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SoutheastHEALTH November 2021 Health Briefs

OCTOBER 29TH 2021 BY DEE LOFLIN

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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. For booster shot information, visit sehealth.org/Covid-19 Resource Center.

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, November 1, at 6 p.m., and Thursday, November 18, 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 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 Monday Nov. 8, from 6 to 8 p.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, November 9, at HealthPoint Plaza in Cape. This month's topic is "Walk, Walk, Walk." Staying active is good for the mind and body. As part of this month's program, participants will take part in a group walking activity, so

be sure to wear comfortable clothes and walking shoes. Seating is limited, and pre-registration is required. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

Community Memorial Service

Southeast Hospice will host its annual Community Memorial Service from 2 to 3 p.m. Sunday, November 14, at Cape First, 254 South Silver Springs Road in Cape. The service remembers loved ones through music, prayer and eulogies. For more information, contact Hospice Bereavement Coordinator Juie amegzger, LCSW, at 573-335-6208.

Grief Support Group: Not by Sadness Alone

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, November 17, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Coping with Holidays and Special Dates." For more information about this support group, please call Southeast Hospice, 573-335-6208.

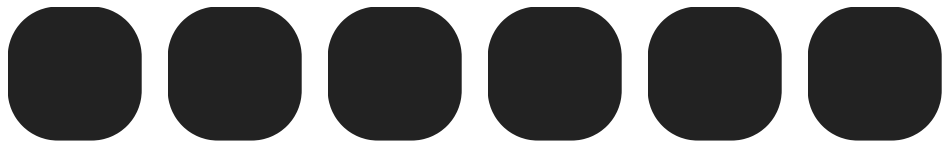
Healthy Cooking: 'Holiday Baking with Flour Alternatives'

Join us on Monday, November 22, to learn how to create some baked items that don't use traditional wheat flours. There are many alternatives that produce healthy, mouth-watering holiday treats. 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.

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