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## SoutheastHEALTH September 2021 News Briefs

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SEPTEMBER 06TH 2021 BY DEE LOFLIN

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## *SoutheastHEALTH September 2021 Health Briefs*

### **COVID-19 Vaccination Clinics**

SoutheastHEALTH offers Covid-19 Vaccination Clinics every Tuesday and Wednesday from 8 a.m. to noon. Vaccinations are by appointment only. To make your appointment, call 573-519-4522. Since late 2020, SoutheastHEALTH has administered over 34,000 COVID vaccinations.

### **Starting Point Informational Meeting**

Time to make a change for the better in your life? Starting Point, a medically-managed weight loss program, can give you the tools to make it happen. Learn more at an informational meeting at HealthPoint Fitness in Cape at 7 p.m. on Thursday, September 9, or at 7 p.m. on Tuesday, September 14. For more information, contact HealthPoint Nutrition Services at 573-986-4440.

### **COVID-19 Vaccination Clinic in Perryville**

There will be Pfizer COVID-19 vaccination clinic from 9 a.m. to 1 p.m. on Thursday, September 9, at the Perry Park Center in Perryville, Mo. The vaccine is available to those ages 12 and up. Adolescents must be accompanied by a parent or guardian. Appointments are required. To register, visit [sehealth.org/COVID](https://sehealth.org/COVID).

### **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, September 13, at 6 p.m., and Thursday, September 30, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. Class size is limited. Register online at [SEhealth.org/Events](https://SEhealth.org/Events) or by calling (573)986-4440.

### **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 Saturday, September 11, from 9:30 to 11:30 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. 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, September 14, at HealthPoint Plaza in Cape. This month's topic is "One Dish Meals – Quick and Nutritious." On a busy night, a one dish meal can satisfy, provide a nutritious meal for the evening and make cleanup a breeze. Participants will learn more about meal planning tips, portion control and make ahead meals. Seating is limited, and pre-registration is required. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

### **Grief Support Group: Your Grief Journey**

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, September 15, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Who Am I Now?" For more information about this support group, please call Southeast Hospice, 573-335-6208.

### **Bone Health Seminar**

Do you know that over 80 percent of all fractures in people ages 50 and over are caused by osteoporosis? Learn more about osteoporosis prevention, testing, diet and exercise options at a free Bone Health Seminar from 6 to 7 p.m. on Thursday, September 16, at Drury Plaza Convention Center in Cape. Expert panelists are Charity Jacobs, MD, orthopedic surgeon, Southeast Orthopedics and Sports Medicine, Jennifer Roth, bone health specialist, Southeast Orthopedics and Sports Medicine, and Laura Vollink, registered dietitian and nutrition fitness coordination at HealthPoint Fitness. To register, call 1-800-800-5123.

### **Healthy Cooking: Mystery Meat**

Join us on Monday, September 20, to learn more about the many plant based alternatives to meat. They can be a way to up the nutrition while replacing beef, chicken and pork in traditional recipes. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by

HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call 573-986-4440.

### 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.

LAST UPDATED ON SEPTEMBER 06TH 2021 BY DEE LOFLIN

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