

JUNE 2010



Ozarks Medical Center
The Right Care, Right Here

Calendar of Events

June 5 - Sandy Butler Memorial Golf Tournament

10 a.m. at the West Plains Country Club.
The tournament is a two-lady scramble and will begin with a shotgun start. Proceeds from the event will go to the Ozarks Medical Center Foundation to benefit the Heart Care Services program. Funds from the golf tournament are used to purchase equipment, such as treadmills for the Cardiac Rehabilitation Program. For more information, or to register for the golf tournament, contact Alex Sandford at the West Plains Country Club at 417-257-2726.

June 5 & 6 - American Cancer Society Relay For Life

6 p.m. to 6 a.m. at Zizzer Stadium
Come support the OMC teams at the American Cancer Society's Relay For Life. For more information, visit www.cancer.org.

OB Classes

June 5 - Prepared Childbirth

8 a.m. at Parkway Classroom

June 8 - New Parent Skills

6 p.m. at Parkway Classroom

June 22 - Preparing for Breastfeeding

6 p.m. at 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.

June 8 - 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.

June 10 - 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.

June 12 - Garden Tea Party

11 a.m. to 2 p.m. at the garden of Brenda Bell, Thomasville.
Enjoy the outdoors in style at this luncheon and tea party. Proceeds will go to the OMC Foundation to benefit the OMC Cancer Treatment Center. Tickets are \$20. For tickets or more information, call 417-257-5700.

June 16 - Wheelchair Wash

1 to 5 p.m. at the OMC Adult Daycare, 418 East Main Street
During the Wheelchair Wash, area residents, who use assistive devices, may have their wheelchair, scooter or walker cleaned and inspected. They will be given a report card listing any recommended maintenance procedures. Wash times should be reserved in advance by calling 417-256-3133.

June 16 - 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.

June 21 - 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.


June 22 - Alzheimer's Support Group

6:30 p.m. at the Riverways Adult Daycare, 416 East 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

Ozarks Medical Center • June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
	1	2	3	4	5/6 8:00a June 5 OB Class Parkway 10:00a June 5 Sandy Butler Memorial Golf Tournament - West Plains Country Club 6:00p June 5 ACS Relay For Life - Zizzer Stadium (ends at 6 a.m.)
7	8 2:00p Arthritis Support Group - Shaw Medical Building 6:00p OB Class - Parkway	9	10 6:00p Hope & Healing - Parkway	11	12/13 11:00a June 12 Garden Tea Party - Brenda Bell's Garden, Thomasville
14	15	16 1:00p Wheelchair Wash - Adult Daycare 4:30p Multiple Sclerosis Support - Shaw Medical Building	17	18	19/20
21 8:00a Living with Diabetes - Parkway	22 6:00p OB Class - Parkway 6:30p Alzheimer's Support Group - Riverways Adult Daycare	23	24	25	26/27
28	29	30	 <p>Ozarks Medical Center The Right Care, Right Here</p> <p>Classes/Support Groups • Meetings • Other</p> <p>See other side for complete information</p>		