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# SoutheastHEALTH December 2023 Health Briefs

DECEMBER 01ST 2023 BY DEE LOFLIN

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### Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Thursday, December 7, from 6 to 8 p.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. This class is not for healthcare providers

seeking a BLS class. Cost of the class is \$50 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information, call 573-755-2301 or 573-986-4400.

### Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. The meeting will be from 1 to 2 p.m. on Tuesday, December 12, at HealthPoint Plaza in Cape. This month, the program will be a "Winter Celebration." Come ready to enjoy refreshments and fun, festive activities. To register, call the Southeast Diabetes Center at 573-339-0121.

### Tobacco Cessation Programs

Creating a quit-tobacco plan may improve your chances of stopping for good. Having a plan helps prepare you for coping with the physical and emotional issues that often happen when you stop using tobacco, such as nicotine withdrawal and strong urges. Free Tobacco Cessation Classes will be held at 4 p.m. on Wednesday, December 13, in the Board Room at Southeast Health Center of Stoddard County. Reserve a space by calling 1-800-800-5123.

### Grief Support Group: 'Grief Rituals'

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, December 20, at HealthPoint Fitness in Cape. Topic for this month's meeting is "Grief Rituals." For more information about this support group, call Southeast Hospice, 573-335-6208.

### About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, patients receive excellent care of the highest clinical quality, close to home. Within the SoutheastHEALTH network are 48 care locations in 11 communities, including hospitals, primary and specialty care clinics representing 52 clinical specialties and extending care for patients in a four-state area. Learn more at [SEhealth.org](http://SEhealth.org).

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