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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR DECEMBER 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 December. 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 860.364.1637 or 800.666.6885 unless otherwise noted.

Tuesday, December 4

Health & Wellness Lecture Series

Holiday Blues

The holidays can be periods of great joy or great stress.

Please join us & plan to make your holiday memories & experiences rewarding.

Presented by: Christine Naungayan, MD and Aniela Salamacha, LCSW.

Space reserved on a first come first serve basis.

2:30 pm • Sharon Hospital Board Conference Room Two.

Cookies & cocoa will be served.

Thursday, December 6

Health & Wellness Lecture Series

Healthy Eyes

Join us for an informative discussion about smart strategies & common questions about the eye, including cataracts & macular degeneration.

Presented by: Avi Tantri, MD, Ophthalmology.

Registration required by calling 860.364.1637 or 800.666.6885.

Space reserved on a first come first serve basis • Light refreshments will be served.

4:30 pm • Sharon Hospital, Four Trees Cafe.

Wednesdays, December 5,12,19,26

Tai Chi

Please join the group for Tai Chi, an ancient Chinese art of meditation in motion which enhances flexibility and balance. It is said to be one of the only exercises where one gets better as one gets older.

4:30 pm - 5:20 pm

Wear loose comfortable clothes and flat shoes.

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

2nd Wednesday, December 12

Western Connecticut Area Agency on Aging

Sharon Counseling Site at Sharon Hospital Good Neighbor's building

Questions & Answers

- Medicare
- Medicare Prescription Drug Plan
- Program Entitlements
- Care Giving Issues
- And more...

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.

Weekly Support Groups and Classes

Sundays, December 2,9,16,23,30

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, December 4,11,18,25

Yoga

8:45am and 5:30pm • 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, December 5,12,19,26

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, December 5,12,19,26

Cancer Support Group

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

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

Thursdays, 6,13,20,27

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, December 7,14,21,28

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, December 12

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 & 4th Wednesday, December 12 & 26

Grief Support Group

6:00 pm – 7:15 pm • Sharon Hospital Two North Waiting Room

A supportive counseling group for those suffering with the loss of a spouse, partner, child, significant other or friend. This group is open to those 18 and older, who are struggling with recent or past loss. Traumatic loss or those who have lost a loved one from suicide. Join this supportive group to help cope with the impact of loss and to express feelings in a supportive environment. For further information please call Hope LaPlante, LCSW at 860.364.4426.

Blood Pressure Screening

1st Thursday, December 6, 2pm - 3pm • Main Lobby at Sharon Hospital

4th Wednesday, December 26, 12pm - 1pm • Sharon Hospital Good Neighbor's building,
Co-sponsored by VNA Northwest.

Childbirth Education Classes

Classes are offered by Sharon Hospital's maternity department. Please call 860.364.1637 or 800.666.6885 to register. For a complete brochure, visit sharonhospital.com, click on services, click on maternity.

Monday, December 3

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

Mondays, December 3,10,17,24,31

Mothers and Toddlers Group

10am-4pm • Sharon Hospital Good Neighbor's building

Weekly discussion group for new mothers with toddlers.

Fridays, December 7,14,21,28

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

Tuesday, December 4

Sibling Class

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

6:30 pm -7:30 pm • Sharon Hospital

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

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.

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.