

### 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

- Sept 8: "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.
- Sept 9: "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.
- Sept 9: "Diabetes Support Group" - Topic is "Oral Health" presented by Jamie Ketterman, RN, BSN, CDE. Held in the GVMH Medical Plaza Classroom from 10:30 - 11:30 am.
- Sept 11: "Newborn Care and Childbirth Class" - located in the Medical Plaza Classroom from 9 am - 4 pm.
- Sept 12: "Grief Support Group" - Twin Lakes Hospice at 1 pm. Call 660-890-2014.
- Sept 14: "Parkinson's Support Group" - located at the Clinton Community Center at 1:30 pm.
- Sept 15: "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!
- Sept 21, 23, 28, 30: "4-day Safe Sitter Class" - There will be a Fall Safe Sitter Class offered this September at the United Methodist Church from 3:30 - 5:30 pm. This course is for girls and boys ages 11-13. Class size is limited. Refreshments will be provided. For more information or to sign up, please call 660-890-8452. Deadline for registration is September 10.
- Sept 23: "Seniorfest" - located at the Benson Center in Clinton, MO from 1:00-4:00 pm. There will be health information fair provided for Seniors who live in Henry County.
- Oct 16: "Henry County Healthwalk" - starts at 9:00 am on the Katy Trail in Clinton, MO.
- Nov 20: "An Evening to Remember" - will be held at the Red Fox Winery (1422 Northwest 800 Road Ulrich, MO) The theme this year is "A Taste of Tuscany." For more information or for tickets, call 890-7108.

### **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.

## *Safe Sitter Class*

September 21, 23, 28 and 30



Time: 3:30 - 5:00 pm  
Place: United Methodist Church, Clinton  
Cost: \$35.00

This **four day** course is offered for girls and boys ages 11-13. Class size is limited. Refreshments will be provided. For more information or to sign up, please call 660-890-8452. Deadline for registration is September 10.

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)