

OMC Speaker's Bureau

The Ozarks Medical Center Speaker's Bureau provides members of the communities we serve with high-quality, up-to-date health information at no cost.

- Speakers are OMC health care professionals, including physicians, nurses and administrators.
- Presentations are available at no cost to organizations and groups such as schools, church groups, social clubs and businesses
- To better meet your needs, we ask that requests for speakers be made at least four weeks in advance.
- Contact the OMC Speaker's Bureau at 417-257-6737 for assistance with selecting a program, for more information or to arrange for a speaker.

For more information or to schedule a presentation for your organization, please contact the OMC Speakers' Bureau.

OMC Speaker's Bureau

417-257-6737

1100 Kentucky Ave
West Plains, MO 65775

www.ozarksmedicalcenter.com



Ozarks Medical Center
The Right Care, Right Here

Speaker's Bureau

at Ozarks Medical Center



Providing accurate, up-to-date health care information to the community



Ozarks Medical Center
The Right Care, Right Here

The Ozarks Medical Center Speaker's Bureau is designed to provide expert information on a variety of health and wellness topics. The following are just a few examples of Speaker's Bureau topics

Aging and Home Care

- Adult Day Care services
- Advance directives/durable power of attorney
- All about aging
- Alzheimer's disease
(specific topics available)
- Caregiving
- Coping with disease and changes in health
- Community based care
- Grief and bereavement
- Home health
- Home safety related to aging
- Hospice care
- Transitions Prehospice program

Behavioral Healthcare

- Adult children of alcoholics

- Conflict resolution
- Depression
- How to handle stress
- Positive coping
- Positive parenting
- Relaxation exercises
- Suicide prevention
- Substance abuse
- Substance abuse and mental illness
- Survivors of suicide

Cardiac Care

- Coronary artery disease
- Heart health
- Pacemakers/implantable defibrillators
- Peripheral artery disease (PAD)

Nutrition and Wellness

- Exercise and your health
- Healthy eating habits

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- Volunteer opportunities

Rehabilitation Services

- Childhood speech, language and motor development

- Living with arthritis
- Lymphedema treatment
- Helpful ideas to reduce injuries at work
- How occupational therapy can help you
- How physical therapy can help you
- How speech/language pathology can help you
- Sensory integration

Resources and Information

- Health resources
- Internet health resources
- Surfing the web safely for medical information

Classes and Support Groups

- Alzheimer's Support Group - fourth Tuesday of each month 6:30 p.m. at Adult Daycare
- Bereavement support groups - four weekly sessions (scheduled in various communities throughout the year)
- Breast feeding class
- New parent skills class
- Prepared childbirth class
- CPR Classes