



**Contact:**

**Jim Hutchison, Community Health Coordinator**

860.364.1637 | [jim.hutchison@sharonhospital.com](mailto:jim.hutchison@sharonhospital.com) or

**Jill Musselman, Director Marketing & Public Relations**

860.364.4444 | [jill.musselman@sharonhospital.com](mailto:jill.musselman@sharonhospital.com)

## **SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR JANUARY 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 January. 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.

**Monday, January 21**

**Health & Wellness Lecture Series**

**Lunch Lecture**

**Healthy Eyes**

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

**Presented by: Avi Tantri, MD, Ophthalmology.**

Lunch will be served.

12 noon • Sharon Hospital Board Conference Room Two.

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

**Sundays, January 6,13,20,27**

**Alcoholics Anonymous - Women's Group**

7:30 pm • Sharon Hospital Four Trees Cafe

**Tuesdays, January 1,8,15,22,29**

**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, January 2,9,16,23,30**

**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, January 16,23,30**

**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, January 2,9,16,23,30**

**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, January 3,10,17,24,31**

**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, January 4,11,18,25**

**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, January 9**

**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**

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

**4<sup>th</sup> Wednesday, January 23, 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](http://sharonhospital.com), click on services, click on maternity.

**Tuesdays, January 8,15,22 & February 5**

**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

**Wednesday, January 16**

**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

**Mondays, January 7,14,21,28**

**Mothers and Toddlers Group**

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

Weekly discussion group for new mothers with toddlers.

**Tuesday, January 26**

**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

**Thursday, January 31**

**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, January 4,11,18,25**

**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

**Friday, January 18**

**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

**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.