



**Contact:**

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## **SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR DECEMBER 2008**

**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](http://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 9**

#### **FLU VACCINE CLINIC**

#### **Co-Sponsored with the VNA Northwest**

Medicare, Connecticut & Aetna are the only insurances accepted; please bring your Medicare Card and/or insurance card. Submit your receipt for other insurances that cover flu and pneumonia vaccination. Fee is \$35.00 for Flu Vaccine and \$45.00 for the Pneumonia Vaccine.

Must be 18 years or older.

11:30 pm – 1:00 pm • Sharon Hospital Good Neighbors building • 1 Low Road, Sharon.

### **Weekly Support Groups and Classes**

**Sundays, December 7,14,21,28**

**Alcoholics Anonymous - Women's Group**

7:30 pm • Four Trees Café • Sharon Hospital

### **Tuesdays & Thursdays**

#### **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 364.1637 or 800.666.6885 to register  
10:00am – 11:00am • Four Trees Café at Sharon Hospital

**Tuesdays, December 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, December 3,10,17**

**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 at Sharon Hospital at 10:30am.

**Wednesdays, December 3,10,17**

**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 3,10,17**

**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, December 5,12, 19**

**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, 5,12,19**

**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 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, December 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**

**1<sup>st</sup> Thursday, December 4, 2pm - 3pm • Main Lobby at Sharon Hospital**

**4<sup>th</sup> Wednesday, December 24, 12pm - 1pm • Sharon Hospital Good Neighbor's building.**

Co-sponsored by VNA Northwest.

**1st Wednesday, December 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 860.364.1637 or 800.666.6885 to register. For a complete brochure, visit [sharonhospital.com](http://sharonhospital.com), click on services, click on maternity.

**Mondays, December 1,8,15,22,29**

**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.

**Thursday, December 29**

**Baby Basics/Parenting Class**

A one evening "how-to" course for new parents to make the

transition to parenting a little easier.

6:30 pm -8:30 pm • Sharon Hospital Maternity Department

**Saturday, December 27**

**Sibling Class**

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

2:00 pm -3:00 pm • Sharon Hospital

**Fridays, December 5,12,19**

**New Mothers Group**

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

10am-12:00am • Sharon Hospital Good Neighbor's building

**HypnoBirthing,**

**Call for Dates**

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

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**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. Please call 860.364.1637.

**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 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 860.364.1637 for information.