



Weekly Programs:

Arthritis Foundation Exercise Program

· Every Tuesday and Thursday at the Aquatics Center in the Clinton Community Center 10:15 – 11:00 am
\$15.00 per month
Call Jenn at 660-890-7193.

· Every Monday and Wednesday Windsor Senior Center 10:00 – 10:45 am
No Charge

Arthritis Foundation Aquatics Program

· Every Tuesday and Thursday Clinton Aquatics Center in the Clinton Community Center 11:45 am – 12:30 pm
\$30.00 per month
Call 660-885-2193

Arthritis Class

· Every Tuesday and Thursday in the Aquatics Center at the Clinton Community Center Classes are at 12 noon, 1 pm, 5 pm
660-885-2193

Senior Exercise Class

· Every Tuesday and Thursday Aerobics Area located in the Clinton Community Center 11:15 am – 12:00 pm
\$15.00 per month
Call Jenn at 660-890-7193

Calendar of Events

- April 8: "Alzheimer's Support Group" - facilitated by Ranae Walrath. Held at the Ben Franklin Coffee House on the Clinton Square at 10 am. For more information, call 660-885-8196.
- April 8: "Diabetes Support Group" - Topic is "Achieving Glucose Control," presented by Jamie Ketterman, RN, BSN, CDE. This is a 12 week exercise program that is designed for seniors. You don't have to have diabetes to come, anyone is welcome. So bring a friend. Held in the GVMH Medical Plaza Classroom from 10:30 - 11:30 am. Feel free to bring lunch.
- April 11: "Grief Support Group" - Twin Lakes Hospice at 2 pm. Call 660-890-2014.
- April 13: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- April 13: "Diabetes Support Group" - Topic is "Achieving Glucose Control," presented by Jamie Ketterman, RN, BSN, CDE. Held at the GVMH Wellness Center in Warsaw from 11:30 - 12:30 pm. Bring lunch!
- April 14: "Ostomy Support Group" - facilitated by Jettie Bailey, RN, BSN, CWON. Held at the GVMH Classrooms at 2:00 pm. Call 660-890-7245 for more information.
- April 15: "Take Charge of Your Health Ladies!" - Women's Wellness Expo. Join us for a fun-filled day of health and wellness information, educational breakout sessions, health screenings, and keynote speaker, Katen Wingert, PT, MA, DPT, RN. Fun begins at 1 pm. Call 660-890-8452 to preregister!
- April 16: "AIDS Support Group" - located at Twin Lakes Hospice at 6 pm. Call 660-890-2014.
- April 21: "Cancer Support Group" - Facilitated by Sherry Hartner and Gayle Hunt. Held in the GVMH Classrooms at 5 pm. Bring a friend!
- April 21: "What You Need to Know About Depression" - presented by Dr. Bill Dailey at the Windsor Senior Center at noon. Get your questions answered today and be sure to look for podcasts!
- May 1: "Newborn Care and Childbirth Class" - located in the Medical Plaza Classroom from 9 am - 4 pm.

BREAST FEEDING CLASSES

The Breastfeeding Classes are now going to be one-on-one with an educated OB Nurse. Discussion includes tips on successful breastfeeding and privacy to ask questions. To schedule a date and time, call 660-890-7361.

Take Charge of Your Health, Ladies ... You Deserve It!



A Women's Health Expo

Date: Thursday, April 15
Time: 1 p.m. - 7 p.m.
Place: Benson Convention Center, Clinton, MO
Register: call 660-890-8452

(for screenings and free meal)

1 pm: Educational Breakout Sessions. Several physicians will be on hand; Ken Holt, DO; Amber Campbell, DO; Brendan Bagley, MD; and Richard Woodland, DO, and cardiologist Eric Hockstad, MD. Topics Include:

- Fitness
- Breast Health
- Heart disease
- Birth control options and cervical health
- Aching backs
- Nutrition
- Balance and dizziness
- Children's health forum
- Aging Skin
- Incontinence
- Menopause
- Irregular bleeding and pain

2-7 pm: Free screenings: cholesterol, blood sugar, and blood pressure. A nurse practitioner will be available to discuss your results. Screenings by appointment only (660-890-8452).

4-7 pm: Women's Health Expo: featuring a variety of vendors and booths with info for women.

6 pm: Keynote Speaker and Meal. Karen Wingert, PT, MA, DPT, RN, a clinical associate professor at the School of Health Professions at MU, will present "You Are a Healthy Diva." Wingert is known for her humorous and inspirational presentations!

www.gvmh.org/womensservices • www.facebook.com/youdeservegvmh



GVMH Classrooms: Take elevator to Ground Floor and turn left.

Medical Plaza Classrooms: Take the employee elevator to 2nd and turn left.

For more information, about programs call the Marketing Department at 660-890-8451 or visit the website.

www.gvmh.org