

**Circle of Strength / Cancer Support Group - The Innovation Center at Columbus Regional Hospital
Tuesday, July 10, 2018, 4:00pm - 5:30pm Sponsored by The CRH Cancer Center**

This support group is for cancer patients and survivors hosted by representatives from the CRH Cancer Center. The group provides an opportunity for patients and survivors to come together to share feelings, experiences and challenges. Anyone who is battling cancer, or is a survivor, is welcome to unite with others, learn about coping tactics and explore ways to improve one's quality of life during and after treatment. The group will also explore a variety of activities including art therapy and yoga. Circle of Strength meets on the first Tuesday of each month. Please join us at Columbus Regional Hospital in the Innovation Center Resource Lounge which is located in the basement of the main hospital. Don't forget to take advantage of our **FREE** valet parking at the main entrance of the hospital! For more information, please email jsparkman@crh.org or call (812) 375-3326.

**Bariatric Center Information Session - Southern Indiana Surgery
Tuesday, July 10, 2018, Begins at 5:30pm, Bariatric Medical Director Dr. David J. Lee
Tuesday, July 24, 2018, Begins at 5:30pm, Samantha Grider, NP**

Sponsored by Southern Indiana Surgery

Join us for a FREE information session for those wanting to learn more about obesity and bariatric surgery. The session will cover the causes of obesity, trends and quality of life issues. The session will also explore misconceptions about bariatric surgery, surgery options including the LAP-BAND® System, REALIZE® Band and sleeve gastrectomy, laparoscopic gastric bypass, lifestyle implications and whether the surgery is covered by insurance. Bariatric surgery is more than weight-loss surgery; it is a lifestyle change for overweight patients to improve their quality of life. To register for a free information session or for more information about bariatric surgery, interested individuals can now register online at www.columbusbariatrics.com or call the Bariatric Center at (812) 418-3512. Walk-ins are welcome.

**Neuropathy 101: Diagnosis, Examination & Treatment Options - Lunch & Learn - WellConnect
Wednesday, July 11, 2018, 12:00pm - 1:00pm Sponsored by Columbus Regional Health**

This presentation will focus on the latest research and treatment options for those with neuropathy. Join us for an educational session followed by a question and answer period. This lunch & learn seminar is **FREE**, includes lunch. Presented by: Melanie Hart, PT, Senior Physical Therapist, Columbus Regional Health. Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

Tobacco Cessation Program - Our Hospice

**Session 4: July 11, 18, 25, August 1, 8, 15, 22, 29, 2018, 6:00pm – 8:00pm
- Sponsored by Healthy Communities / CRH**

Ready to QUIT tobacco? This is your year to kick the tobacco habit. CRH offers group tobacco cessation classes with medication assistance* for \$35.00. The classes are offered over 5 sessions, with 8 weekly meetings. All classes meet on Wednesday evenings. Pre-registration is preferred by calling 1-800-699-1019 or email healthycommunities@crh.org. Check or cash payments will be collected on the first day of each session. For more info, please call Kylee Jones, Certified Tobacco Cessation Facilitator at (812) 375-3194.

**Returning to Work / Pumping Class - The Innovation Center at Columbus Regional Hospital
Wednesday, July 11, 2018, 7:15pm - 8:45pm Sponsored by The CRH Birthing Center**

This class provides an overview of what to expect when returning to work, how to communicate to your employer about your needs as a nursing mother, and how to prepare your baby for the transition. We also discuss creating a pumping schedule, building a stored supply, the various kinds on pumps, and hands on pumping. The fee for this class is \$25. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or (800) 841-4935, Monday – Friday, 8am – 5pm.

Farmer's Market - Downtown Columbus, Cummins Parking Lot (Brown Street)

Saturday, July 14, 2018, 9:00am - 12:30pm

Come visit the Columbus Regional Health tent at the Columbus Farmer's Market on the second Saturday of every month. Each month we will feature a different service line and group of medical professionals to answer questions and pass out health and wellness information! This event is free and open to everyone. This month we are featuring our **Joint & Spine Center**.

**Baby-Steps - Prenatal Series - The Innovation Center at Columbus Regional Hospital
Tuesdays, July 17, 24, 31, 2018, 5:30pm - 7:30pm Sponsored by The CRH Birthing Center**

This class covers end of pregnancy, prelude to labor, vaginal birth, medical procedures, cesarean sections, postpartum care, newborn baby care and preparations for going home, but are a la carte. You can attend one, or all of them allowing you to choose the classes that meet your individual needs. They are held in three separate 2-hour sessions on Tuesday evenings. Classes are broken down as follows:

1st Session (July 17)

- End of Pregnancy
- Prelude to labor
- Labor
- Vaginal Birth

2nd Session (July 24)

- Medical Procedures
- Cesarean Sections

3rd Session (July 31)

- Postpartum Care
- Newborn Baby Care
- Preparations for Going Home

The fee for each session is \$25. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1-(800) 841-4935, Monday – Friday, 8am – 5pm.

