

September 2019

# — COMMUNITY EDUCATION

**Heartsaver & CPR Classes** Classes for the general public will be offered September 19 (register by 9/16), and October 17 (register by 10/14), from 5:00 to 10:00 p.m. in the Bagby conference room. To register, or for more information about other classes, call the Respiratory department at 402-426-1197. The cost is \$75 and includes a book. Classes are also offered for medical professionals. **This class is free to new moms having their babies at**

**Lunch & Learn** The Lunch & Learn will be held on Thursday, September 12 at 12:00 p.m. in the Bagby/Gentry conference room. Our guest speaker will be Pulmonary Disease and Alpha-1 Specialist Ryan Schmidt, BS, RRT. Alpha-1 antitrypsin deficiency is an inherited disease that can lead to lung disease in adults and liver disease in infants, children and adults. It can be especially bad for smokers. Please contact Laura Willey at 402-426-1494 or [lwilley@mchhs.org](mailto:lwilley@mchhs.org) to reserve your spot and for a free lunch.

**Cancer Resource Center** The Center provides a wide variety of wigs, breast prosthesis, and head wraps for free. ***Look Good Feel Good*** is available by appointment only and is a free program that teaches techniques to women cancer patients to help them combat the appearance-related side effects of treatment. Volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products. To schedule an appointment, or for information about this program and the Cancer Resource Center, contact Lana Thompson at 426-1282.

**Alzheimer and Caregiver Support Group** If you would like more information about a support group in the area, please contact Mary Atkinson at 402-426-3090.

**Beginners Tai Chi – Moving For Better Balance** This class is taught by certified instructor, Cathy White, P.T. The next session will be held September 9 through November 13 on Mondays & Wednesdays, from 1:00 to 2:00 p.m. in the Howard/Sievers conference rooms. Registration is required. Classes fill up quickly so please call 402-426-1129 to reserve your spot. This is a free class.

**Senior Strength Training** Classes are held on Mondays, Wednesdays, and Fridays from 9:00 to 9:30 a.m. in the Howard/Sievers conference room and are taught by members of the Therapy Services department.

**Grief Share** The next Grief Share group session will begin on Monday, September 9th. The sessions are held on Mondays, from 6:30 to 8:30 p.m. in the Sievers conference room. For more information concerning this support group, please contact Liz Abrahams at 402-427-4057.

**Childbirth Education & Breastfeeding** Please call Labor & Delivery at 426-1153 for more information and to schedule a class time. Tours are also available.

## **SAVE THE DATE!**

The **Auxiliary Rummage Sale** will be held September 19-22 at the Washington County Fairgrounds in Arlington! If you are interested in volunteering, please contact Kim Dutton at 402-426-2030.

The **3rd Annual Baby Expo** will be held October 12, from 9:00 a.m. to 12:00 p.m. at MCH&HS. For information, contact Molly Dahlgren at 402-426-1464 or [mdahlgren@mchhs.org](mailto:mdahlgren@mchhs.org).

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