

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

- Aug 3: "Free Sports Physicals" at Golden Valley Medical-Windsor beginning at 5 pm for student athletes for the 2010-2011 school year. Student athletes need to contact their school in advance to pick up a physical form. The completed physical form needs to be with the student athlete on August 3.
- Aug 5: "Back to School Fair in Warsaw" - held from 1:00 - 6:00 pm at St. Ann's Catholic Church in Warsaw, MO.
- Aug 8: "Grief Support Group" - Twin Lakes Hospice at 2 pm. Call 660-890-2014.
- Aug 10: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- Aug 10: "Back to School Fair" - located at the Benson Center in Clinton at 3:00 pm. CHART and Mid-Day Optimist partner to bring this event to children and parents. Visit booths with lots of prizes and pick up school supplies.
- Aug 10: "Diabetes Support Group" - Topic is "Gastroparesis" presented by Jamie Ketterman, RN, BSN, CDE. Held at the GVMH Medical Windsor Rehab and Wellness Center from 11:30 - 12:30 pm.
- Aug 11: "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.
- Aug 12: "Diabetes Support Group" - Topic is "Gastroparesis" presented by Jamie Ketterman, RN, BSN, CDE. Held in the GVMH Medical Plaza Classroom from 10:30 - 11:30 am.
- Aug 12: "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.
- Aug 18: "Cancer Support Group" - Facilitated by Sherry Hartner and Gayle Hunt. Held in the GVMH Classrooms at 5:30 pm. Topic will be "Stress Relieving Techniques for Cancer Survivors," presented by Jennifer Blanchard, RN, BSN, CWON. Bring a friend!
- Aug 18: "Dr Dailey Presents: Fall Prevention and Care" - at noon at the Windsor Senior Center. Falls are a common cause of injury and trauma related hospitalizations and can occur at home, outside or because of your pet. Being well educated on how to prevent a fall can save you a very painful and serious fracture.
- Sept 11: "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.



Back to School Fairs!

Free screenings, school supplies, prizes and more!

Warsaw Back to School Fair
August 5th, 1:00-6:00 pm
St. Ann's Catholic Church

Clinton Back to School Fair
August 10th, 3:00 - 7:00 pm
Benson Center

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