What is Palliative Care & Why is it Important? - Lunch & Learn - WellConnect

Wednesday, July 18, 2018, 12:00pm - 1:00pm Sponsored by Hospice & Columbus Regional Health

Palliative Care is a specialized type of care offering relief from symptoms for individuals with a serious illness and can be provided at any stage of the disease process, including while undergoing curative care. Join us for an educational presentation followed by a question and answer session. This lunch & learn seminar is **FREE**, includes lunch. Presented by: Laura Leonard, President of Our Hospice of South Central Indiana and Dr. Diane Danly, Medical Director of Our Hospice of South Central Indiana. Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

CPAP Clinic - Columbus Regional Health Sleep Diagnostic Center

Thursday, July 19, 2018, 4:00pm - 6:00pm Sponsored in part by CRH Sleep Diagnostic Center

The CRH Sleep Diagnostics Center is located on the second floor of Our Hospice. Please bring your CPAP machine and receive a "free tune-up", mask adjustments and pressure checks. Learn more about your current equipment and about new masks on the market. All makes and models are welcome! Registration is not required. This clinic is FREE! Please call (812) 376-5246 for more information.

Diabetes Prevention Program Info Session - Mill Race Center, 900 Lindsey St, Columbus

Monday, July 23, 2018, 1:30pm - 2:30pm Sponsored by Healthy Communities

The Diabetes Prevention Program is an evidenced based program that provides a supportive environment where participants work in a small group to learn about eating healthier and increasing physical activity in order to reduce the risk for developing diabetes. The program goals are to reduce body weight by 5% and increase physical activity to 150 minutes per day.

The year-long program is delivered by trained facilitators using the Prevent T2 curriculum. The core sessions meet beginning with 16 weekly sessions and transition to core maintenance sessions that meet monthly.

To be eligible for this program participants must be:

- 18 years of age or older
- Body Mass Index 25 or greater (23 or greater for Asian)

Also, at least one of the following:

- A1c must be 5.7%-6.4% within past 12 months
- Fasting glucose level must be 100-125 mg/dl within past 12 months
- Previous clinical diagnosis of Gestational Diabetes Mellitus
- Score a 9 or higher on the CDC pre-diabetes screening test (www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf)

This info session is **FREE**. Registration is preferred by calling (812) 343-9840 or online at www.crh.org/events.

For questions please contact: diabetesprevention@crh.org or call (812) 375-3230.

Back Pain Seminar - Mill Race Center

Monday, July 23, 2018, 5:30pm - 6:30pm Sponsored by Columbus Regional Health Joint & Spine Center

If you suffer from back pain, your quality of life suffers. Whether the pain is constant or even occasional, you need the right diagnosis and treatment. The experts from our Joint and Spine Center will discuss common causes of back and neck pain and treatment options. Presenter: Lynn Billeter-Ellegood, DPT, Columbus Regional Health Senior Physical Therapist. This seminar is **FREE** and includes dinner. Registration is required and seating is limited. Please call (812) 343-9840 or register online at www.crh.org/events.

Preserving Nature's Bounty - Lunch & Learn - WellConnect

Wednesday, July 25, 2018, 12:00pm - 1:00pm Sponsored by Columbus Regional Health WellConnect

Enjoy the foods of the season all year long by using safe home food preservation methods. This lunch & learn seminar is **FREE** and includes lunch. Presented by: Harriet Armstrong, Health & Human Sciences Educator, Purdue Extension -Bartholomew County. (812) 379-1665 or armstrh@purdue.edu. Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

Better Breathers Club / Chronic Lung Disease Support Group - Mill Race Center

Wednesday, July 25, 2018, 3:00pm - 4:00pm Sponsored by The CRH Lung Institute & American Lung Assoc

Monthly Topic: Alliance for Substance Abuse Progress

This support group is for adults with chronic lung disease like COPD, pulmonary fibrosis or lung cancer. Led by a Respiratory Therapist & Registered Nurse, these meetings will provide an opportunity to learn ways to better cope with lung problems while getting the support of others who share similar experiences. Better Breathers meets on various dates throughout the year. This support group is **FREE** and no registration is required. For more information, please feel free to call (812) 376-5793.

New Brother & Sister Class - The Innovation Center at Columbus Regional Hospital

Wednesday, July 25, 2018, 6:00pm - 7:30pm Sponsored by The CRH Birthing Center

Children ages 3 - 10 who are expecting a new sibling will learn the value of their new position as well as how they can be of help to mom and dad. It is suggested that siblings participate in this class a month before baby's arrival.

