

## Upcoming summer events at FMH

Written by George Browning

Tuesday, 18 June 2013 00:00 -

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Floyd Memorial Hospital recently released their list of upcoming events for the summer.

The following is a list of those activities.

### Free Take 2 for Heart and Stroke Screenings

Thursday, July 3, August 1 and September 5 by appointment, Floyd Memorial Paris Health Education Center. Receive one-on-one screening with a registered nurse, full lipid cholesterol panel, blood pressure, blood sugar, blood sugar A1C and body mass index. Registration is required by calling 1-800-4-SOURCE.

### Free Surgical Weightloss Seminar

Wednesday, July 17, August 21 and September 18, 6 – 7 pm, Floyd Memorial Cancer Center of Indiana.

Interested in bariatric surgery? You have options. Learn about gastric banding and gastric sleeve surgery and the support services offered by the Floyd Memorial Weight Management Center at this free informational seminar presented by our board certified surgeons.

### Kidney Disease Treatment Options Classes

Wednesday, July 17, August 21 and September 18, 10 am – Noon, Floyd Memorial Paris Health Education Center

Learn about the types of treatment for kidney disease including hemodialysis (home and in-center), peritoneal dialysis for home and kidney transplantation at this free class. Call (502) 895-7650.

### New Family Fundamentals: Midwives, Doulas and Dads

Wednesday, July 31, August 28 and September 25, 6:30 – 7:30 pm, Floyd Memorial Paris Health Education Center

Meet certified nurse midwife, Carla Layne, ARNP, CNM, and learn how a midwife can help during pregnancy, labor and delivery. A doula will discuss how they provide education and support for both parents. Dads will discover father fundamentals. This is a free class.

Registration required.

### Free Bone & Joint Pain Seminar

Tuesday, August 6, 6 - 7 pm, Floyd Memorial Paris Health Education Center

Learn about advanced treatments that may offer dramatic relief of your knee or hip pain. An orthopedic surgeon and nurse will discuss medications, exercise and joint replacement surgery. Register by calling 1-800-4-SOURCE.

### Sibling Class

Saturday, August 3, 10:30 am – 12:30 pm, Floyd Memorial Paris Health Education Center

This free class is for soon-to-be new brothers and sisters, ages 3 to 11, and their parents. Children will be shown how to diaper and hold a baby (doll), and tour the Birthing Center where they get to listen to the baby's heartbeat. Registration is required. Call 1-800-4-SOURCE.

### Fathering Fundamentals for New Dads

Saturday, August 10 and September 14, 9 am – Noon, Floyd Memorial Paris Health Education Center

Expecting a new baby and have questions or concerns? Dad's role is very important and this class will help prepare him when the baby arrives. Voice concerns, ask questions and receive "hands on" interaction with babies. Previous participants are invited back to the class with their babies to help put other dads at ease. Cost is \$25. Registration is required by calling Jerry Geller at (754) 224-0157 or jpg0705@aol.com.

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### Free Peripheral Artery Disease Screenings

Saturday, August 17, 8 – 10 am, Floyd Memorial Heart and Vascular Center

Are you at risk of stroke, heart attack or limb loss due to Peripheral Artery Disease (PAD)? This free screening at Floyd Memorial's Heart and Vascular Center includes a comparison of blood pressure levels of the arms and legs to determine the patient's Ankle Brachial Index (ABI), as well as a written questionnaire. Registration is required by calling 1-800-4-SOURCE.

### Babysavers Class

Thursday, August 29, 6:30 - 9 pm, Floyd Memorial Paris Health Education Center

This class is taught by certified CPR instructors and designed to teach new parents infant CPR. Cost is \$10 per couple for materials. Register by calling 1-800-4-SOURCE (1-800-476-8723) or online at [floydmemorial.com/events](http://floydmemorial.com/events).

### Free Screenings at the Floyd County YMCA

Monday, August 19, 9 – 11 am and Tuesday, September 17, 4:30 – 6:30 pm, Free blood pressure screenings, height and body composition as well as health education.

### Free Breastfeeding Class

Thursday, August 22, 6:30 - 9 pm, Floyd Memorial Paris Health Education Center

This free class will help you and your newborn have a successful breastfeeding experience. Discussion will include helpful hints and practical guidelines, as well as common misconceptions and barriers. Registration required. Registration is required by calling 1-800-4-SOURCE.

### Free Guided Grocery Shopping Tour

Thursday, August 29, 10 – 11 am, Sav-A-Lot in Jeffersonville, Allison Lane

Patients with diabetes have a lot of complicated decisions to make at the grocery store. Let a certified diabetes educator take you on a free, guided tour to help make sense of it all and ensure you're making the best choices for your health. Registration is required, call 1-800-4-SOURCE.

### Free Skin Cancer Screening

Thursday, September 12, 2 – 4 pm, Floyd Memorial Cancer Center of Indiana, 2210 Green Valley Rd. in New Albany

Free skin cancer screenings by local, certified dermatologists. Call 1-800-4-SOURCE to register.

### Free Health Fair at Greenville Christian Church

Saturday, September 14, 10 am – 2 pm, Free health screenings and education.

### Free Bone and Joint Pain Screening

Saturday, September 14, 7 – 11am

Floyd Memorial will be hosting a free joint pain screening of knees and hips featuring X-rays and consultation with an orthopedic surgeon. You'll also get an opportunity to meet the team of experts who will work with you every step of the way before and after your surgery. Space is limited and appointments are required. Screenings will take place at the Floyd Memorial Wound Healing Center. Registration is required by calling 1-800-4-SOURCE.

### We Love Our Kids Health Fair

Saturday, September 14, 1 – 4 pm, Slate Run Elementary School

Fun children and family activities, health screenings, health education and community resource information.

### Greenway 5K Family Health and Fitness Day

Saturday, September 28, 10 am – Noon, New Albany Amphitheater, Zumba, obstacle course,

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bounce house, yoga, 'Give Me 10' kick-off, family fun and games!