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## SoutheastHEALTH August Health Briefs - List of Events

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AUGUST 11TH 2017 BY DEE LOFLIN

## SoutheastHEALTH August Health Briefs - List of Events

Cape Girardeau, Missouri - SoutheastHEALTH has several upcoming events during the month of August.

### Art for the Health of It Now on Display

Original artwork graces a Southeast Hospital corridor in the 24th annual Art for the Health of It exhibition. Sponsored by SoutheastHEALTH and the Arts Council of Southeast Missouri, the juried exhibit is on display near the Lobby in the first-floor corridor between elevators A and C. The exhibit is free and open to the public. Many of the works are available for purchase through the Arts Council. The exhibit will remain in place until August 24.

### Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Thursday, August 24 at 2 p.m. at HealthPoint Plaza, 2126 Independence in Cape. Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort. You will learn how our individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program. The program includes: Starting Point and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more. Register online at [SEhealth.org/classes-events](http://SEhealth.org/classes-events) or call 573-986-4440.

### Sibling Class Set for About to Be Big Brothers, Sisters

Sibling Class, scheduled for Wednesday, August 23 from 5:30 until 7 p.m. in the Harrison Room at Southeast Hospital, is designed to help children prepare, in a positive way, for the addition of a new family member. The class is geared toward children, ages 3 to 8. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Relationship Changes

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, August 16 at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Crystal Montgomery, LCSW, a bereavement counselor with Southeast Hospice, is "Changes in Your Relationships: Widening Your Circle."

### Share Support Group

SHARE Grief Support Group is for parents who have lost children due to miscarriage, stillbirth, neonatal death or ectopic pregnancy. This month's meeting will be from 1 to 2 p.m. on Wednesday, August 16 at HealthPoint Plaza in Cape. For more information, call Pastoral Care at 573-651-5519 or Social Services at 573-651-5549.

### 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, August 17 from 9 to 11 a.m. at HealthPoint Fitness, 410 West Main in Jackson. 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. Cost of the class is \$30. It is open to the public. 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.

### Accelerated Childbirth Preparation Class

This all inclusive, one-day, accelerated class on Saturday, August 19 from 8:30 a.m. to 12:30 p.m. in Meeting Room 106 at Southeast Hospital, is designed to accommodate couples who just want the basic information or whose schedules do not allow for five weekly evening classes. This class addresses the emotional and physical changes of pregnancy, the labor process as it occurs naturally, coping techniques for labor pain, medical options for pain control, common medical interventions and cesarean delivery. The physical and emotional changes that follow delivery, as well as normal newborn adjustment and breastfeeding, also are discussed. This class is taught by one of the OB nurses on staff at Southeast. Free for those delivering at Southeast; \$40 per couple for others. Please register at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Cook Once and Eat Three Times

This class, Monday August 21 from 6 to 7:15 p.m., is perfect for back to school time. With school starting and busy schedules kicking in, you'll learn some strategies (and tasty recipes) to keep the healthy meals happening at home with less work in the kitchen. The class is taught by HealthPoint Nutritional Services Coordinator Raina Childers, MS, RD, LD. Cost is \$3 for HealthPoint members and \$5 for non-members. Click on [SEhealth.org/Events](http://SEhealth.org/Events) or call (573)986-4440 to register.

### Old Bag Sale

The popular Old Bag Sale sponsored by the SoutheastHEALTH Auxiliary will be held on Wednesday, August 23 from 7 a.m. to 7 p.m. in the Hospital's Harrison Room. Shop for

gently used handbags, billfolds, scarves, jewelry, accessories and more. Proceeds help fund Hospital projects that benefit patients.

### Summer Blood Drive

The next SoutheastHEALTH Blood Drive will be held on Thursday, August 24 from 7 a.m. to 4 p.m. in the Harrison Room at Southeast Hospital. Please roll up your sleeve and encourage co-workers, friends and family to give. Call the SoutheastHEALTH Volunteer Services office at 573-651-5518 to schedule an appointment.

### Scrapbook for a Cause

Join us for a “Scrapbook Crop” from 8 a.m. to 5 p.m. on Saturday, August 26. Here’s a great opportunity to get away from distractions and get some serious scrapbooking done. Bring your supplies – photos, adhesive, embellishments, cutting machines, etc. – and Southeast will provide the work tables. Have fun sharing ideas and techniques with fellow scrappers. Questions? Contact organizer Lisa Wiggins, RN, at 573-331-7974.

### About SoutheastHEALTH

At SoutheastHEALTH, the region’s premier healthcare 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 12 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.

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