

### 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

- May 1: "Newborn Care and Childbirth Class" - located in the Medical Plaza Classroom from 9 am - 4 pm.
- May 1: "Memory Walk" - starts at Hawthorn Bank. Registration is at 9:30 am. For more information, contact Christa Atchison at 885-8166 or Mandy Westendorff at 885-3368.
- May 1: "GVMH Auxiliary Gold Tournament" - held at the Clinton Country Club at 8:30 am.
- May 8: "Girls on the Run" - starts at 7:00 am. Meet at the Clinton Community Center.
- May 9: "Grief Support Group" - Twin Lakes Hospice at 2 pm. Call 660-890-2014.
- May 11: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- May 12: "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.
- May 13: "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.
- May 13: "Diabetes Support Group" - Topic is "Peripheral Arterial Disease," presented by Jamie Ketterman, RN, BSN, CDE. Held in the GVMH Medical Plaza Classroom from 10:30 - 11:30 am. Feel free to bring lunch.
- May 18: "AIDS Support Group" - located at Twin Lakes Hospice at 6 pm. Call 660-890-2014.
- May 19: "Cancer Support Group" - Facilitated by Sherry Hartner and Gayle Hunt. Held in the GVMH Classrooms at 4 pm. Bring a friend!
- May 19: "What You Need to Know About Vitamins" - presented by Dr. Bill Dailey at the Windsor Senior Center at noon. Get your questions answered today and be sure to look for podcasts!

### **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.



## **GIRLS ON THE RUN**

**May 8, 2010 - 8:30 am**

Buses to start line leave at 8:00 am  
at the Clinton Community Center  
Clinton, 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](http://www.gvmh.org)