



Calendar of Events

Prenatal Classes

August 3 - Preparing for Breastfeeding

6 p.m. at Parkway Classroom

August 10 - New Parent Skills

6 p.m. at Parkway Classroom

August 14 - Prepared Childbirth

8 a.m. at Parkway Classroom

OMC regularly offers classes for new parents including preparing for breastfeeding, parenting skills and prepared childbirth. The classes are held at OMC Parkway Classroom and are free of charge to those delivering at OMC. A one time fee of \$75 to attend one or all of the classes applies to those delivering elsewhere. For more information or to register call the OMC OB Department at 417-256-9111 ext. 6440.

August 9 - ACS Resource Meeting

11 a.m. to 3 p.m. Cancer Treatment Center Waiting Room American Cancer Society Regional Director of Health Initiatives Brooke Street will be available to talk about resources, ACS programs and services. For more information, call 1-800-227-2345.

August 10 - Arthritis Support Group

2 p.m. at the Shaw Medical Building, 1111 Kentucky This group meets the second Tuesday of each month. For more information, contact OMC Rehabilitation Services at 417-257-5959.

August 12 - Hope and Healing

6 p.m. Parkway Classroom
Free educational series for families dealing with addiction issues. This event is hosted by OMC Behavioral Healthcare. This session will include the topic "Alcohol: The Substance, the Addiction, the Solution" by presenter Sharon Head, MSW. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

August 16 - Living with Diabetes

8 a.m. to 5 p.m. at Parkway Classroom
Informational class to assist those with diabetes. There is a cost associated with this class. For more information about enrolling in the class, talk to your doctor.

August 17 - ACS Road to Recovery Training

10 a.m. Shaw Medical Building Conference Room

The American Cancer Society (ACS) is currently looking for drivers for their Road to Recovery program. Road to Recovery is a program of volunteers who drive patients to treatment centers and home again. For more information, call 1-800-227-2345.

August 17 - ACS Resource Meeting

1 to 3 p.m. Cancer Treatment Center Waiting Room American Cancer Society Regional Director of Health Initiatives Brooke Street will be available to talk about resources, ACS programs and services. For more information, call 1-800-227-2345.

August 18 - Multiple Sclerosis Support Group

4:30 p.m. at the Shaw Medical Building, 1111 Kentucky This group meets the third Wednesday of each month, for more information, call Dianna Sigert at 417-256-9111.

August 24 - Fall Prevention Day

8 a.m. to 3 p.m. at the West Plains Civic Center
This event will feature balance and fall risk screens along with safety education for Falls Prevention. For more information, call OMC Rehabilitation Services at 417-257-5959.

August 24 - Infant CPR

6 p.m. at Parkway Classroom
To register or for more information, call the OB Department at 417-256-9111 ext. 6440.

August 24 - Alzheimer's Support Group

6:30 p.m. at the Riverways Adult Daycare, 416 E Main
This group meets the fourth Tuesday of each month. For more information, call 417-255-2965.

August 25 - MOCARS Training

4 p.m. at OMC Behavioral Healthcare
MOCARS will be providing training to anyone who would like to attend. Topics will include: MOCARS Function and Uses, Suicide Prevention and Civil Involuntary Detention. For more information, call 417-257-6762.

All support groups and classes are free of charge unless otherwise noted

Ozarks Medical Center • August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
2	3 6:00p Prenatal Class - Parkway	4	5	6	7/8
9 11:00a ACS Resource meeting - CTC waiting room	10 2:00p Arthritis Support Group - Shaw 6:00p Prenatal Class - Parkway	11	12 6:00p Hope & Healing - Parkway	13	14/15 Aug. 14 8:00a Prenatal
16 8:00a Living with Diabetes - Parkway	17 10:00a ACS Road to Recovery Training - Shaw 1:00p ACS Resource meeting - CTC waiting room	18 4:30p MS Support - Shaw	19	20	21/22
23	24 8:00a Falls Prevention Screening - West Plains Civic Center 6:00p Infant CPR - Parkway 6:30p Alzheimer's Support Group - Riverways Adult Daycare	25	26 4:00p MoCARS Community Training - BHC PSR Room	27	28/29
30	31 6:00p Prenatal Class - Parkway	 <p>Ozarks Medical Center The Right Care, Right Here</p> <p>Classes/Support Groups • Meetings • Other</p>			