The fee for this class is \$10 per family, please bring a baby doll. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1-(800) 841-4935, Monday - Friday, 8am - 5pm.

Family Hope & Support Group: For Families who have a Loved One who is Misusing Opiods - Mill Race Center, 900 Lindsey Street, Columbus

Thursday, July 26, 2018, 5:30pm - 7:00pm Sponsored by Columbus Regional Health & Mill Race Center

The group provides education, shares information and resources, and provides support and hope for each other. It also provides an emotionally safe and non-judgmental place where family members can support each other and provide hope for the future. Attendance and personal information shared by attendees is private.

The group meets on the fourth Thursday of each month at Mill Race Center. There is no cost to attend.

Contact Ray Morris at 812-376-5450 (ext. 5450) or email rmorris@crh.org for any questions.

Look Good Feel Better - The Cancer Center at Columbus Regional Hospital

Friday, July 27, 2018, 2:00pm - 4:00pm Sponsored by The CRH Cancer Center

This **FREE** program is a non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment. The program includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories and styling, helping people with cancer to find some normalcy in a life that is by no means normal. The program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. This program is offered twice a year at the CRH Cancer Center. Please join us at Columbus Regional Hospital Cancer Center Meeting Room. Don't forget to take advantage of our **FREE** valet parking at the main entrance of the hospital! Registration is required and seating is limited, so call today to secure your spot! For registration or more information, please email jsparkman@crh.org or call (812) 375-3326.

The Bundle - Prenatal Class - The Innovation Center at Columbus Regional Hospital

Saturday, July 28, 2018, 9:00am - 5:00pm Sponsored by The CRH Birthing Center

This class covers end of pregnancy, prelude to labor, vaginal birth, medical procedures, cesarean sections, postpartum care, newborn baby care and preparations for going home all in one 8 hour class.

The fee for this class is \$50. Registration is required by calling Centralized Scheduling at Columbus Regional Hospital at (812) 376-5500 or 1-(800) 841-4935.

For more information on CRH Programs and Events, visit www.CRH.org/events or call **812-376-5352**.



Columbus Regional Health Events & Programs July 2018



Nurse n' Chat - Mothering Essentials (424 Washington St / above Lockett's)

July 3, 10, 17, 24, 31, 2018, 9:30am - 11:00am

Sponsored by Healthy Communities

Get Support while visiting with other breastfeeding moms. Certified Lactation Consultants available to answer questions and do weight checks for baby. This program is **FREE** and no registration is required. Additional questions can be directed to CRH Lactation Department at (812)375-3545, Healthy Communities Breastfeeding Coalition at (812) 376-5097 or by emailing avirostko@crh.org.

Bartholomew County 4H Fair - Fairgrounds, Columbus

July 6 - 14, 2018

Come visit the **COOLEST BOOTH AT THE FAIR!** Columbus Regional Health is pleased to partner with QMIX and Summer's Plumbing, Heating & Cooling in Building 3, spaces 313 - 316 to offer you fun, educational health and wellness information in addition to air conditioning!

Day	Date	Exhibitor Hours	Featured Service Line
Friday	7/6/18	5:00 - 7:30pm	Cardiac Rehabilitation Services
		7:00 - 10:00pm	Tobacco Awareness
Saturday	7/7/18	2:00 - 5:30pm	Surgical Services
		5:00 - 7:30pm	Breastfeeding Coalition
Sunday	7/8/18	7:00 - 10:00pm	
		2:00 - 5:30pm	Endoscopy
Monday	7/9/18	5:00 - 7:30pm	Wound Center
		7:00pm - 10:00pm	Joint & Spine Center
Tuesday	7/10/18	5:00 - 7:30pm	
		7:00 - 10:00pm	Sleep Diagnostics Center
Wednesday	7/11/18	12:00 - 3:30pm	Birthing Center & Safe Sleep
		3:00pm - 6:30pm	Birthing Center & Safe Sleep
Thursday	7/12/18	6:00pm - 10:00pm	Cardiology
		5:00 - 7:30pm	Lung Institute
Friday	7/13/18	7:00pm - 10:00pm	
		5:00 - 7:30pm	Endoscopy
Saturday	7/14/18	7:00pm - 10:00pm	
		5:00 - 9:00pm	

Register to win a \$100 Health & Wellness Gift Card every day!

Breastfeeding 101 - The Kroot Auditorium at Columbus Regional Hospital

Saturday, July 7, 2018, 10:00am - 11:30am Sponsored by CRH Birthing Center

Get off to the right start with breastfeeding. This course will help parents learn how to latch baby, different positions to hold baby and much more. Information on community resources will also be provided. Call CRH Centralized Scheduling at (812) 376-5500 to register. For more info, email avirostko@crh.org.