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## **SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR OCTOBER 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 October.**

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.

### **Thursday, October 25** **Health & Wellness Lecture Series** **Breast Cancer Lecture**

A panel discussion on the latest advances in breast cancer diagnosis and the latest treatments available.

**Speakers: Kirstin Anderson, MD General Surgeon, Christine Naungayan, MD Psychiatry, Lynn Egan, MD Internal Medicine.**

3:00 pm • Sharon Hospital Four Trees Café

### **Tuesdays, October 9 – November 13** **Smoking Cessation Class**

If you, a family member or friend, would like to join the quit smoking class please call 860.364.1637 or 800.666.6885 to register.

7:00pm - 8:00pm in Sharon Hospital's board conference room one

Cost of the six week class is \$90.00.

### **Thursday, October 11** **Health & Wellness Lecture Series** **HIV/AIDS Update**

Learn about the New CDC guidelines for testing and counseling and other significant advances.

**Speaker: Douglas Finch, MD, Internal Medicine and Infectious Disease**

6:00 pm • Sharon Hospital Four Trees Café

**Thursday, October 11**

**FLU VACCINE CLINIC**

**Co-Sponsored with the Northwest Visiting Nurse Association**

Medicare is the only insurance accepted; please bring your Medicare 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.

1:00 pm – 3:00 pm • Sharon Hospital Good Neighbors building • 1 Low Road, Sharon

***NEW***

**Wednesdays, Weekly** Starting October 17

**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 Neighbors building • 1 Low Road, Sharon

**Thursday, October 25** between 5:00 pm – 7:00 pm

**Friday, October 26** between 9:00am – 5:00 pm

**Walk-In Mammography Day**

No appointment needed. We are proud to participate in initiatives that provide medically underserved women with mammograms. To schedule an appointment, find out if you qualify for the program, or for more information about diagnostic services at Sharon Hospital, please call 860.364.4468.

Sharon Hospital Radiology Department

**Tuesday, October 31**

**Halloween Blood Drive – American Red Cross**

**Please Donate on the Save-A-Life-Bus**

Refreshments provided • Prizes for those in costume • Free T Shirt for the first 50 participants

Hosted by the Sharon Hospital's Laboratory Department

12 noon – 4:45 pm • Appointment Appreciated/Walk-ins welcome • 800.666.6885

***NEW***

**Western Connecticut Area Agency on Aging**

**Sharon Counseling Site at Sharon Hospital Good Neighbors building**

**Questions & Answers**

- Medicare
- Medicare Prescription Drug Plan
- Program Entitlements
- Care Giving Issues

- And More...

**2nd Wednesday, October 10** • Reservations required please call WCAAA at 800-994-9422  
Sharon Hospital Good Neighbor's building, 1 Low Road, Sharon CT 06069

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

**Sundays, October 7,14,21,28**

**Alcoholics Anonymous - Women's Group**

7:30 pm • Sharon Hospital Four Trees Cafe

**Tuesdays, October 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 and harmony.

Beginners are welcome. \$85 for six weeks or \$15 per class.

**Wednesdays, October 3,10,17,24,31**

**Cancer Support Group**

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

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

**Thursdays, October 4,11,18,25**

**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, Rehabilitation reception area

**Fridays, October 5,12,19,26**

**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, October 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

**2<sup>nd</sup> & 4<sup>th</sup> Wednesday**, October 10 & 24

**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**

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

**4<sup>th</sup> Wednesday**, October 24, 12pm - 1pm • Sharon Hospital Good Neighbor's building,  
Co-sponsored by VNA Northwest

**Childbirth Education Classes**

Classes are offered by Special Beginnings, Sharon Hospital's family-centered comprehensive birthing center. 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**, October 1

**Infant & Child CPR Class**

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 Neighbors building

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

**Mothers and Toddlers Group**

10am-4pm • Sharon Hospital Good Neighbors building

Weekly discussion group for new mothers with toddlers.

**Fridays**, October 5,12,19,26

**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**, October 9

**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

**Tuesday, October 9**

**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 Special Beginnings Dept. FEE

**Friday, October 19**

**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.

6:30pm - 8:30pm • Sharon Hospital • Call 364-1637

**Saturday & Sunday, October 20 & 21**

**Childbirth Education Class - WEEKEND**

For couples or individuals desiring prepared childbirth education. Topics include; end of pregnancy, labor, birth, postpartum, breathing and relaxation techniques, medications and anesthesia options.

9:00am – 4:00pm • Sharon Hospital

FEE

**Tuesdays, October 30 & November 6,13,20,27**

**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.

6:30 pm -8:30 pm • Sharon Hospital

FEE

**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.

**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.

**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.