

February 2012

in good HEALTH

Information & events promoting wellness in our community

COMMUNITY EDUCATION CLASSES & PROGRAMS

MEDICAL MILESTONES LUNCHEON

An educational program sponsored by St. Luke's Foundation.

February 3, noon-1:30 pm

Topic: Not Just for Men Anymore: Cardiovascular Disease in Women

Speaker: Disha Mookherjee, MD, FACC, St. Luke's Cardiology Associates

For more information on registration and cost, call 218.249.5249.

HEALTH CARE PROFESSIONAL BLS CERTIFICATION

Certification for health care workers in adult, child and infant CPR and choking.

February 6, 6:00-10:00 pm OR

February 10, 8:30 am-12:30 pm

Pre-registration required. Call 218.249.6932. \$40.

TOTAL JOINT REPLACEMENT CLASS

Pre-surgical class for patients scheduled for total knee or hip replacement.

February 14 & 22, 3:00-4:30 pm

915 East First Street, 2nd Floor

Call 218.249.5644 to register.

No charge.

CHILD CAR SEAT SAFETY CLINIC

A certified car seat technician evaluates your child's car seat for proper installation. No appointment necessary. First-come, first-served basis.

February 16, 10:00 am-noon

Duluth Fire Station #7

1419 West Maple Grove Road, Duluth

For more information, call

218.730.4380. No charge.

Child Car Seat Safety Clinics are offered through a partnership of St. Luke's, the Duluth Fire Department and Northland's NewsCenter.

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

Learn about lifestyle changes that may accompany weight loss after gastric bypass or gastric banding surgery.

February 22, 6:00-7:30 pm

1001 East Superior Street, 4th Floor

Call 218.249.2410 to register.

No charge.

CHILDBIRTH EDUCATION CLASSES

WEEKEND LABOR AND DELIVERY

February 3 & 4

Friday, 6:30-9:00 pm

Saturday, 9:00 am-4:30 pm

St. Luke's Auditorium, 2nd Floor

\$50/couple.

LABOR AND DELIVERY 3-DAY CLASS

February 7, 8 & 9, 6:00-9:30 pm

St. Luke's Auditorium, 2nd Floor

\$50/couple.

BABY'S FIRST YEAR

A class for future parents to learn about baby's first year of life.

February 20, 6:30-9:00 pm

St. Luke's Auditorium, 2nd Floor

\$20/couple.

DADS-TO-BE CLASS

Fathers-to-be discuss all aspects of pregnancy, labor/delivery and impending fatherhood.

February 23, 6:30-8:00 pm

St. Luke's Auditorium, 2nd Floor

No charge.

Pre-registration is required for Childbirth Education Classes. Call 218.249.5527 to register. For email registration, go to slhduluth.com and click "Classes & Programs."

SUPPORT GROUPS

HEPATITIS C SUPPORT GROUP

Disease and treatment information for patients, families and others.

February 1, 3:30-5:00 pm

St. Luke's Lakeview Building

1001 East Superior Street, 4th Floor

For more information, call 218.249.7990.

No charge.

WOMEN AND HEART DISEASE SUPPORT GROUP

For women with heart disease or who want to learn more about heart disease.

February 2, 7:00-8:00 pm

1001 East Superior Street, 2nd Floor

For more information, call 218.249.7990.

No charge.

BREAST CANCER SUPPORT GROUP

For breast cancer patients.

February 6, 6:00-7:30 pm

St. Luke's Regional Cancer Center

1001 East Superior Street, 1st Floor

For more information, call

218.249.5468. No charge.

BREASTFEEDING MOTHERS GROUP

For new and expectant moms and others who support breastfeeding.

February 6 & 20, 5:30-7:00 pm

St. Luke's Pediatric Associates

1000 East First Street, Suite N105

For more information, call 218.249.7870.

No charge.

BULLYING: CONTINUING THE CONVERSATION SESSION 2 OF 3: UNDERSTANDING POWER AND ABUSE

Join speakers Nathan Kesti and Ed Heisler from Men as Peacemakers to learn about creating communities free from bullying and abuse.

March 1, 6:30-8:30 pm

5:30-6:15 pm: Listening Circles (optional)

Radisson Hotel, Duluth

For information and registration,

visit slhduluth.com/classes-

programs or call 218.249.5694.

\$10/session. Scholarships available.

Series concludes March 29.

Sponsored by St. Luke's, Miller-Dwan Foundation and St. Luke's Foundation.

CANCER CARE SUPPORT GROUP

For cancer patients and their families.

February 7, 3:30-5:00 pm

St. Luke's Lakeview Building

1001 East Superior Street, 4th Floor

For more information, call 218.249.5489.

No charge.

DULUTH AREA OSTOMY SUPPORT GROUP

For patients, families and others interested in learning about ostomies.

February 11, 10:00 am-noon

St. Luke's Classroom 329A

SLH Clinic Building

1011 East First Street

For more information, call 715.392.8498.

No charge.

STROKE SUPPORT GROUP

For people who have had a stroke and their families.

February 16, 4:00-5:30 pm

St. Luke's 337 Conference Room

915 East First Street, 3rd Floor

For more information, call 218.249.5351.

No charge.

LOOK GOOD...FEEL BETTER

Cosmetology assistance for people going through cancer treatment, sponsored by the American Cancer Society.

February 20, 3:30-5:30 pm

St. Luke's Lakeview Building

1001 East Superior Street, 4th Floor

For more information, call

218.249.6001. No charge.

DIABETES SUPPORT GROUP

For people with diabetes and their families. For dates, times and

registration, call 218.249.5231.

No charge.

THE PATIENT.
ABOVE ALL ELSE.®


St. Luke's

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