

Breastfeeding 101 - The Kroot Auditorium at Columbus Regional Hospital

Saturday, November 10, 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.

Bariatric Center Information Session - Southern Indiana Surgery

Tuesday, November 13, 2018, Begins at 5:30pm

Presented by: Samantha Grider, NP, 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.

Baby-Steps - Prenatal Series - The Innovation Center at Columbus Regional Hospital

Tuesdays, November 13, 20 & 27, 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 (Nov 13)

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

2nd Session (Nov 20)

- Medical Procedures
- Cesarean Sections

3rd Session (Nov 27)

- 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.

Returning to Work / Pumping Class - The Innovation Center at Columbus Regional Hospital

Wednesday, November 14, 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.

CPAP Clinic - Columbus Regional Health Sleep Diagnostic Center

Thursday, November 15, 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.

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

Friday, November 16, 2018, 1:00pm - 3:00pm

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, November 1, 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.

28th Annual Festival of Lights Parade & QMIX Christmas Musical Fireworks

Downtown Columbus, IN

December 1, 2018, Festivities begin at 4:00pm

Sponsored in part by Columbus Regional Health

Celebrate the season in downtown Columbus with family and friends to enjoy area businesses, organizations and community members as they light up the streets with festive lights and cheer. The fun begins in Downtown Columbus at 4:00 p.m. with a magic show from Easterling Entertainment at The Commons.

The Festival of Lights Parade starts at 6:00 p.m. For parade route information, please visit www.festivaloflightsparade.com. Remember not to leave too quickly after the parade, because QMIX lights up the sky immediately following with the QMIX Christmas Musical Fireworks synchronized to all of your holiday favorites. Join us after the show for free pictures with Santa! Start the holiday season off right with a local family tradition.

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

December 4, 11, 18, 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.

Circle of Strength / Cancer Support Group - The Innovation Center at Columbus Regional Hospital

Tuesday, December 4, 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.

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

Wednesday, December 5, 2018, 3:00pm - 4:00pm

Sponsored by The CRH Lung Institute & American Lung Assoc

Monthly Topic: Effective Cough and Mucus Clearance

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.

Breastfeeding 101 - The Think Tank at Columbus Regional Hospital

Wednesday, December 5, 2018, 7:15pm - 8:45pm

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The Santa Experience - Hotel Indigo

December 8, 2018, 10:00am - 12:00pm

Sponsored by Southern Indiana OB/GYN / Columbus Regional Health

Join us for a **FREE** visit with Santa in appreciation to our patients and their families.

Brought to you by Dr. Albers, Dr. Davis, Pam Spencer & The Staff of Southern Indiana OB/GYN

Thank you for allowing us to be part of this chapter in your lives!

FREE light breakfast and drinks will be served.

Don't forget your camera to take your child's picture with Santa!

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Presented by: Samantha Grider, NP, Southern Indiana Surgery

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Columbus Regional Health Events & Programs November / December 2018



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

November 6, 13, 20, & 27, 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.

Circle of Strength / Cancer Support Group - The Innovation Center at Columbus Regional Hospital

Tuesday, November 6, 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.

Good Grief - Surviving the Holidays when Grieving a Loss - Lunch & Learn - Well Connect

Wednesday, November 7, 2018, 12:00pm - 1:00pm

Sponsored by CRH & Our Hospice of South Central IN

A discussion to help you understand your own grief or how to help someone you know who is grieving. This session will offer some practical steps to getting through the holidays. This seminar is **FREE** and includes a light lunch. Presented by: Bob Calvert, Bereavement Specialist, Our Hospice of South Central Indiana. Registration is required by calling (812) 343-9840 or online at www.crh.org/events.

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

Wednesday, November 7, 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.

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

Saturday, November 10, 2018, 9:00am - 5:00pm

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

