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SoutheastHEALTH October 2022 Health Briefs

SEPTEMBER 30TH 2022 BY DEE LOFLIN

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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 3, at 6 p.m., and Thursday, October 20, 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 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, October 13, from 6 to 8 p.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, October 11, at HealthPoint Plaza in Cape. This month's topic is "Main Dish Salads." Come join Laura Vollink RD, LD, Nutrition Services Coordinator at HealthPoint Fitness and explore different ingredient combinations that are bursting with flavor and nutrition.

Healthy Cooking: Chili, Soups and Stews

Join us on Monday, October 17, to learn more about some hot and healthy soups as we enter the cooler months and how to incorporate vegetables and grains to boost nutrition and enhance the flavor of these fall favorites. 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: The Grief Roller Coaster

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, October 19, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "The Grief Roller Coaster." For more information about this support group, please call Southeast Hospice, 573-335-6208.

American Red Cross Blood Drive

Every two seconds, someone needs a blood transfusion. Roll up your sleeve and help. Southeast Hospital will host a blood drive on Friday, October 28, from 7 a.m. to 4 p.m. Registration is required to allow for social distancing. To make an appointment to donate, visit 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.

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