


Community Calendar at Clark Memorial Hospital



Heart and Lung

■ HEARTaware™

7 minutes online can save your life!

Log onto www.clarkmemorial.org and click on the  HEARTaware™ logo. Immediately see a FREE assessment of your risk for heart disease.

▲ Vascular Screenings

The greatest danger with undetected vascular disease is that the first sign of trouble could be a stroke, heart attack or aneurysm. This screening includes an abdominal and carotid ultrasound and an ankle brachial index (ABI) screening. Convenient appointments are available Monday – Friday from 7:00 a.m. – 4:00 p.m. To schedule an appointment, call (812) 283-2405. Fee: \$99.

▲ CPR Training

Clark Memorial Hospital's Emergency Services Department is offering CPR Training to the community. Training for individuals who want to learn CPR and for Health Care Providers is listed below. To register for one or more of the classes, call the EMS Office at (812) 283-2033.

▲ Heartsaver AED

Covers infant, child and adult CPR and choking and AED. Recommended for non-health care providers who require certification. Cost is \$40 per participant. *August 12, 2009 from 6:00 – 8:30 p.m.*

▲ Friends and Family CPR

This non-certification class is designed to give you information about CPR for adults, children and infants, as well as how to help a choking victim. Cost is \$5 per participant. *September 23, 2009 from 6:00 – 8:00 p.m.*

▲ Healthcare Provider Certification

Covers 1 and 2 Rescuer CPR for infant, child and adult CPR and choking and AED. Recommended for all professional rescuers and health care providers. Cost is \$50 per participant. *October 14, 2009 from 6:00 – 8:30 p.m.*

Diabetes Education

● Diabetes Support Group

For individuals living with diabetes, challenges are everywhere. Information or to RSVP: (812) 283-2077. *First Monday of each month from 7:00 – 8:00 p.m.*

Lois A. Kratz Health and Wellness Center

● Lois A. Kratz Health and Wellness Center Gym

Membership is \$30 per month or three months for \$75, and includes body fat analysis, weight check, health assessment interview and initial exercise program. Information: (812) 283-2600. *Monday – Thursday, 6:00 a.m. – 7:00 p.m. and Friday, 6:00 a.m. – 6:00 p.m.*

Family Birth Place

● The Family Birth Place at Clark Memorial Hospital offers personal instruction through a wide selection of educational classes for both new parents and refresher courses for experienced parents. Classes offered include Prepared Childbirth Classes, Brothers and Sisters To Be, CPR First Aid, and much more. For a complete list of classes, log onto www.clarkmemorial.org.

Cancer Care Services

● Cancer Support Group

Clark Memorial offers a free Cancer Support Group for anyone having received the diagnosis of cancer. The group will cover various topics each month allowing participants to learn from one another's experiences. Registration: (812) 283-2600. *Support Groups are held the third Tuesday of each month from 6:00 – 7:00 p.m. in the lower level education area.*

Alzheimer's Basics: What to Know, What to Do

The Clark Memorial Behavioral Health Services is hosting an Alzheimer's Association Snack N Learn Session is on October 27 from 7:00 – 8:00 p.m. in the Conference Center.

From the Expert Classes

● Bariatric Treatment Options: Community Information Session

Clark Memorial Hospital offers a community information session explaining the comprehensive bariatric program. Bariatric surgical procedures are the only medically proven way to sustain significant weight loss. Not only does the program include surgical treatment, but also, weight loss counseling, nutritional support, as well as exercise and behavioral health. Registration: (812) 283-2087.

Information sessions are held at 6:30 p.m. on the second Thursday of each month.

AARP Safe Driving Course

▲ The AARP Safe Driving Course is the nation's largest driving improvement course that is specially designed for motorists age 50 and older. The eight-hour program is conducted over two days and the cost is \$10 per person payable to AARP. Registration: (812) 283-2079. *October 22 and 23 from 12:30 – 4:30 p.m.*

Women's Health Fair September 12, 2009 from 10:00 a.m. – 2:00 p.m.

Join us for another great health fair focused on women and their health. Screenings and information will include:

Heart Disease	Diabetes
Smoking Cessation	Osteoporosis
Family planning	Menopause
Vision screenings	

