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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR MARCH 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 March. 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.

Wednesday, March 5

Child Passenger Safety Presentation

4 Out of 5 Child Safety Seats Are Used Incorrectly! Is Your Seat One Of Them?

Officer James Dzamko from the New Milford Police Department will be our guest speaker. Officer Dzamko will give a presentation on the safe travel for children and all motor vehicle occupants.

Presented by: Officer James Dzamko, New Milford Police Department.

6pm • Sharon Hospital Board Conference Room Two.

Saturday, March 8

Healthwise 2008

Free Health Screenings

Sharon Hospital and Noble Horizons are proud to be working together with many other healthcare professionals to bring health care opportunities to our community. HealthWise '07 welcomed over 600 local residents, and we look forward to serving at least as many this year! Health Screenings are free to the community.

8:00am – 12:00noon • Hotchkiss School at the intersection of Routes 41 & 112 in Lakeville CT.

For more information please call 800.666.6885 or 860.364.1637

Tuesday, March 12

Health & Wellness

Sinusitis Diagnosis and Treatment

Dr. Ari Namon will answer the question; "How do you know if you have a sinus infection

and the right way to treat it?"

Speaker: Ari Namon, M.D.

3:00 pm • Sharon Hospital Four Trees Café

Weekly Support Groups and Classes

Sundays, March 2,9,16,23,30

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, March 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. \$90 for six weeks or \$15 per class.

Wednesdays, March 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, March 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, March 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, March 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, March 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 Wednesday, March 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.

Blood Pressure Screening

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

4th Wednesday, March 26, 12pm - 1pm • Sharon Hospital Good Neighbor's building,

Co-sponsored by VNA Northwest.

1st Wednesday, March 5

Grief Support Group

2:00 pm – 3:00 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.

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, March 3,10,17,24,31

Mothers and Toddlers Group

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

Weekly discussion group for new mothers with toddlers.

Tuesdays, March 18,25 & April 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, March 24

Sibling Class

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

6:00 pm -7:00 pm • Sharon Hospital

Thursday, March 27

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, March 7,14,21,28

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.