



Calendar of Events

Special Events

Grizzly Basketball, game sponsored by OMC

Time: 7 p.m. January 19
Location: West Plains Civic Center
Details: Missouri State University - West Plains Grizzlies will take on North Arkansas College. The theme for the game is Beach Blanket Basketball with prizes and entertainment by OMC.
For more information, call OMC Public Relations at 417-257-6735.

Blood Drive

Time: 10 a.m. to 4 p.m. January 20
Location: OMC Parkway Classroom in the Parkway Shopping Center
For more information call OMC Public Relations at 417-257-6735.

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.

Prepared Childbirth Class
8 a.m. January 2

New Parent Skills Class
6 p.m. January 12

Prepared Childbirth Class
6 p.m. January 26

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.

Arthritis Support Group

Time: 2 p.m. January 12 (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.

Hope and Healing

Time: 6 p.m. January 14
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. The session will include the video "Stages of Family Recover" and discussion led by Anne Heselton, licensed clinical social worker and mental health therapist.
For more information about Hope and Healing or OMC Behavioral Healthcare, call 417- 257-6762.

For more on events and classes at OMC, visit
www.ozarksmedicalcenter.com

Look Good, Feel Better

Time: 1 to 3 p.m. January 19
Location: Shaw Medical Building, Second Floor Conference Room at 1111 Kentucky Avenue, West Plains
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 a complimentary bag of makeup from cosmetic companies. For more information, contact the American Cancer Society at 417-447-1475.

Multiple Sclerosis

Time: 4:30 p.m. January 20 (third Wednesday)
Location: Shaw Medical Building at 1111 Kentucky Avenue, West Plains
For more information, call Dianna Sigert at 417-256-9111.

Living with Diabetes

Time: 8 a.m. January 21 (third Monday)
Location: OMC Parkway Classroom in the Parkway Shopping Center, West Plains
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.

Alzheimer's Support Group

Time: 6:30 p.m. January 24 (fourth Tuesday)
Location: Riverways Adult Daycare at 416 East Main in West Plains
For more information, call 417-255-2965

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

Ozarks Medical Center · January 2010

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Ozarks Medical Center
The Right Care, Right Here

5:30p Double Trouble Support Group - Behavioral Healthcare					
5:30p Double Trouble Support Group - Behavioral Healthcare	2:00p Arthritis Support Shaw 6:00p Prenatal Class - Parkway			6:00p BHC Family Education Seminar Parkway	
8:00a Living with Diabetes -Parkway 5:30p Double Trouble Support Group - Behavioral Healthcare	1:00p Look Good, Feel Better - Shaw 7:00p OMC Sponsored Grizzly Game - WP Civic Center	8:00a Blood Drive - Parkway 4:30p Multiple Sclerosis Support - Shaw Conference Room			
25 5:30p Double Trouble Support Group - Behavioral Healthcare	26 6:00p Prenatal - Parkway 6:30p Alzheimer's Support Group - Riverways Adult Daycare	27	28	29	30