



Contact:

Jim Hutchison, Community Health Coordinator
860.364.1637 | jim.hutchison@sharonhospital.com or

Jill Musselman, Director Marketing & Public Relations
860.364.4444 | jill.musselman@sharonhospital.com

SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR SEPTEMBER 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 September.**

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.

Friday, September 7

Health & Wellness Lecture Series

Orthopedics: Sports Medicine 2007, Updates & Advances

Speaker: Dr. Evan Rashkoff, M.D.

2:00 pm • Sharon Hospital Four Trees Café

Registration is appreciated, but not required, by calling 860.364.1637 or 800.666.6885.

Tuesday, September 18

Health & Wellness

Prostate Cancer Update

Doctors Jerome Roth and Stephen Yu will be discussing current concepts in the diagnosis and treatment of prostate cancer.

Speakers: Jerome Roth MD, FACS, urologist and Stephen Yu MD, FACS, urologist

6:00 pm • Sharon Hospital Board Conference Room II

Tuesday, September 18

Men's Health Fair (FREE)

A variety of health related topics of interest to men of all ages: Balance and Flexibility testing, Body Fat Analysis, Blood Pressure Clinic, Lab Screenings include; PSA blood test, BMET and random cholesterol, Health Information and Refreshments.

4:30pm - 6pm • Sharon Hospital Front Lobby

Registration is appreciated, but not required, by calling 860.364.1637 or 800.666.6885.

Wednesday, September 19

Health & Wellness Lecture Series

Updates & Advances

Cosmetic Lasers: Current use of Cosmetic Laser applications, hair removal, spider veins, brown spots, fine lines and wrinkles.

Speaker: Dr. Ari Namon, M.D.

6:00 pm • Sharon Hospital Four Trees Café

Registration is appreciated, but not required, by calling 860.364.1637 or 800.666.6885.

Sunday, September 30

Run, Walk & Roll

Community Day at Lime Rock Park

In Celebration of Physical Therapy Month

Gather your family, friends and sneakers! Join Sharon Hospital for our Community Celebration.

Free Family Fun, Free BBQ Lunch, Popcorn & cotton candy, Clown, face painting and balloons, Bouncy house, Bed Races (bring your own bed or use one of ours – call for details), Live coverage by Marshall Miles from CATV6, Live broadcast with Joe and Thia from Q103, Special appearance by Scrubby Bear, and more.....

*Helmets required for all cyclists, full protective equipment (helmet, wrist & knee pads) recommended for all rollerbladers.

12 noon – 3pm • Lime Rock Park, Route 112, Lakeville Connecticut

For Information about this event please call 800-666-6885 or 860-364-1637

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, September 12 • 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, September 2,9,16,23,30

Alcoholics Anonymous - Women's Group

7:30 pm • Sharon Hospital Four Trees Cafe

Tuesdays, September 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. \$85 for six weeks or \$15 per class.

Wednesdays, September 5,12,19,26

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, September 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, September 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, September 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

Blood Pressure Screening

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

4th Wednesday, September 26, 12pm - 1pm • Sharon Hospital Good Neighbor's building,
co-sponsored by VNA Northwest

NEW Starting October 3rd, the 2nd & 4th Wednesday of October

Grief Support Group will meet Monthly

6:00-7:15 pm • Sharon Hospital 2N Waiting Room

Facilitated by Hope LaPlante, LCSW (Social Worker) at Sharon Hospital

Call Hope at 860.364.4426 with any questions. Registration is not required.

A supportive counseling group for those struggling with a loss of a spouse, partner, child, loved one, significant other or friend. This support group is open to those 18 & older who are struggling with sudden traumatic loss, recent loss or issues from past losses, which remain unresolved as well as survivors of suicide or those who have lost loved ones through suicide. Join Hope to help cope with the impact of loss & to explore ways to process emotions & express feelings in a supportive environment.

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.

Mondays, September 3,10,17,24

Mothers and Toddlers Group

10am-4pm • Sharon Hospital Good Neighbors building

Weekly discussion group for new mothers with toddlers.

Tuesdays, September 4,11,18,25 & October 2

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

Tuesday, September 11

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

Fridays, September 7, 14, 21, 28

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

HypnoBirthing

Sundays, September 23 & 30

This class offers mothers and birth companion's safe and satisfying birthing through deep relaxation, visualization and special breathing.

11:00am – 4pm • Sharon Hospital Good Neighbor's building • 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.