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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR FEBRUARY 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 February. 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.

February is Heart Month Heart Healthy Events

Thursday February 7th

Blood Pressure Screening

Free. All are welcome.

Enter to win an American Heart Association cook book.

Drawing to be held February 29th.

Main Lobby, 2-3pm

Saturday February 16

CPR Class for our Community

Heartsaver AED

American Heart Association 2 year certification class, includes, CPR, AED use, relief of choking in adults and children, and infant CPR and relief of choking. Ideal for first time students and those who require credentialing for completion.

Sharon Hospital Good Neighbors building, 10am -1pm

FEE

Wednesday February 20th

Health & Wellness Lecture: Lunch & Learn

"Healthy Heart & Stress Relief"

Sharon Hospital BCR 2, 12 noon-1pm

Guest Speakers: Beth Vernali, APRN, Cardiology,
Anita Grinevics, MS, RD, CSG, CDN, Clinical Nutrition Manager and more. Join us for an informative session designed to help you gain a better understanding of ways to live a heart healthy life & reduce stress.

Thursday February 21

Cholesterol *Plus* FREE blood tests

Sharon Hospital Cardiology department, 7-10am

Cholesterol Screening

Cardiology Lobby, 7am– 10am

Lipid Profile includes cholesterol, triglycerides, HDL, calculated LDL and a **Fasting Blood Sugar**

Fasting after midnight is recommended

Wednesday February 27

Blood Pressure Screening

Sharon Hospital Good Neighbors building, 12 noon – 1pm

Free. All are welcome.

Thursday February 28th

Health & Wellness Lecture: Lunch & Learn

“Cardio Risk Factors”

Sharon Hospital BCR 2, 12 noon-1pm

Guest Speaker: Donald Soucier, DO, Chief Cardiology,

Sharon Hospital. Join Dr. Soucier for an informative discussion about risk factors and cardiovascular disease.

Weekly Support Groups and Classes

Sundays, February 3,10,17,24

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, February 5,12,19,26

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. \$90 for six weeks or \$15 per class.

Wednesdays, February 6,13,20,27

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, February 6,13,20,27

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.

Wednesdays, February 6,13,20,27

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, February 7,14, 21,28

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, February 1,8,15,22,29

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 – December 2008

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, February 13

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.

Blood Pressure Screening

1st Thursday, February 7, 2pm - 3pm • Main Lobby at Sharon Hospital

4th Wednesday, 27, 12pm - 1pm • Sharon Hospital Good Neighbor's building,

Co-sponsored by VNA Northwest.

1st Wednesday, February 6

Grief Support Group

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.

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

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.

Mondays, February 4,11,18,25

Mothers and Toddlers Group

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

Weekly discussion group for new mothers with toddlers.

Monday, February 4

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

Tuesdays, February 19, 26 & March 1,8

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

Tuesday, February 23

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

Wednesday, February 20

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 • Sharon Hospital Maternity Department

Thursday, February 28

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

Fridays, February 1,8,15,22,29

New Mothers Group

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

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.

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.

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