

On the HealthBeat



FEBRUARY HEALTH EVENTS

LMC Arthritis Foundation Exercise Class

LMC is offering Arthritis Foundation Exercise Classes, beginning March 1 and going Mondays and Thursdays through April 22. The classes were developed especially for those living with arthritis. It will help participants maintain their fitness while reducing arthritis pain. It is taught by Arthritis Foundation certified instructors. Rice Lake Senior Center, 1-2 p.m., \$20. Pre-registration is required. Register in person at the LMC Health & Wellness Center, Cedar Mall, Rice Lake, or log on to www.lakeviewmedical.com. Or call 236-6408 for a registration form or if you have questions. **Deadline to register is Feb. 22**, and class size is limited.

Become An LMC Hospice Volunteer

Want to make a difference? Become a hospice volunteer at Lakeview Medical Center. Hospice volunteer training will be taking place March 15 - April 8, Monday and Thursday evenings 5:30 - 8 p.m. Pre-registration is required, call 715-236-6255.

Educational Classes

FREE PRENATAL/ PARENTING CLASSES

For more information or to register, please call 236-6215

Birthing Basics Class

Feb. 3, 10 & 17
6 - 8 p.m. at Towne Centre

Birthing Basics One-Day Saturday Class

Feb. 13
9 a.m. - 1 p.m. at Towne Centre

Breastfeeding Basics

Feb. 24
6 - 8 p.m. at Towne Centre

Sibling Class

Jan. 12
6 - 7:30 p.m. at LMC Conference Room

Mother/Baby Support Group

Feb. 11
10:30 - 11:30 a.m. call 236-6168 to register and for location.

Call 236-6168 if interested in Cesarean Section or Refresher Class, or if you need a car seat inspection.

Support Groups

ENDED BEGINNINGS

A monthly support group for those who have lost babies in pregnancy/shortly after birth. Registration is not required and the sessions are FREE of charge
Feb. 9, 7 p.m. (2nd Tuesday of each month) LMC conference room

GRIEF SUPPORT GROUP

Registration is not required and the sessions are FREE of charge
March 18, 6-7 p.m. Hospice office at Towne Centre. Open to all adults who have experienced the loss of a loved one through death. For more information call 236-6247.

SPRING 6-WEEK GRIEF SUPPORT GROUP

Learning to come to terms with the new realities of life after a loss can be very difficult. LMC's grief support group provides an atmosphere of acceptance and understanding where people can safely talk about their experiences, feelings, and concerns.

The Hospice Care Program will host its Spring 6-Week Grief Support Group in the Hospice Conference room. This group will meet every Tuesday evening 6-7:30 p.m. March 2 - April 6. The support group is open to all adults who have experienced the loss of a loved one through death.

The meetings are free, but space is limited, so pre-registration is required. For more information or to pre-register, please call 236-6347.

APHASIA SUPPORT GROUP

Feb. 22, 9:30 - 11 a.m.
Marshfield Clinic - Rice Lake Center 1st Floor Conference Room.
This free group is for people suffering from aphasia – difficulty expressing/understanding speech and language because of stroke, injury or general language loss. Caregivers are invited to join as well. The group is facilitated by LMC's Speech-Language Pathologists. For more information, please call Cheri Fox Messick at 715-236-6408.

Screenings

BLOOD PRESSURE SCREENING

No appointment needed; just walk in
Feb. 3, 8-10 a.m.
Feb. 17, 2:30-4:30 p.m.
LMC Lobby

Health & Wellness

WELLNESS WEDNESDAY LUNCH & LEARN SERIES

Feb. 3
12:30-1:15 p.m.: Linda Avery-Patz, EMT-P presents "Emergency Care & You - a guide to pre-hospital care"

Feb. 17
12:30-1:15 p.m.: Dr. Alaoua presents "Diagnosis of Heart Disease"
1:15-2 p.m.: Stephanie Fleming presents "Stress ... Who Me?"

Indianhead Conference Room Marshfield Clinic-Rice Lake Center. Lunch will be served. Pre-registration is required, call 236-6408. **Fee: \$3**

