

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

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

Calendar of Events

- February 9: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- February 9: "Diabetes Support Group" - Topic is "Retinopathy," presented by Jamie Ketterman, RN, BSN, CDE. Held at the GVMH Wellness Center in Windsor from 11:30 - 12:30 pm. Feel free to bring lunch.
- February 10: "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.
- February 11: "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.
- February 11: "Diabetes Support Group" - Topic is "Enhanced Fitness," presented by Teresa Lillibridge, BSW, MA. 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.
- February 14: "Grief Support Group" - Twin Lakes Hospice at 2 pm. Call 660-890-2014.
- February 16: "AIDS Support Group" - located at Twin Lakes Hospice at 6 pm. Call 660-890-2014.
- February 17: "Cancer Support Group" - Facilitated by Sherry Hartner and Gayle Hunt. Held in the GVMH Classrooms at 5 pm. Bring a friend!
- March 6: "Newborn Care and Childbirth Class" - located in the Medical Plaza Classroom from 9 am - 4 pm.
- March 27: "2010 Diabetes Walk" - held at Golden Valley Memorial Healthcare - Medical Plaza at 8 am.
- 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!

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.

2010 Diabetes Walk

**March 27, 2010
GVMH Medical Plaza
Clinton, MO.
8:00 am**



Funds raised will be used to buy prescriptions, education, diabetic shoes, eye exams, and dental exams.

WE NEED TEAM CAPTAINS!

**Team captains are in charge of getting participants to walk with you.
A team can be anywhere from 2 - 20 people (or more).**