.

Mini Health Fairs

FREE screenings and blood testing will be available along with a comprehensive blood analysis for a reduced fee.
Held 6-9 a.m. Held 7-10 a.m.
North Vernon - July Medora - September
Salem - July Crothersville - October
Scottsburg - July Freetown - November
Brownstown - December
Call 524-4244 for further information.

Mother's Fair: Bellies, Birth Days & Babies - September
Information sessions and vendor booths will be present to offer tips about preparing for and celebrating motherhood.
Call 524-3373 for further information.