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# SoutheastHEALTH July Health Briefs

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JUNE 29TH 2020 BY DEE LOFLIN

SoutheastHEALTH July Health Briefs

## **SoutheastHEALTH July Health Briefs**

### **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 Monday, July 6, at 6 p.m., and Thursday, July 23, 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.

### **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. This month's meeting will be from 1 to 2 p.m. on Tuesday, July 14, at HealthPoint Plaza in Cape. This month's topic is "Making the Most of Your Healthcare Visits." Learn tips on how to prepare for visits with your diabetes care team and questions to ask to get the support you need. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

### **Grief Support Group**

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, July 15, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Support Circles: Expansion and Contraction." For more information about this support group, please call Southeast Hospice, 573-335-6208.

### **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, July 16, from 9 to 11 a.m. at HealthPoint Fitness in Cape. 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. 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.

### A Toast to Healthy Drinking

Important hydration and nutrition can come in liquid form. Curious about healthy smoothies, protein drinks, juicing and infused waters? Join us from 6 to 7:15 p.m. Monday, July 20, to explore delicious ways to drink the good stuff during the summer months and all year round. Healthy Cooking Classes at HealthPoint Fitness-Cape are taught by HealthPoint Nutritional Services Coordinator Raina Childers-Richmond, MS, RD, LD. Cost is \$5 for HealthPoint members and non-members. Click on [SEhealth.org/Events](https://SEhealth.org/Events) or call 573-986-4440 to register.

### 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 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](https://SEhealth.org).

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