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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR MARCH 2010

Sharon, CT - Sharon Hospital is committed to providing members of the community the tools needed to make better healthcare decisions that promote healthy life styles. Through a variety of educational and support opportunities, participants are able to play an active role in their health and the health of their family. The following are the community health programs scheduled for the month of March. For additional information please visit sharonhospital.com

Most programs are free of charge and take place at Sharon Hospital or at the Good Neighbor's building, located at 1 Low Road, Sharon CT. Fees and alternate locations are listed. Reservations are appreciated for all programs by calling Sharon Hospital's Community Health program at 860.364.4498 or 800.666.6885 unless otherwise noted.

Wednesday, March 17

Oh my Aching Back

Please join Doctor Daniel George for a talk on spinal stenosis and other spinal conditions that cause back and leg pain.

Presented by: Daniel C. George M.D. Board Certified Orthopedic Surgeon specializing in comprehensive spinal care, including surgery.

12:30 PM to 1:30 PM • Board Conference Room Two • Sharon Hospital

Mondays & Thursdays, March 22,25,29 & April 1st

Smoking Cessation Class

Please join us for this American Cancer Society quit smoking 'Freshstart' program.

The Freshstart Program is designed to help participants stop smoking by providing them with all of the essential information and strategies needed to direct their own efforts at stopping. The program focuses on an active pragmatic approach to quitting smoking. Participants are encouraged to apply what they learn in Freshstart to other aspects of their lives.

\$20.00 for the entire class which will be refunded based upon full attendance.

6:00pm to 7:00pm • Board Conference Room One • Sharon Hospital • 860.364.4498 to register

Thursday, March 23

Healthy Weight Control

The Cancer Project's *Food for Life* Nutrition and Cooking Class

The Food for Life Nutrition and Cooking Class Series was launched in

2001 to help cancer survivors take advantage of the healing power of foods.

The goal of this program is to empower cancer survivors, their friends, and their family members with easy-to-implement cooking skills that turn every meal into a delicious dose of healthy nutrition.

Presented by: Jane Sirignano • www.cancerproject.org/classes • The Cancer Project
12:00 Noon to 1:00 PM • Board Conference Room Two • Sharon Hospital

Physician Referral Line

Learn more about primary care and specialist physicians in the tri-state and Sharon Hospital service area. Call the Sharon Hospital Physician Referral Line at **877.364.4202** or call sheila.sutton@sharonhospital.com. Visit sharonhospital.com and meet our Medical Staff on-line.

Weekly Support Groups and Classes

Sundays, March 7,14,21,28

Alcoholics Anonymous - Women's Group

7:30 pm • Four Trees Café • Sharon Hospital

Tuesdays & Fridays

Arthritis Foundation Exercise Program

Classes are free Sponsored by Advanced Therapy at Sharon Hospital

This program was developed especially for people with arthritis and helps maintain fitness while reducing arthritis pain. All classes are taught by an Arthritis Foundation certified instructor.

Please call 364.4498 or 800.666.6885 to register

10:00am – 11:00am • Four Trees Café at Sharon Hospital

Tuesdays, March 2,9,16,23,30

Yoga

8:45am and 5:30pm • Sharon Hospital Good Neighbor's building.

Strengthen and tone your body, gain flexibility, create balance & harmony. Beginners are welcome. \$90 for six weeks or \$15 per class.

Wednesday, March 3,10,17,24,31

Sharon Hospital's Caregiver Support Group

Join other caregivers in a comfortable setting to find support in caring for your loved ones. We focus on support & education in a group setting while encouraging conversation in a positive & nurturing environment. The Caregiver Support Group is facilitated by a licensed clinical social worker. For more Information about the Caregiver Support Group, please call Ludi Pappas at 860.364.4403.

The group will meet in the Behavioral Health Out-Patient meeting room on the second floor, Sharon Hospital at 10:30am.

Wednesdays, March 3,10,17,24,31

Sharon Duplicate Bridge Group meets every Wednesday afternoon at the Sharon Hospital Good Neighbor's building. Play begins at 1:00 pm, but players are asked to arrive no later than 12:45pm with a partner. New players from the Tri-State area are always welcome.

For more information call Harry Hall 860.364.1294 or Cindy Rubicam 860.364.0125.

Wednesdays, March 3,10,17,24,31

Cancer Support Group

Participants and family members are welcome. The group meets Weekly to share their experiences, to listen & to give support.

10:30am • Sharon Hospital • 2North Patient Lounge

Fridays, March 5,12,19,26

Stroke Support Group

Join other stroke survivors in a comfortable environment to socialize and communicate with others. This is a functional group that meets to discuss current events & enjoy conversation in a positive & nurturing environment.

11:00 am • Sharon Hospital • Advanced Therapy

Fridays, March 5,12,19,26

Alcoholics Anonymous - Open Meeting

7:30 pm • Sharon Hospital Four Trees Café

Monthly Support Groups and Classes

Hospice Volunteer Support Group

Sharon Hospital Four Trees Café

For further information call Louisa LaFontan 860.364.1796.

2nd Wednesday, March 10

Mended Hearts Support Group

7:00 pm • Sharon Hospital Four Trees Café

A national volunteer support group affiliated with the American Heart Association dedicated to providing help, encouragement & support to heart disease patients & their families.

For further information call Betty Rooney 845.373.8443.

