



Contact:

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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR AUGUST 2007

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 August.**

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 860.364.1637 or 800.666.6885 unless otherwise noted.

July 18th-August 16th

Adolescent Speech & Language Summer Program

For children ages 12-17 who have difficulty understanding complex language or using language effectively:

- > Program runs for five weeks (10) sessions from 10am-11am
- week 1: Wednesday & Thursday, week 2-5: Tuesday & Thursday
- > During therapy, language based activities will be completed based on literature read in group
- > There will be group discussion & role playing as well as working on social language skills
- > Initial testing to be completed 6/1-7/3

Screening by speech & language pathologist, Melissa Braislin, MS, CCC-SLP,
Please call The Center for Physical Rehabilitation at 860.364.4065 for an appointment.

Friday, August 31

Health & Wellness Lecture Series

Orthopedics: Sports Medicine 2007, Updates & Advances

Speaker: Dr. Evan Rashkoff, M.D.

2:00 pm • Sharon Hospital Four Trees Café

Registration is appreciated, but not required, by calling 860.364.1637 or 800.666.6885.

August 27

Health & Wellness

Hearing Loss and Hearing Aids

Doctor Ari Namon will be discussing the ear; how it works and how hearing loss occurs, Doctor Glen Datres will explain the tools available to assist those of us with hearing loss to make our lives more fulfilling.

Speakers: Ari Namon M.D. and Glen Datres Au.D

3:00 pm • Sharon Hospital Four Trees Café

Weekly Support Groups and Classes

Sundays, August 5,12,19,26

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, August 7,14,21,28

Yoga

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

Strengthen and tone your body, gain flexibility, create balance and harmony.

Beginners are welcome. \$85 for six weeks or \$15 per class.

Wednesdays, August 1,8,15,22,29

Cancer Support Group

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

Participants (family members are welcome) meet weekly to share their experiences, to listen & to give support.

Thursdays, August 2,9,16,23,30

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, Center for Rehabilitation

Fridays, August 3,10,17,24,31

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, August 8

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

Blood Pressure Screening

1st Thursday, August 2, 2pm – 3pm • Main Lobby at Sharon Hospital

3rd Tuesday, August 21, 1-2 pm • Sharon Hospital Good Neighbor's building,

co-sponsored by VNA Northwest

Childbirth Education Classes

Classes are offered by Special Beginnings, Sharon Hospital's family-centered comprehensive birthing center. Please call 860.364-1637 or 800.666.6885 to register. For a complete brochure, visit sharonhospital.com, click on services, click on maternity.

Mondays, August 6,13,20,27

Mothers and Toddlers Group

10am-4pm • Sharon Hospital Good Neighbors building

Weekly discussion group for new mothers with toddlers.

Monday, August 6

Infant & Child CPR Class

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 Neighbors building

Friday, August 17

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.

6:30pm - 8:30pm • Sharon Hospital • Call 364-1637

Fridays, July 6,13,20,27

New Mothers Group

Bring your baby, meet other mothers, ask questions and share your experiences. Refreshments provided.

10am-11:30am • Sharon Hospital Good Neighbor's building

HypnoBirthing,

Tuesdays, July 17 – August 21

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

Call for dates. (Next Session July 17–8/21/07). FEE

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. Please call 860.364.1637.

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

HIV Prevention Counseling

Co-Sponsored by the Northwestern Connecticut Aids Project • Sharon Hospital Good Neighbor's Building • Call 800.381.2437 for a free and confidential appointment.

Lending Closet

Equipment donated for the use of others on a loan basis.

Supplies vary daily, please call 860.364.1637 for information.