

## ?February schedule of events for Washington County Memorial Hospital

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 February.

Go Red for Women Brown Bag Luncheon – Wear red on Friday, February 6, to raise awareness of heart disease and stroke and join WCMH Family Practice physician Kalen Carty, MD, as she discusses the risk factors and symptoms of heart disease that women need to know. The seminar will be held from Noon – 1 p.m. in the WCMH Classroom. For more information or to register, call 883.5881 ext. 1366.

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 offers free car seat safety checks. Dates and locations for these checks are Wednesdays, February 11 and 25 from 2 - 5 p.m. at WCMH. For more information or to register, 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 February meeting will be held on Tuesday, February 10. To register, call 883.5881 ext. 1366.

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, February 14 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. To register, call 883.5881 ext. 1228.

Cancer Crusaders Support Group – The next meeting of the Cancer Crusaders Support Group will be held on Tuesday, February 17 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.

Healthy Heart Community Screenings – Now is the time to learn your risk for heart disease and stroke. If you would like to know your cholesterol and blood glucose levels, stop by the hospital on Wednesday, February 25 from 8 – 10:30 a.m. for a \$12 full lipid panel (cholesterol breakdown) and blood glucose test. The results will be mailed to you and your family practice physician free of charge.

For more information or to register, call 883.5881 ext. 1366.