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## SoutheastHEALTH January 2021 Health Briefs

JANUARY 11TH 2021 BY DEE LOFLIN

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## **SoutheastHEALTH January 2021 Health Briefs**

### **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, January 11, at 6 p.m., and Thursday, January 28, 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 Weight Loss Program, Nutritional Coaching, Personal Training

and more. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)986-4440.

### **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 Saturday, January 16, from 9 to 11 a.m. at HealthPoint Fitness in Cape. This course teaches skills with the American Heart Association's research-proven 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. This class is not for healthcare providers seeking a BLS class. 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.

### **Healthy Cooking: Comfort Foods**

During this time of year, colder weather makes us long for some of those favorite dishes Mom made. Join us on Monday, January 18, to learn how good lighter versions of these tasty, soothing morsels can be. 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 sizes are limited. To register, call (573)986-4440.

### **Grief Support Group: Grief 101**

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, January 20, at HealthPoint Fitness in Cape. Topic for this month’s meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is “Grief 101: What is Normal?” For more information about this support group, please call Southeast Hospice, 573-335-6208.

American Red Cross Blood Drive

Winter is a critical time when it comes to adequate blood supplies. This month, give the gift of life. SoutheastHEALTH Volunteer Services will host a blood drive on Thursday, January 28, from 11:30 a.m. to 5:30 p.m. in the Southeast Hospital Harrison Room. Registration is required to allow for social distancing. To make an appointment, visit [rcblood.org/appt](http://rcblood.org/appt).

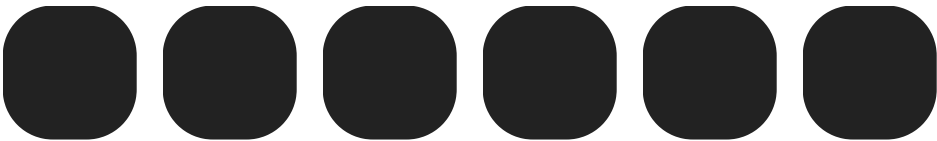
About SoutheastHEALTH

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](http://SEhealth.org).

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