



# Calendar of Events

## September 1 - Blood Drive

10 a.m. to 4 p.m. Parkway Classroom  
The American Red Cross will hold a blood drive. For more information, call 417-257-6735.

## September 9 - 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 "Breaking the Chains of Addiction" by presenter Loretta Rogganbuck, LPC. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

## September 10 - Prostate Screening

1 p.m. Shaw Medical Building, 1111 Kentucky Ave.  
The cost is \$10, which includes a prostate specific antigen (PSA) test and an exam by a physician, a value of \$306. Pre-registration is required. To pre-register, call 257-5890 after Sept. 1.

## September 14 and 21 - Prepared Childbirth

6 p.m. 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.

## September 14 - 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.

## September 15 - 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.

## September 20 - 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.

## September 20 - Surgical Specialists Open House

12 p.m. Surgical Specialists Clinic, 2600 Independence Square  
Join the OMC Surgical Specialists Clinic for a ribbon cutting and open house. Tour the new facility and learn more about the advanced technology and procedures being used by clinic physicians. For more information, call 417-257-6735.

## September 21 - Diabetes Support Group

6:30 p.m. OMC Foundation, 401 Washington Ave.  
The support group will meet the third Tuesday of every other month and is open to those with diabetes, who are pre-diabetic, friends and family of those with diabetes or any one interested in learning more about the condition. This meeting will include a cooking demonstration by registered dietitians. For more information about diabetes education or diabetes support groups, contact OMC Education Services at 417-257-6793.

## September 23 - Fall Prevention Day

8 a.m. to 3 p.m. at the Shaw Medical 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.

## September 24- Breast Cancer Lunch and Learn

12 p.m. Parkway Classroom  
OMC will host a lunch and learn educational program on the topic of breast cancer. For more information or to make a reservation, call 417-257-5890.

## September 25 - Seat Check Saturday

9 a.m. to 1 p.m. Parkway Classroom  
The OMC OB Department will host a car seat safety check. Learn how to properly install a car seat, the importance of car seats and get your seat checked. For more information, call 417-256-9111 and request the OB Department.

## September 25 - Blue Jean Ball

6 p.m. Risner Stables, Creamery Road  
Shine your boots and dig out your denim for the second Blue Jean Ball at 6 p.m. at the Risner Stables. The event is hosted by the Ozarks Medical Center Foundation and proceeds go to support hospital programs and services. The Blue Jean Ball includes live music, food and fun. For more information or to purchase tickets, contact the OMC Foundation at 417-257-5700.

## September 28 - Community CPR

6 p.m. at Parkway Classroom  
To register or for more information, call the Education Department at 417-257-6793.

## September 28 - 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.

## September is National Recovery Month

For more information on addiction, contact OMC Behavioral Healthcare at 417-257-6762.

*All support groups and classes are free unless otherwise noted*

# Ozarks Medical Center • September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
 <p><b>Ozarks Medical Center</b> The Right Care, Right Here</p> <p>Classes/Support Groups • Meetings • Events • Wellness</p>					
6	7	8	9	10	11/12
			6:00p Hope & Healing - Parkway	1:00p Prostate Screenings - Shaw	
13	14	15	16	17	18/19
	2:00p Arthritis Support Group - Shaw 6:00p Prenatal Class - Parkway	4:30p MS Support - Shaw			
20	21	22	23	24	25/26
8:00a Living with Diabetes - Parkway 12:00p Open House - Surgical Specialists	6:00p Prenatal Class - Parkway 6:30p Diabetes Support - Foundation		8:00a Falls Prevention Screening - West Plains Civic Center	12:00p Breast Cancer Lunch & Learn - Parkway	Sept. 25 1:00p - Car Seat Safety Check - Parkway 6:00p - Blue Jean Ball - Risner Stables
27	28	29	30		
	6:00p Community CPR - Parkway 6:30p Alzheimer's Support Group - Riverways Adult Daycare				