

Community Programs

If you need a speaker for your club, organization, or worksite on a health or wellness related topic, please call 660-890-8451. Topics include:

- Nutrition Information
- Cardiac Health
- Diabetes
- Exercise
- Injury Prevention
- Back Pain
- Wellness Topics
- Health Careers

Mission

To provide quality health and wellness services.

Vision

To make a positive difference in the health and wellness of each life we touch.

Values

- Quality
- Compassion
- Professionalism
- Excellence
- Accountability

Golden Valley
Memorial Hospital
Marketing & Public Relations
660-890-8451



Marketing and Public Relations
Golden Valley Memorial Hospital
1600 N. 2nd Street
Clinton, MO 64735
660-890-8451



www.gvmh.org



Community Education

Golden Valley Memorial Hospital is committed to the community and surrounding areas. We offer classes and support groups to meet the needs of the community.

Diabetes Skills and Self Management

Golden Valley Memorial Hospital Diabetes Skills & Self-Management program has been recognized by the American Diabetes Association for quality self-management education.

Each patient in our Diabetes Skills and Self-Management Program can be scheduled to receive meal planning sessions with a registered dietitian. Lifestyle counseling is also provided to assist patients in setting and reaching desired goals. For more information call 660-890-7084.

Heartsaver CPR Classes

We offer American Heart Association CPR classes. Classes can be provided at a location that is convenient for you, such as a worksite location. Or, we can provide a space at GVMH. Call 660-890-8451 for more information.

Prenatal Classes

The Birthing Center offers a variety of classes at no charge. The classes are designed especially for the first-time parent.

Birthing Classes are offered to expectant parents. The classes are offered monthly. The classes focus on the later stages of pregnancy, handling labor and delivery, pain management and postpartum care.

A Newborn class is also offered monthly to new parents. In this class you will learn details and tips to ease your fears about caring for your newborn.

A Breastfeeding class is offered every other month. During this class you will learn feeding techniques and have your questions answered about breastfeeding.

For more information call 660-890-7371.

Safe Sitter Classes

Golden Valley Memorial Hospital offers Safe Sitter classes for 11-13 year old boys and girls.

Safe Sitters learn:

- responsibilities of child care
- injury prevention and personal safety
- accident management
- behavior management
- compassionate behaviors for babysitting
- much more!

For more information call 660-890-8451.

Support Groups

The following support groups meet monthly:

- Alzheimer's
- Diabetes
- Grief
- Ostomy
- Parkinson's
- AIDS
- Cancer

For more information call 660-890-8451.



Wellness Services

Our wellness programs are designed to benefit everyone. Our programs provide information on developing and maintaining a healthy lifestyle.

Programs and screenings are offered by Golden Valley Memorial Hospital professional staff.

Our services and programs include the following:

- Personal Training
 - Personalized Fitness Assessment (Tri-Fit)
 - Worksite Screenings-Cholesterol, Blood Pressure and Body Composition.
 - Arthritis Foundation Exercise Program
 - Senior Exercise
- For more information, call 660-890-7193.