

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

- July 8: "Diabetes Support Group" - Topic is "Sleep Apnea" presented by Jamie Ketterman, RN, BSN, CDE. Held in the GVMH Medical Plaza Classroom from 10:30 - 11:30 am.
- July 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.
- July 11: "Grief Support Group" - Twin Lakes Hospice at 2 pm. Call 660-890-2014.
- July 13: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- July 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.
- July 17: "Newborn Care and Childbirth Class" - located in the Medical Plaza Classroom from 9 am - 4 pm.
- July 20: "AIDS Support Group" - located at Twin Lakes Hospice at 6 pm. Call 660-890-2014.
- July 21: "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!
- August 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.

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 Health Fairs!

**Tuesday, August 10, 2010
3:00 - 7:00 p.m.**

Benson Convention Center
Clinton, MO

**Thursday, August 5, 2010
1:00 - 6:00 p.m.**

St. Ann's Catholic Church
Warsaw, MO



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