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SoutheastHEALTH October Health Briefs

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Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, October 5, at 6 p.m., and Thursday, October 29, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort. You will learn how our individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program. The program includes: Starting Point and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more. Pre-registration is required. Register online at SEhealth.org/classes-events or call 573-986-4440.

Share Virtual Walk

The SoutheastHEALTH Foundation will host its Annual Share Walk for Remembrance and Hope the weekend of October 9 – 11. The walk will be held virtually due to COVID-19 challenges. Participants who have their own walk are encouraged to send any videos or pictures to Matt Latham at mlatham@sehealth.org. A memorial video will be put together with the family's photos or videos and will be posted on SoutheastHEALTH's social media. If you are walking in memory of someone and would like the name included in the video, please direct that information to Matt Latham as well. The walk allows families to find comfort in friendship and strength in shared experiences of pregnancy and infant loss along with hope for healing and happiness. Proceeds from the walk allows Share to continue to support bereaved families at no charge. For more information, contact Matt Latham, 573-519-4923.

Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. The meeting will be from 1 to 2 p.m. on Tuesday, October 13, at HealthPoint Plaza in Cape. This month's topic is "Tools and Gadgets in Diabetes Care." The program will focus on some of the tools and gadgets on the market that may be beneficial in managing diabetes. Pre-registration is required. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Thursday, October 14, from 6 to 8 p.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. Cost of the class is \$50 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information, call 573-755-2301 or 573-986-4400.

An Apple Explosion

Fall is the best time of year to enjoy apples. There are many varieties and so many healthy ways to prepare them. Join us from 6 to 7:15 p.m. Monday, October 19, for fun, new recipes and samples. Healthy Cooking Classes at HealthPoint Fitness-Cape are taught by HealthPoint Nutritional Services Coordinator Raina Childers-Richmond, MS, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class size is limited to 10 participants and pre-registration is required. Click on SEhealth.org/Events or call 573-986-4440 to register.

Grief Support Group

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, October 21, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Seasons of Change." For more information about this support group, please call Southeast Hospice, 573-335-6208.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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