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SHARON HOSPITAL ANNOUNCES COMMUNITY HEALTH CALENDAR FOR AUGUST 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 August. 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.

Tuesday, August 5

Tea Party – In Celebration of Mothers and Babies

In recognition of World Breastfeeding Week, area mothers and babies are invited to a Tea Party to be held in the Sharon Hospital Women's Center. Please join us for tea & cake.

2:00 pm – 4:00 pm • Sharon Hospital Women's Center 2nd Floor Lobby • All mothers are welcome. RSVP 860.364.1637. FREE.

Tuesday, August 26

Health & Wellness Lecture Series

Colon Cancer: Screening and Prevention

Join us for lunch and learn the latest information on colon cancer. What screenings are available and information on the latest treatment options.

Speaker: Joseph Scirica, MD, Gastroenterologist, Litchfield County Gastroenterology, 860.364.0647, 12:00 pm • Sharon Hospital Board Conference Room Two • Lunch will be served RSVP 860.364.1637. FREE.

Weekly Support Groups and Classes

Sundays, August 3,10,17,24,31

Alcoholics Anonymous - Women's Group

7:30 pm • Four Trees Café • Sharon Hospital

New Exercise Program – FREE

Arthritis Foundation Exercise Program

Sponsored by Advanced Therapy at Sharon Hospital. This program was developed especially for people with arthritis and helps maintain fitness while reducing arthritis pain. All classes are taught by an Arthritis Foundation certified instructor. Please call 860.364.1637 or 800.666.6885 to register.

10:00am – 11:00am • Four Trees Café at Sharon Hospital

Tuesdays & Thursdays

FREE

Tuesdays, August 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, August 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, August 6,13,20,27

Cancer Support Group

Participants and family members are welcome. The group meets weekly to share their experiences, to listen & to give support.

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

Fridays, August 1,8,15,22,29

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 • Advanced Therapy

Fridays, August 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, August 13

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, August 13

Western Connecticut Area Agency on Aging

Sharon Counseling Site at Sharon Hospital Good Neighbor's building

Questions & Answers

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

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, August 7, 2pm - 3pm • Main Lobby at Sharon Hospital

4th Wednesday, August 27, 12pm - 1pm • Sharon Hospital Good Neighbor's building, Co-sponsored by VNA Northwest.

1st Wednesday, August 6

Grief Support Group

2:00 pm – 3:00 pm • Sharon Hospital 2North 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 2North 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.

Fridays, August 1,8,15,22,29

New Mothers Group

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

10am-12:00am • Sharon Hospital Good Neighbor's building

Mondays, August 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, August 4

CPR Class • Infant & Child • New Parents & Family

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

Wednesday, August 6

Early Pregnancy Class

This class will focus on early pregnancy issues. Discomforts; what is normal and what is not.

Diet and exercise will be covered as well as medication use, testing, dental care & more.

Come with your questions and experiences.

6:00 pm • Sharon Hospital meet in Maternity Lobby • FREE

Thursday, August 7 & 21

Breastfeeding Support Group

A support group for breast feeding mothers and their babies, facilitated by a lactation consultant.

10:00am – 1:00 pm • Sharon Hospital Good Neighbor's building

Tuesdays, August 19, 26 & September 2, 9

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

Thursday, August 28

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

FREE

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

Other Classes, Screenings & Support

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 & Education

Co-Sponsored by the Waterbury Health Department • Sharon Hospital
Good Neighbor's Building • Call 800.666.6885 for a free and confidential appointment.
Educational programs available to area schools, businesses and organizations.

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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