



**Contact:**

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

**Sunday, September 28**

***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, 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

**Tuesday, September 30**

***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 30**

### **Men's Health Fair (FREE)**

A variety of health related topics of interest to men of all ages: Postural Analysis, Cardiac Screening, Stroke Screening, Lab Screenings include; PSA blood test, Basic Metabolic and Lipid Profile and Pulmonary Function Testing for those who qualify & Skin Cancer Screening (space is limited). Register for physician physical exam (DRE) at the event at no cost to participants. Meet the ROMEOS (Retired Old Men Eating Out) from Kent , Family Strides Father Involvement Group and the new Care Giver Support Group sponsored by the Adult Intensive outpatient Program at Sharon Hospital.

Health Information and Refreshments.

Registration required for some events, please call 860.364.1637 or 800.666.6885.

4:00pm - 6pm • Sharon Hospital Front Lobby

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

**Sundays, September 7,14,21,28**

**Alcoholics Anonymous - Women's Group**

7:30 pm • Four Trees Café • Sharon Hospital

**Tuesdays & Thursdays**

**Arthritis Foundation Exercise Program**

Classes are free 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 364.1637 or 800.666.6885 to register

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

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

**Wednesdays, September 3,10,17,24**

**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, September 2,9,16,23,30**

**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, September 5,12,19,26**

**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, September 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, September 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.

**2nd Wednesday, September 10**

**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**

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

**4<sup>th</sup> Wednesday, September 25, 12pm - 1pm • Sharon Hospital Good Neighbor's building, Co-sponsored by VNA Northwest.**

**1st Wednesday, September 3**

**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](http://sharonhospital.com), click on services, click on maternity.

**Fridays, September 5,12,19,26**

#### **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, September 8,15,22,29**

#### **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, September 30, October 7, 14 & 21**

#### **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, September 17**

#### **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

**Thursday, September 4,11,18,25**

#### **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

**Monday, September 25**

#### **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

**Thursday, September 29**

#### **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

**Friday, September 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.

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

**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.