

# MAY 2010



Ozarks Medical Center  
The Right Care, Right Here

# Calendar of Events

**May is Better Speech and Hearing Month**

**May 6-12 is National Nurses Week**

**May 9-15 is National Nursing Home Week**

## **OB Classes**

### *Prepared Childbirth*

6 p.m. May 4 & 11 at Parkway Classroom

### *Preparing for Breastfeeding*

6 p.m., May 25 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.

## **Arthritis Support Group**

2 p.m. May 11 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.

## **Blood Drive**

May 12, 10 a.m. to 4 p.m., Mobile blood drive in the Parkway Shopping Center parking lot, outside the OMC Parkway Classroom.

Sponsored by the American Red Cross. For more information call OMC Public Relations at 417-257-6735.

## **Hope and Healing**

6 p.m. May 13, 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 topics "Methamphetamine: An informed recover" and "Marijuana: The escape to nowhere," and discussion led by Chelsea Robinson, MSW. For more information about Hope and Healing or OMC Behavioral Healthcare, call 417-257-6762.

## **Living with Diabetes**

8 a.m. May 17 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.

## **Infant CPR**

6 p.m., May 18 at Parkway Classroom

For more information, costs or to register, contact the OB Department at 417-256-9111 ext. 6440.

## **Look Good, Feel Better**

1 to 3 p.m. May 18 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 a complimentary bag of makeup from cosmetic companies. For more information, contact the American Cancer Society at 417-447-1475.

## **Multiple Sclerosis**

4:30 p.m. May 19 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.

## **Alzheimer's Support Group**

6:30 p.m. May 25 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*

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