



Community Health & Benefits Calendar

Changing how you receive healthcare.

February 2012

Health Educational Programs

Weight Watchers - Meetings held two times a day each Monday in the Satilla Annex Classroom at 11:45 a.m. and 5:30 p.m. For more information, call Wanda Strickland at 449-2535.

Smoking Cessation - Work with a smoking cessation counselor at the Satilla Regional Health & Wellness Center, using the American Cancer Society's Fresh Start program - a unique approach to quit smoking. There is a \$25 fee. To register, call Lynn Gardner at 287-4131.

Sleep Apnea: What is Sleep Apnea, and do I Have It? Free class offered to the public. Compliance classes will offer handouts, display the newest equipment, masks and also benefit patients who have been diagnosed with OSA. A licensed sleep technologist will be on hand to answer questions. Meets every 1st Thursday of the month. Held at Satilla Rehabilitation Institute, 2500 Satilla Parkway at 6:00 p.m. Please RSVP or if you have any questions call Cindy Mulkey at 338-8050.

Next classes: February 2

AARP Driver Safety Program - Be a safer driver and receive discounts on your auto insurance by attending this AARP-sanctioned driver refresher course for seniors. Held from 9:00 am - 2:00 pm in the Satilla Annex Classroom, \$14 fee per person, all AARP members receive a \$2 discount. For more information about the next classes, please contact Reginald Taylor at 449-6630.

Next Classes: February 18

American Cancer Society Look Good, Feel Better - This free program teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. This event will be held from 6:00-8:00 pm at the Annex Cafetorium. To register call 912-265-7117 or 1-866-227-0797.

Next Class: February 13

Chapel Services: Satilla Regional Medical Center Sunday Chapel Service - A Non-denominational worship that is open to the public and is held every Sunday from 3:00 - 3:15 pm in the hospital chapel.

Support Groups

Diabetes - Meets first Thursday at 6:30 p.m. in the Annex Classroom. Call Craig Roberts at 283-6086.

Next meeting: February 2

Domestic Violence - Meets first and third Tuesday at 6:00 p.m. in the Annex Classroom. Call Sandra Miles at 285-5840.

Next meeting: February 7 & 21

Traumatic Brain Injury - Meets third Monday at 7 p.m. in the Annex Classroom. Email Kathie@accessatc.net or call Kathie at 285-5403 or Debra Gordon at 285-7994.

Next meeting: February 20

Alzheimer's - Meets fourth Tuesday at 12:30 p.m. in the 3rd floor Classroom. Call Sondra Hicks at 338-7324 or 614-8605.

Next meeting: February 28

Cancer - Meets 1st Tuesday of the month in the Annex Classroom at noon. To register call 912-490-0024.

Next meeting: February 7

Parenting Classes

Sibling School - Help children prepare for the arrival of a new sibling. This program is offered for big brothers and sisters ages 3 to 10 years old. Held in the Birthing Center conference room from 10 to 11:30 a.m. Fee: \$10, includes a t-shirt for children (recommended for ages 4 to 10). To register, call 287-2686.

2012 classes: February 4, June 9, and October 6

Epidural Classes - A common method of administering anesthesia during labor. It is inserted through a catheter threaded through a needle inserted into the dura space near the spinal cord. Classes are held in the Birthing Center conference room Monday through Thursday between the hours of 8:30 a.m. and 4 p.m. at the convenience of the patient. No charge. To register, call 287-2686.

Childbirth Classes - Expectant mothers bring a partner and learn the many aspects of childbirth. Birthing Center tour included. Classes are held in the Birthing Center conference room from 7 to 9 p.m. on Friday and 9 to 4 p.m. on Saturday with a lunch break from 11:30 to 1 p.m. Fee: \$20. Call early to register at 287-2686.

2012 classes: March 3, May 5, July 14, September 8, and November 3

Breastfeeding Classes - Get off to a great start with your newborn with breastfeeding. Discussion will include the benefits of breastfeeding, planning, and preparation, as well as helpful hints to address your most common concerns. Classes are held in the Birthing Center conference room from 5 to 6:30 p.m. Fee: \$5. Mothers only please. To register, call 287-2686.

2012 classes: March 8, May 10, July 12, September 13, and November 8