

MEMORIAL HOSPITAL'S

Positive Living Calendar



Programs and events at Memorial Hospital for you and your good health

JANUARY 2007

MAKE IT A Healthy New Year!

Now is the time that we traditionally make New Year's resolutions – including resolutions to quit smoking, lose weight, start an exercise program, and live a healthier life. All too often we lose our enthusiasm shortly after the clock strikes midnight.

This year, try to set realistic goals and remember no one is perfect. If you make a mistake – try again! Changing habits isn't easy, but small changes can make a big difference in the way you look and feel.

If you haven't scheduled your annual physical, make a point to call your doctor today. After all, your doctor is your partner in good health. If you don't have a doctor, call Memorial Hospital's physician referral line at (419) 333-2792.

Best wishes to you and your family for a healthy and happy new year!

Community Programs

TUESDAY

January 10 & 17 · 6:00–9:30 PM

Childbirth Education Classes – Childbirth education classes are designed to prepare expectant mothers and their partners for the childbirth experience, covering topics such as positions for labor, breathing and relaxation techniques, the role of the labor coach and what to expect during labor and delivery. The class meets on a bi-monthly basis in the Obstetrics Department. Cost of the class is \$30.00. Register by calling 419-332-7321, ext. 3253.

SATURDAY

January 13 · 10:00 AM

Sibling Class – Class will consist of a tour of the Obstetrics Department and a visit to the Nursery, with hopes of viewing a newborn. Class content will cover the equipment used during their mother's stay, the length of stay for their mother and new sibling and the proper care and treatment of a newborn. Cost of the class is \$10.00 for the first child and \$8.00 for each additional sibling. Each child will receive a T-shirt, coloring book, diaper and bottle. The class meets monthly. To register, please call 419-332-7321, extension 3253.

WEDNESDAY

January 24 · 7:00 PM

Breastfeeding Class – This free class is designed to provide you with the information you need to successfully breast-feed your newborn and new mother health care. Class content addresses commonly asked questions and concerns. Class meets in Meeting Room A of Memorial Hospital. Register by calling 419-332-7321, ext. 3253.

TUESDAY

January 30 · 9:00 AM

Shaking the Salt Habit – Golden Threads Senior Program is pleased to present Registered Dietician Nancy Brown, who will be presenting a free program entitled "Shaking the Salt Habit." Class will be held in Memorial Hospital's Chestnut Café. A low sodium breakfast will be served. Register by calling 419-334-6613.

Support Groups

MONDAY

January 8 · 7:00–8:30 PM

Diabetic Support Group – Meets in the Memorial Hospital Cafeteria, which is located on the 1st floor of the Hospital. The topic of discussion will be "Daily Living Assistive Devices/Products/Services," given by Elaine Frontera, B.A.A. and Mitchell Home Medical.

MONDAY

January 15 · 7:00–8:30 PM

Grieving Hearts Support Group – Meets at the Eliza Ramsay Home in Clyde. Open to all adults who have suffered the loss of a loved one and would like to share and learn from others in a caring environment. For more information, please call 419-547-6419.

Community Health Screenings

WEDNESDAY

January 3 · 9:00–10:00 AM

Blood Pressure Screening at Fremont Recreation Center – FREE and open to the public.

WEDNESDAY

January 10 · 9:00–10:00 AM

Blood Pressure Screening at Fremont YMCA – FREE and open to the public.

WEDNESDAY

January 17 · 2:00–4:00 PM and

6:00 – 8:00 PM

Blood Pressure Screening at Memorial Hospital in the lobby – FREE and open to the public.

TUESDAY

January 23 · 1:00–4:00 PM

Knee Clinic Screening – Free knee clinic screening for anyone experiencing knee pain/problems with the knee. Board Certified Osteopathic physician, Dr. J. Andrew Huddleston will be performing free knee screenings. To register for this Golden Threads sponsored event, please phone Memorial Hospital at 419-334-6613.

TUESDAY

January 23 · 5:30 PM

Grief Workshop – "When Mourning Dawns – Living Your Way Fully through The Seasons of Your Grief." This grief support group will meet every Tuesday for six weeks at the Eliza Ramsey Home in Clyde. To register or for more information, contact Hospice of Memorial Hospital's Bereavement Services at 419-547-6419 or 1-800-413-1555.



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Memorial Health Care Systems



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