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Lunch & Learn With SoutheastHEALTH

MARCH 02ND 2015 BY DEE LOFLIN

Lunch & Learn With SoutheastHEALTH

Dexter, Missouri – SoutheastHEALTH of Stoddard County will kick-off their new monthly series “Lunch & Learn With SoutheastHEALTH” on Wednesday, March 4th at 11:45 a.m. at the Dexter Senior Center.

The first Wednesday of each month, SoutheastHEALTH will present a variety of services including health screenings, educational opportunities, and informational speakers.

They will have staff members on hand to answer questions you may have about receiving your healthcare close to home.

The Dexter Senior Center is located at 23 W. Stoddard St. in downtown Dexter. This event is open to all seniors and additional topics of interest to attendees will be considered for future programs! Please join them for a spectacular informational Lunch & Learn program hosted by SoutheastHEALTH!

LAST UPDATED ON MARCH 02ND 2015 BY DEE LOFLIN

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Stayin Alive Hands Only CPR Class

Stayin Alive Hands Only CPR Class

Dexter, Missouri – SoutheastHEALTH of Stoddard County will host a “Stayin’ Alive” Hands Only CPR class on Thursday, February 26th at 6:00 p.m. in the Dexter Chamber of Commerce building.

Learn how to perform hands-only CPR for adults, as well as how to use an AED..

Classes are free and appropriate for middle school age through adult.

Learn the signs and symptoms of heart attack and stroke and how to respond appropriately. This is a non-certification class and pre-registration is requested, but not required.

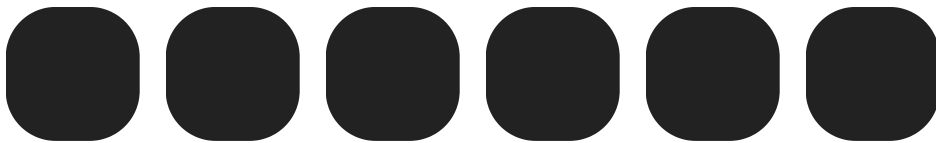
Got to sehealth.org and pre-register and learn about other upcoming classes. Just click “classes and events”.

For more information call 573-331-6369.

LAST UPDATED ON FEBRUARY 26TH 2015 BY DEE LOFLIN

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5 Simple Steps for Flu Prevention

JANUARY 28TH 2015 BY DEE LOFLIN

5 Simple Steps for Flu Prevention

Missouri - A severe flu season is upon us and, when blood and platelet donors aren't feeling well, they can't give the gift of life. You can help the American Red Cross prevent a shortage of blood and platelet donations by taking these steps and spreading the word about flu prevention.

Avoid or minimize contact with people who are sick (a minimum of three feet distancing is recommended).

Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands afterwards. If tissue-less, cough or sneeze into your elbow or upper arm, not into your hands.

Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.

Wash hands frequently with soap and water or an alcohol-based hand sanitizer.

Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

Learn more about flu prevention for you and your family.

If you're healthy and feeling well, [click here](#) to schedule an appointment or call 1-800-RED CROSS (1-800-733-2767). Patients in need don't get a sick day, so your donation is especially important when others are unable to give.

Together, we can ensure patients have the blood products they need.

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SoutheastHEALTH Foundation to Host Princess Tea

JANUARY 19TH 2015 BY DEE LOFLIN

[SoutheastHEALTH Foundation to Host Princess Tea](#)

Cape Girardeau, Missouri - SoutheastHEALTH Foundation will host a Princess Tea on Saturday, March 28, at The Plaza by Ray's in Cape Girardeau.

Queens, fairy godmothers and everyone in the kingdom are invited to bring their favorite princess to a fairytale tea. Two sessions will be offered: 10 a.m. and 2 p.m.

Tickets are \$240 for a "royal table" of eight, which guarantees that you will be able to sit together as a group. The cost of an individual ticket is \$25.

Princess makeover tickets also are available for purchase at \$10 per princess. Appointments will be scheduled at the time of ticket purchase.

Sessions often sell out, so it's best to buy your tickets now.

This enchanting event, which annually draws hundreds of participants, will benefit SoutheastHEALTH's Pediatrics, OB and Neonatal Intensive Care units. Proceeds will help provide excellent healthcare to other little princesses, princes and their families when they need the best healing in all of the land.

Princess Tea guests will enjoy sweets and tea or lemonade fit for a queen with very special appearances by Cinderella and some of her princess pals, including some new princesses who will leave you “Frozen” with delight. Young princesses will be invited to the dance floor to sing and dance with their new princess friends.

Tickets are available at the SoutheastHEALTH Foundation at 60 Doctors’ Park, Lower Level, in Cape Girardeau. For more information, call 573-986-6622.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier health care system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

LAST UPDATED ON JANUARY 19TH 2015 BY DEE LOFLIN

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Time to Join the 2015 Team Fitness Challenge!

DECEMBER 26TH 2014 BY DEE LOFLIN

Time to Join the 2015 Team Fitness Challenge!

Dexter, Missouri – Have you made that New Year's Resolution yet? Now is the time for the 2015, yes that's right 2015 Team Fitness Challenge is BACK! The Regional Healthcare Foundation located at 215 West Grant Street in Dexter, Missouri, hosts the annual fitness challenge.

The Challenge begins on Wednesday, January 14th and runs through April 29th. You may sign-up for the fitness challenge January 14th, 21st and the 28th at the Regional Healthcare Foundation.

Teams of 4 compete to lose the greatest percentage of weight. Weigh-in days are Wednesdays from 7:30 a.m. – 5:30 p.m.

1st Place Team wins \$1,000, 2nd place team prize is \$500 and the 3rd place team prize is \$250! There will also be a \$250 individual prize for the person who loses the most pounds!

There is no fee to participate just stop by and change your life! Participants who weigh in 9 times by March 25th will receive a 2015 Team Challenge T-shirt!

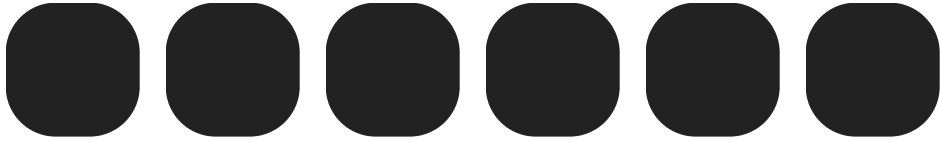
Teams must have a name picked out when they come to sign-up and you can be as creative as you like. Teammates do not have to come and weigh-in at the same time. If an individual still wants to participate, but does not have a team, they will be assigned to a team.

If Dexter Schools are closed due to weather, the Regional Healthcare Foundation office will also be closed. Progress charts are posted weekly by team names and percentage of loss. Individual weights are kept completely confidential. Weekly drawings of various items will be announced and weekly handouts related to health and nutrition will be available.

It's time to get your team together and lose some weight! This is your year!!

If you have questions contact the Regional Healthcare Foundation at (573) 624-1607 and follow them on Facebook by clicking **HERE**.

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