

February 2012

Calendar of Events

February 3 - Wear Red Day

American Heart Month will kick off as OMC and the city of West Plains declare Friday, Feb. 3 as Wear Red Day. According to the American Heart Association, heart disease is the number one killer of men and women in America. On Wear Red Day, Feb. 3, the OMC Cafeteria will give away a free apple to those wearing red. For more information, call 417-257-6735.

February 10 - Heart Health Breakfast

7:30 - 8:30 a.m. at the Parkway Classroom.
Dr Christopher Nicholas will speak on women's heart health. The event is free of charge but reservations are required and can be made by calling Education Services at 417-257-6793.

February 10 - Fulton County Health Screening's

7 to 10 a.m. at Fulton County Hospital (FCH).
670 N. Main Street, Salem, AR.
Free cholesterol, glucose, blood pressure, and peripheral arterial disease screening's. Appointments are required and may be made by calling FCH at 870-895-6008.

February 11 - Women with Heart Luncheon

11 a.m. at the Parkway Classroom.
Join Women with Heart, a Giving Circle Program of Community Foundation of the Ozarks, for a fund raising luncheon. There will be a social hour and silent auction from 11 a.m. to noon and a luncheon from noon to 1 p.m. Tickets are \$40 and may be purchased at Kloz Kloset, Community Foundation or the OMC Public Relations Department. Proceeds will be used to purchase items for OMC Heart Care Services. For more information, call 417-256-4725.

February 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.

February 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 on this support group, call Dianna Sigert at 417-257-9111 ext. 6440.

February 17 - Heart Health Screening

7 to 10 a.m. at the OMC Parkway Classroom.
Free cholesterol, glucose and blood pressure screening. Appointments are required and may be made by calling OMC Education Services at 417-257-6793.

February 17 - Free PAD Screening

10:15 a.m. to 3 p.m. at the OMC Parkway Classroom.
Free peripheral arterial disease (PAD) screening. Appointments are required and may be made by calling OMC Education Services at 417-257-6793

February 20 - Living with Diabetes

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

February 23 - OMC Sponsored Grizzly Game

7 p.m. at the West Plains Civic Center.
OMC Rehabilitation Services will sponsor the game between the Missouri State University - West Plains Grizzlies and Northeast Mississippi. For more information, call 417-257-6735.

February 24 - Mountain Grove Heart Health Screening

7 to 10 a.m. at the Mountain Grove Medical Complex. OMC will host a free peripheral arterial disease (PAD) screening and free cholesterol, glucose and blood pressure screening. Appointments are required and may be made by calling 417-926-6563.

February 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.

February Prenatal Classes

New Parent Skills

6 p.m. - Feb. 22 at the Parkway Classroom.

Preparing for Breastfeeding

6 p.m. - Feb. 28 at the 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.

*All support groups are free
unless otherwise noted*

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