



Calendar of Events

Heart Month Events

National Wear Red Day

All day Feb. 5

Wear Red Day is a national event that encourages people to wear red and take action to reduce their personal risk for heart disease. On Feb. 5 anyone wearing red can stop by the OMC Cafeteria to receive a free apple. For more information, call OMC Public Relations at 417-257-6735.

Heart Health Screenings

6 to 10 a.m. Feb. 5

Free cholesterol, glucose and blood pressure screening by appointment in the OMC Parkway Classroom. Call 417-257-5984 for appointment.

10:30 a.m. to 4 p.m. Feb. 5

Free Peripheral Arterial Disease (PAD) screening by appointment in the OMC Parkway Classroom. Call 417-257-5984 for appointment.

OMC Sponsored Grizzly Game

7 p.m. Feb. 9

OMC Heart Care Services will sponsor the Missouri State University - West Plains Grizzly basketball game as the Grizzlies take on Arkansas Tech. Half-time break will include introduction of OMC's team of 24/7 cardiac care providers. Free heart health information will be available at the OMC table.

Lunch and Learn

12 to 1 p.m. Feb. 15

An OMC heart specialist will speak on heart disease at Parkway. Light lunch provided with reservation only! Call 417-257-6735 for reservations by noon Friday, Feb. 12.

Classes & Support Groups

Double Trouble Support Group

Time: 5:30 p.m. Mondays

Location: OMC Behavioral Healthcare at 909 Kentucky Avenue, West Plains

Details: DTR is a 12-step, community-run self help group geared toward those who have co-occurring disorders, mental illness and addictions.

For more information, call 417-257-6762.

Hope and Healing

Time: 6 p.m. Feb. 11

Location: OMC Parkway Classroom in the Parkway Shopping Center, West Plains

Details: Free educational series for families dealing with addiction issues. This event is hosted by OMC Behavioral Healthcare. This session will include the video, *Science of Meth: An Informed Recovery*, and a discussion led by LuAnn McKee, LCSW, Mental Health Therapist.

For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

Prenatal Classes

Location: OMC Parkway Classroom in the Parkway Shopping Center

Cost: Free to those delivering at OMC. One time \$75 charge to attend one or all of the classes for those delivering elsewhere.

Details: For more information or to register call the OMC OB Department at 417-256-9111 ext. 6440.

Infant CPR

6 p.m. Feb. 9

Preparing for Breastfeeding

6 p.m. Feb. 16

New Parent Skills

6 p.m. Feb. 23

Multiple Sclerosis

Time: 4:30 p.m. Feb. 17 (third Wednesday)

Location: Shaw Medical Building at 1111 Kentucky Avenue, West Plains
For more information, call Dianna Sigert at 417-256-9111.

Alzheimer's Support Group

Time: 6:30 p.m. Feb. 23 (fourth Tuesday)

Location: Riverways Adult Daycare at 416 East Main in West Plains
For more information, call 417-255-2965.

Arthritis Support Group

Time: 2 p.m. Feb. 9 (second Tuesday)

Location: Shaw Medical Building, Second Floor Conference Room at 1111 Kentucky Avenue, West Plains
For more information, contact OMC Rehabilitation Services at 417-257-5959.

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

For more on events and classes at OMC, visit

www.ozarksmedicalcenter.com

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
|---|--|---|--|---|---------------------|
| 1 5:30p Double Trouble Support Group - BHC | 2 | 3 | 4 | 5 6:00a Heart Screening - Parkway Classroom (last until 10 a.m.) 10:30a PAD Screening - Parkway Classroom (last until 4:30 p.m.) By appointment only | 6/7 |
| 8 5:30p Double Trouble Support Group - BHC | 9 2:00p Arthritis Support Group - Shaw 6:00p Infant CPR - Parkway 7:00p Heart Care Services sponsored Grizzly Basketball - WPCC | 10 | 11 6:00p Family Education Seminar - Parkway | 12 | 13/14 |
| 15 12:00p Heart Health Lunch & Learn - Parkway (must have reservation) 5:30p Double Trouble Support Group - BHC | 16 6:00p Prenatal Class - Parkway | 17 4:30p Multiple Sclerosis Support - Shaw | 18 | 19 | 20/21 |
| 22 5:30p Double Trouble Support Group - BHC | 23 6:00p Prenatal Class - Parkway 6:30p Alzheimer's Support Group - Riverways Adult Daycare | 24 | 25 | 26 | 27/28 |



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The Right Care, Right Here

Classes/Support Groups • Meetings • Other