

# July 2010



Ozarks Medical Center  
The Right Care, Right Here

# Calendar of Events

## **July 1 - Ladies First**

Begins promptly at 5 p.m. at the West Plains Civic Center  
This event is a fun-filled evening that encourages women to take steps to improve their physical and mental health. Learn about nutrition, stress release and have the chance to win great door prizes. For more information, call 417-257-6735 or visit [www.ozarksmedicalcenter.com/ladiesfirst.asp](http://www.ozarksmedicalcenter.com/ladiesfirst.asp)

## **July 6 & 13 - Prepared Childbirth**

6 p.m. at Parkway Classroom (2-part class)  
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.

## **July 7 - Blood Drive**

10 a.m. to 4 p.m. at the Parkway Classroom  
The American Red Cross regularly holds blood drives at OMC Parkway Classroom. For more information call OMC Public Relations at 417-257-6735.

## **July 8 - Hope and Healing**

6 p.m. OMC 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 "Triggers and Cravings." The discussion leader is Angela Toomey, Licensed Clinical Social Worker. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

## **July 13 - 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.

## **July 18 - Emergency Department Grand Opening**

2 to 4 p.m. at the new OMC Emergency Department  
Join us as we celebrate the grand opening of the new state-of-the-art, 16-bed OMC Emergency Department. A brief ceremony will be held at 2 p.m. followed by a ribbon cutting. Tours and an open house will be from 2:30 to 4 p.m.

## **July 19 - 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.

## **July 21 - Safe Sitter Class**

Registration at 8 a.m. and class from 9 a.m. to 4 p.m. at the Parkway Classroom  
Learn life and safety skills to care for and protect children at this one-day training program. The cost is \$35 and lunch will be provided. Participants must be 11 years of age or older. For more information, or to register, call 417-257-6793. Space is limited.

## **July 21 - 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.

## **July 22 - OMC School Athletic Physicals**

5 p.m. at the Shaw Medical Building, 1111 Kentucky  
OMC will offer free athletic physicals for area student athletes. All students will be required to submit a signed consent form and current insurance information from a parent or legal guardian. Consent forms may be picked up at West Plains High School downstairs office, at No. 3 Parkway Shopping Center or at OMC Rehabilitation Services, located on the second floor of the Shaw Medical Building. For additional information call 417-257-5890.


## **July 27 - 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 and classes are free of charge unless otherwise noted*

[www.ozarksmedicalcenter.com](http://www.ozarksmedicalcenter.com)

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
 <p><b>Ozarks Medical Center</b> The Right Care, Right Here</p> <p>Classes/Support Groups • Meetings • Other</p>					
5	6 6:00p Prepared Childbirth - Parkway	7 10:00a Blood Drive - Parkway	1 5:00p Ladies First - WP Civic Center	2	3/4
12	13 2:00p Arthritis Support Group - Shaw 6:00p Prepared Childbirth - Parkway	14	8 6:00p Hope & Healing - Parkway	9	10/11
19 8:00a Living with Diabetes - Parkway	20 6:30p Alzheimer's Support Group - Riverways Adult Daycare	21 8:00a 4:30p Safe Sitter - Parkway Multiple Sclerosis Support - Shaw	22 5:00p School Physicals - Shaw Building	23	24/25
26	27	28	29	30	31
					17/18 July 18 - Emergency Department Grand Opening 2 to 4 p.m.