

# February 2012

## Make it a Healthy Month

- 1 **Diabetes Self Management;** 8:30am – 12:30pm; Meeting Room Next to Cafeteria – Mt. Vernon Hospital Campus (Doctor's order required) (Must pre-register by calling 618.241.2708)  
**Stress Management Class;** "Parenting Tips" with Anjie Campbell, LCPC Outpatient Therapist; 12-1pm; Centralia Recreation Complex/Centralia (Must pre-register by calling 1.888.257.6098)
- 2 **Diabetes Self Management;** 8:30am – 12:30pm; Meeting Room 1 – Centralia Hospital Campus (Doctor's order required) (Must pre-register by calling 618.241.2708)  
**Blood Pressure Screenings;** 9am-12pm; Centralia Recreation Complex/Centralia  
**Infant Feeding Class;** 6pm; 5th Floor Classroom – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)  
**Family & Friends CPR;** 6:30pm – 9:30pm; IS Learning Center, Centralia Hospital Campus (Must pre-register by calling 1.888.257.6098)
- 3 **Yoga;** 10:30am-11:30am; Rolland Lewis Building – Mt. Vernon
- 4 **Saturday Prenatal Class;** 9am – 3pm; IS Learning Center – Centralia Hospital Campus (Must pre-register by calling 1.888.257.6098)
- 7 **Sibling Class;** Preparing for the New Baby; 6pm; 5th Floor Classroom – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)

- 7 **Diabetes Support Group;** 7pm; Cafeteria – Mt. Vernon Hospital Campus
- 8 **Diabetes Self Management;** 8:30am – 12:30pm; Meeting Room Next to Cafeteria – Mt. Vernon Hospital Campus (Doctor's order required) (Must pre-register by calling 618.241.2708)
- 9 **Diabetes Self Management;** 8:30am – 12:30pm; Meeting Room 1 – Centralia Hospital Campus (Doctor's order required) (Must pre-register by calling 618.241.2708)  
**Stroke Support Group;** 9:30am-11am; 3rd Floor Rehab Dining Room – Mt. Vernon Hospital Campus  
 **Women's Heart Night;** 6pm – 8pm; Cedarhurst Center for the Arts – Mt. Vernon (Must pre-register by calling 1.888.257.6098)
- 10 **Yoga;** 10:30am-11:30am; Rolland Lewis Building – Mt. Vernon
- 11 **Saturday Prenatal Class;** 9am – 4pm; OB Classroom/5th Floor – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)
- 13 **3 Part Prenatal Class;** 6pm; 5th Floor Classroom – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)  
**Look Good Feel Better - Free make-up and skin care tips for chemotherapy patients;** 6pm – 8pm; Meeting Room – Centralia Hospital Campus (Must pre-register by calling 618.241.2217)
- 14 **Diabetes Support Group;** 6pm; Auditorium – Centralia Hospital Campus
- 16 **Grief Support Group;** 11am-1pm; Home Health Conference Room – Sister Joanne Building – Mt. Vernon Hospital Campus

- 18 **Breastfeeding Class;** 9:00am – 10:30am; Education IS Learning Center – Centralia Hospital Campus (Must pre-register by calling 1.888.257.6098)  
**Sibling Class;** Preparing for the New Baby; 10:45am – 11:45am; Education IS Learning Center – Centralia Hospital Campus (Must pre-register by calling 1.888.257.6098)
- 20 **3 Part Prenatal Class;** 6pm; 5th Floor Classroom – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)
- 22 **Breast Cancer Support Group;** 6pm; Meeting Room next to Cafeteria – Mt. Vernon Hospital Campus
- 23 **Cancer Support Group for survivors and significant others; free meal provided;** 6:30pm; Auditorium – Centralia Hospital Campus
- 24 **Yoga;** 10:30am-11:30am; Muny West, 200 Potomac Blvd. – Mt. Vernon  
**Red Cross Blood Drive;** 8am – 1pm; Classroom 1 – Sister Joanne Bldg. – Mt. Vernon Hospital Campus
- 27 **3 Part Prenatal Class;** 6pm; 5th Floor Classroom – Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)  
**Bariatric Support Group;** 6pm – 7pm; Patio Room next to Cafeteria, Mt. Vernon Hospital Campus (Must pre-register by calling 1.888.257.6098)

To register, or for more information, call toll-free:

**1.888.257.6098**