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# SoutheastHEALTH July 2022 Health Briefs

JULY 02ND 2022 BY DEE LOFLIN

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## **SoutheastHEALTH July 2022 Health Briefs**

### **Be a Healthier You in 2022!**

Small changes can make BIG improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit [SEhealth.org/challenge](http://SEhealth.org/challenge). Our challenge this month is quitting smoking, vaping and tobacco use. Smoking increases the risk of heart disease and stroke by two to four times. It also increases your chances of developing lung cancer. The challenge in July will be to complete a short quiz to test your knowledge of smoking/vaping. For completing the quiz, you will be entered into a drawing for one of the following prizes:

\$50 Visa Gift Card

Bean bag yard game.

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

### **Vascular Screenings**

You may be at risk of a preventable, life threatening condition and not know it. Find out through vascular screenings that take as little as 15 minutes. Screenings include carotid artery (for stroke prevention), abdominal aorta test (for aneurysm prevention) and peripheral artery test (for prevention of peripheral artery disease). All three of these tests cost \$110. A bone density test to identify those at risk for osteoporosis is also available for \$30. Screenings are Wednesday, July 6, noon to 5 p.m., HealthPoint Fitness in Jackson; Thursday, July 7, noon to 4 p.m., Clinton Building in Sikeston; and Friday, July 8, 10 a.m. to 3 p.m., HealthPoint Fitness in Cape. To schedule an appointment, call 1-800-800-5123.

### **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, July 11, at 6 p.m., and Thursday, July 21, 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 Monday, July 11, from 9:30 to 11:30 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.

### 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, July 12, at HealthPoint Plaza in Cape. This month's topic is "Understanding Alzheimer's and Dementia." Participants will learn the difference between Alzheimer's and dementia along with the impact, stages and risk factors of Alzheimer's. A staff member from the Alzheimer's Association will be the guest speaker and will discuss current research and treatment available to address symptoms of these two conditions. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

### Healthy Cooking: Air Fryer Essentials

Join us on Monday, July 18, to learn how to make delicious and healthy air-fried meals, no matter your culinary skill level. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

### Grief Support Group: Secondary Losses

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, July 20, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Secondary Losses." 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.

LAST UPDATED ON JULY 02ND 2022 BY DEE LOFLIN

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