2nd Wednesday, March 10

Western Connecticut Area Agency on Aging

Sharon Counseling Site at Sharon Hospital Good Neighbor's building

Questions & Answers

Medicare • Prescription Drug Plan • Program Entitlements • Care Giving Issues

Reservations required. Please call WCAAA at 800.994.9422 to register for the Sharon site.

Sharon Hospital Good Neighbor's building, 1 Low Road, Sharon CT.

Blood Pressure Screening

1st Thursday, February 4(with stroke risk assessment), 2pm - 3pm • Main Lobby at Sharon Hospital

4th Wednesday, February 24, 12pm - 1pm • Sharon Hospital Good Neighbor's building.

Co-sponsored by VNA Northwest.

1st Wednesday, March 3

Grief Support Group

2:00 pm – 3:00 pm • Sharon Hospital Two North Waiting Room

Our group meets monthly for those suffering with the loss of a spouse, partner, child, significant other or friend. This group is open to those 18 and older.

For further information please call Louisa LaFontan, RN, BSN at 860.364.1796.

2:00 pm – 3:00 pm • Sharon Hospital 2 North Waiting Room • There is no charge for participation.

Childbirth Education Classes

Classes are offered by Sharon Hospital's maternity department. Please call 860.364.4498 or 800.666.6885 to register. For a complete brochure, visit sharonhospital.com, click on services, click on maternity.

Monday, March 1

CPR Class • Infant & Child

This educational class is designed for the new parent, grandparent and other child care providers who would like to learn the basics of infant and child CPR life-saving skills, including the relief of choking.

4:30pm – 6:00 pm • Sharon Hospital Good Neighbor's building.

FEE

Tuesday, March 1

Baby Basics/Parenting Class

A one evening "how-to" course for new parents to make the transition to parenting a little easier.

5:30 pm – 6:30 pm • the Birthing Suites at Sharon Hospital

Tuesdays, March 9,16,23,30

Childbirth Education Class

For couples or individuals desiring prepared childbirth education. Topics include; end of pregnancy, labor, birth, postpartum, breathing and relaxation techniques, medications and anesthesia options.

7:00 pm – 9:00 pm • Sharon Hospital FEE

Wednesdays, March 3,10,17,24,31

Mothers and Toddlers Group

9:30 am-12:30 pm • Sharon Hospital Good Neighbor's building.

A weekly discussion group for new mothers with toddlers.

Wednesday, March 17

Prenatal Breastfeeding Class

For women who are at least six months pregnant. Partners are invited to share in the experience & to learn about the advantages & benefit of breast-feeding for mother and child, as well as the role of your partner in the breast feeding experience.

7:00 pm – 8:30 pm • the Birthing Suites at Sharon Hospital

Wednesday, March 3,10,17,24,31

Infant Massage

All parents and caregivers are invited to attend infant massage classes. This class is designed to teach parents and caregivers an amazing natural technique to enhance your baby's growth and development by using nurturing touch. Benefits include: reducing fussiness, improved sleep and better communication with your baby.

1:00 pm – 2:00 pm • the Birthing Suites at Sharon Hospital • 860.364.4498 for information

Wednesday, March 10 & 24

Lactation Support Group

This is an ongoing support for nursing mothers and their infants and is facilitated by Certified Lactation Counselors.

10:00am – 12:00pm

Sharon Hospital • Sharon Hospital Women's Center 1st floor lobby • Call 364.4498

Thursday, March 11

SPANISH Childbirth Education Class

Clases en español sobre el trabajo de parto y nacimiento.

Para parejas o individuos que deseen prepararse para el trabajo de parto. Los topics a cubrir durante las clases son: final del embarazo, trabajo de parto, alumbramiento, posparto, tecnicas de respiracion y relajamiento, medicacion y opciones de anesthesia para el dolor.

6:00 pm – 9:00 pm • Sharon Hospital honorarios

Thursday, March 25

Sibling Class

For the big brothers and sisters of all ages to help them adjust and prepare for the birth of the new baby.

6:30pm - 7:30 pm • the Birthing Suites at Sharon Hospital

Friday, March 26

Perinatal Loss Support Group

For families who have suffered a perinatal loss through miscarriage, stillbirth or neonatal death. Monthly discussion offers an opportunity for questions and answers.

7:00pm – 9:00pm • Sharon Hospital • Call Colleen Hurst at 364.4124

HypnoBirthing, Call for Dates

This class offers mothers and birth companions a safe and satisfying birthing experience through deep relaxation, visualization and special breathing.

FEE

Car Seat Safety

Car seat safety inspection by appointment

Free • Sharon Hospital Women's Center • Call 364.4498 for more information

Other Classes, Screenings & Support

Breast Cancer Support Network

A one-on-one support network for women with breast cancer. Volunteers are women who have gone through treatment for breast cancer and have received professional training to help others who are going through this rigorous journey. There is no fee for this network, and its services are available to the patient as long as they are needed.

Please call 860.364.4123.

American Heart Association CPR Classes are held monthly. Class space is limited and a fee is charged. Registration is required. CPR programs are available to area schools, businesses and organizations. Please call 860.364.4498 or 800.666.6885 for more information.

HIV Prevention Counseling & Education

Co-Sponsored by the Waterbury Health Department • Sharon Hospital
Good Neighbor's Building • Call 800.666.6885 for a free and confidential appointment.
Educational programs are available to area schools, businesses and organizations.

Lending Closet

Equipment donated for the use of others on a loan basis.
Supplies vary daily, please call 860.364.4498 for information.