

October 2008

calendar of events

Breast Cancer Awareness Month

Are you newly diagnosed with breast cancer or has a loved one shared the news that they have breast cancer? Would you like to find out what your risk of breast cancer is? Stop in at Wellness Works, your source for up-to-date information on breast cancer.

Blood Pressure Screening - Wed, Oct 1, 9 - 10 a.m. Stop in and get a blood pressure reading. Ask about the new Staying Well at Home program that enables you to monitor your own vital signs here at Wellness Works with the swipe of your personalized card.

Diabetes Update - Fri, Oct 3, 11 a.m. (12 p.m. Español) Have you recently been diagnosed with diabetes? Come learn the basics of diabetes. Luris de Calero

My MS, My Choice - Tues, Oct 7, 6:30 p.m. You are invited to participate in a dialogue of hope and health for people living with Multiple Sclerosis. Mary Filipi, NP, PhD will explain treatment options and infusions in MS. Program sponsored by Biogen. Pre-registration required. Call 866-955-9999. Refreshments and social time will begin at 6 p.m.

Osteoporosis and Bone Health - Wed, Oct 8, 10a.m.-8p.m. This 15-minute online tutorial will help you understand what osteoporosis is as well as its symptoms, causes, diagnosis and treatment options, and prevention tips.

Heart Facts - Thur, Oct 9, 11a.m. (12 noon Español) Omega 3 Fatty Acids and Antioxidants. Take a look at the evidence surrounding these compounds. Learn how important they are in fighting heart disease and the best dietary sources. Educator, Luris de Calero.

Diabetes Update - Thur, Oct 9, 4 p.m. (5 p.m. Español) Have you recently been diagnosed with diabetes? Come learn the basics of diabetes. Luris de Calero.

Lymphedema, Thur, Oct 9, 7 p.m. This condition can affect 8-30% of women who have had surgery for breast cancer. It involves swelling in the arm and can range in severity from mild to devastating. Fortunately lymphedema is treatable with prompt diagnosis and proper treatment. Therapist Carlotta Hartman, OTR will discuss how to "get your life back" and manage this chronic condition. Pre-registration required. Call 398-5050.

Young Women's Breast Cancer Support Group - Tues, Oct 14, 6:45 - 7:45 p.m. Group formed to support young women diagnosed with breast cancer.

From the Kitchen - Thur, Oct 16, 1 p.m. Eating With a Latin Beat. The traditional Latin diet is full of flavor and packs a powerful, nutritional punch. Discover a fresh cuisine that is contemporary and healthy. Educator, Luris de Calero will share with us some of her native Colombian recipes. Here's your chance to taste some of the native foods you find in our grocery stores but didn't know how to fix.

Heart Facts - Thur, Oct 16, 4 p.m. (5 p.m. Español) Omega 3 Fatty Acids and Antioxidants. Take a look at the evidence surrounding these compounds. Learn how important they are in fighting heart disease and the best dietary sources. Educator, Luris de Calero.

Diabetes Update, Fri, Oct 17, 11 a.m. (12 noon Español) Carbohydrate Counting. Counting carbohydrate is important for controlling diabetes and weight management. Learn why carbohydrates are such an important part of managing this condition. Educator, Luris de Calero

Kids Time - Pumpkin Painting, Fri, Oct 17, 1 p.m. (grades K-5) Pick out and paint pumpkins in the Center court of the mall and learn Halloween safety tips.

Diabetes Support Group - Mon, Oct 20, 7 p.m. A group designed to assist those with diabetes. This month's topic: Medicare coverage for diabetic supplies and education.

From the Kitchen - Thur, Oct 23, 1:30 p.m. Pumpkin - A Top Ten Vegetable. With fall harvest upon us, come learn some new and creative ways to prepare this healthy, vegetable choice. Registered Dietitian Teri Sass.

Parkinson Disease Overview - Thur, Oct 23, 7 p.m. A discussion of early signs, diagnosis and treatment for this complex neurological disease most commonly characterized by muscle tremors. Neurologist, Colin Sanner, M.D. Pre-registration required. Call 398-5050.

Knee and Hip Pain Seminar - Mon, Oct 27, 5:30 p.m. Learn about types of pain and treatment options. Marsha Dunn, R.N. Pre-registration required. Call 398-5050

Health For Every Body - Mon, Oct 27, Nov 3, 10, & 17, 10 a.m.-Noon & 6:30-8:30 p.m. Living well in Central Nebraska - 4 week program. Rediscover the basics of healthy living. Sessions include information on nutrition, physical activity and shifting our mental attitudes about health and pleasurable living. Participants will complete walking logs along with setting personal goals. Enrollment is limited. Call 398-5050 to register. Instructors include Registered Dietitian, Doreen Foland and Cami Wells, Paula Rauert, RN and Mary Ann Kalinay, Patient Family counselor

From The Kitchen - Thur, Oct 30, 1:30 p.m. Healthy Eating With High Blood Pressure. Are you looking for ways to lower your blood pressure as an alternative or complement to medication? Registered Dietitian, Cami Wells, Hall County Extension will offer some tips.

Diabetes Update - Thur, Oct 30, 4 p.m. (5 p.m. Español) Carbohydrate Counting. Counting carbohydrate is important for controlling diabetes and weight management. Learn why carbohydrates are such an important part of managing this condition. Educator, Luris de Calero

'Pause and Effect - Thur, Oct 30, 7 p.m. Understanding This Thing Called Menopause. Are you wondering if some of the changes you notice in yourself could be the start of menopause? Perimenopause can begin as early as mid 30's. Kathy Morse, M.D. will help you understand this time in your life so that you can manage the changes that are affecting you. Pre-registration required.

Clubs & Support Groups

Cansurmount Support Group

Oct 1 at 5:15 p.m. - Assists those with cancer and family members in living with hope and strength for the future

Eat at Mom's Breastfeeding Support Group

Oct 7, 14, 21, 28 from 10 a.m. to Noon

From Surviving to Thriving

Oct 8 at 6 p.m. — Group designed for life after cancer.

Wellness Works/Por Su Salud is a free service of Saint Francis Medical Center. All events are free to the public and do not require pre-registration unless noted. If any event is cancelled due to inclement weather or other emergency, the media will be notified. Visit us online at www.wellnessworksonline.org