

## ?January schedule of events for WCMH

Written by Administrator

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? Washington County Memorial Hospital provides several classes, clinics and seminars throughout the month to provide the residents of Washington County with opportunities to improve their health. Following is a list of events and classes scheduled for the month of January.

**Childbirth and Sibling Classes:** Prenatal, sibling and childbirth classes are offered, as well as our new breast-feeding class. These classes are offered one-on-one with the expectant parents and can be scheduled at any time with one of our OB nurses. To register for any of these classes, call 883.5881 ext. 1111.

**Smoking Cessation:** This five-week class is taught on an individual basis. The class utilizes nicotine patches and the QuitSmart kit. These products are available through a grant from the Washington County Health Department for all class participants. Start on the road to a healthier you, quit smoking today! To register, call 883.5881 ext. 1222.

**Permanent Car Seat Fitting Station -** Washington County Memorial Hospital now offers free car seat safety checks. Dates and locations for these checks are January 14 and 28 from 2 - 5 p.m. at WCMH. To schedule an appointment, or for more information, call Matt Kidd at 883-5881 ext. 1376.

**Diabetes Support Group:** Get help and support from other individuals with diabetes. This support group is held on the second Tuesday of every month at 2 p.m. in the WCMH Classroom. Share recipes, ideas and tips for managing your diabetes. The January meeting will be held on January 13. To register, call 883.8565.

**CPR and First Aid:** This CPR and pediatric first aid class is open to the public and covers the needed skills for foster parents, day care workers and substitute teachers. It will be held on Saturday, January 24 from 8 a.m. – 4:30 p.m. in the WCMH Classroom. The cost is \$40, which includes materials. Registration fee must be paid the day of the class.

**Cancer Crusaders Support Group:** The next meeting of the Cancer Crusaders Support Group will be held on Tuesday, January 13 at 7 p.m. in the WCMH cafeteria. This support group is available to individuals dealing with cancer and/or family members and caregivers of cancer patients.

For more information, call 883.5881 ext. 1366.