

January 2012

Calendar of Events

January Prenatal Classes Prepared Childbirth

8 a.m. Jan. 7 at the Parkway Classroom
6 p.m. Jan. 24 at the Parkway Classroom
6 p.m. Jan. 31 at the Parkway Classroom

Infant CPR

6 p.m. to 8 p.m. Jan. 21 at the Parkway Classroom

New Parent Skills

6 p.m. Jan. 10 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.

January 4 - Community CPR Class

6 p.m. at the Parkway Classroom
There is a \$25 fee for community members to take this CPR course. For more information, or to register, call the OMC Education Department at 417-257-6793.

January 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.

January 16 - Living with Diabetes

8 a.m. to 5 p.m. at the Parkway Classroom
This is an 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.

January 17 - Look Good, Feel Better

1 p.m. to 3 p.m. at the Shaw Medical Building,
1111 Kentucky
Through the Look Good...Feel Better Program, caring professionals in the beauty industry teach women how to overcome the appearance-related side effects of cancer treatment. Session includes complimentary makeup from cosmetic companies. For more information, contact the American Cancer Society at 417-447-1475.

January 17 - Ladies First Heart to Heart

6 p.m. at the Parkway Classroom
Women of all ages are invited to attend this fun, educational evening event to learn more about women's health. A light dinner will be served. For more information, or to RSVP, call 417-257-6793.

January 18 - Blood Drive

12 to 5 p.m. at the Parkway Classroom
The American Red Cross will hold a blood drive. For more information, or to register as a donor, call Public Relations at 417-257-6735.

January 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 on this support group, call Dianna Sigert at 417-256-9111.

January 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.

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

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