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## SoutheastHEALTH June 2021 Health Briefs

MAY 27TH 2021 BY DEE LOFLIN

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## **SoutheastHEALTH June 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, June 7, at 6 p.m., and Thursday, June 24, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. 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 Thursday, June 17, from 9:30 to 11:30 a.m. at HealthPoint Fitness in Jackson. 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.

### **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, June 8, at HealthPoint Plaza in Cape. This month's topic is "Diabetes and Heart Failure." Morgan Siemer, APRN with the SoutheastHEALTH Heart Failure Clinic, will discuss management of heart failure in patients with diabetes. She will also share ways to reduce risk factors for developing this serious condition. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

### **Grief Support Group: Nurturing**

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, June 16, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie

Metgzer, LCSW, a bereavement counselor with Southeast Hospice, is “Nurturing Yourself in Grief.” For more information about this support group, please call Southeast Hospice, 573-335-6208.

### Healthy Cooking: Convenient, Healthy Eating

Join us on Monday, June 21, to learn about tricks for navigating the center aisles of the grocery store. Find out more about tasty, budget friendly and yes, healthy dishes that are “convenient.” 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.

### American Red Cross Blood Drive

There’s no vacation from maintaining critical blood supplies during the summer months. SoutheastHEALTH Volunteer Services will host a blood drive on Wednesday, June 23, from 7 a.m. to 4 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).

### Coming in July: Independence Day 5K

Southeast HealthPoint Fitness will host the Independence Day 5K on Sunday, July 4. The race, which has a 7:04 a.m. start, begins and ends at HealthPoint Fitness in Jackson. Events include a Firecracker 1 Mile Walk or Run, a 5K Walk, a 5K Run and a Virtual Run/Walk. This is a Cape Road Runners Grand Prix Race. Proceeds benefit SoutheastHEALTH Children’s Health and Wellness programs. Individuals who register by Wednesday, June 16, will receive a Dri-Fit T-shirt. Online registrations are accepted until July 1 at [SEhealth.org/July4race](http://SEhealth.org/July4race). For more information, call HealthPoint Fitness in Jackson, 573-755-2301.

### 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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