

# your guide to a healthy tomorrow

EVENTS &  
PROGRAMS

June  
2019



## COLUMBUS FARMER'S MARKET

Cummins Parking Lot, Between 5th & 8th St  
Saturday, June 8, 2019, 9:00am - 12:30pm

Come visit Columbus Regional Health in the Community Tent 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!

June 8 - Joint & Spine Center

July 13 - Lung Institute

August 10 - Heart & Vascular Center

September 14 - Sepsis Awareness

## RELAY FOR LIFE & CANCER SURVIVORS DAY CELEBRATION

Donner Park, Columbus

Saturday, June 22, 2019, 11:00am - 11:00pm

Join us in celebrating our Cancer Survivors at the Relay for Life event. All patients, past and present, their family and friends, along with anyone who has been diagnosed with cancer, are invited to attend.

No registration is required. This event is **FREE!** Whether it's an hour, an afternoon, or all day – please join the CRH team in raising funds and awareness about the fight against cancer. Here are some of the ways you can help support the fight:

- Join the CRH Cancer Center team to **walk** the relay on the day of the event!
- Volunteer to **greet staff and survivors** at the CRH tent on the day of the event!
- **Purchase** one of the CRH Cancer Center Relay for Life t-shirts (\$15 per t-shirt) in the CRH Gift Shop or online ([www.crh.org/events](http://www.crh.org/events)).



All proceeds go towards the fight against cancer!

## RELAY FOR LIFE SCHEDULE

11:00am Opening Ceremony

12:00pm Survivor's Lunch

Taco 'bout Super Survivors

2:30pm Survivor's Ice Cream Social

3:00pm Fight Back Ceremony

4:00pm Live Auction

9:30pm Luminaria

10:30pm Closing Ceremony

Your CRH Cancer Center Team Captains are Michelle Knapp, RD, CD ([mknapp@crh.org](mailto:mknapp@crh.org)) and Rachel Emerton, PharmD ([remerton@crh.org](mailto:remerton@crh.org)). For more info or to sign up, please visit [www.CRH.org/events](http://www.CRH.org/events), call (812) 376-5550 or email [bdawson@crh.org](mailto:bdawson@crh.org).

# COMMUNITY

## PREGNANCY CARE

### THE BUNDLE - PRENATAL CLASS

The Innovation Center at CRH

Saturday, June 8, 2019  
9:00am - 5:00pm

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.

Fee: \$50 per class.

Registration is required by calling (812) 376-5500 or (800) 841-4935.

### NEW BROTHER & SISTER CLASS

The Innovation Center at CRH

Wednesday, July 10, 2019  
6:30pm - 8:00pm

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. Please bring a baby doll.

Fee: \$10 per family.

Registration is required by calling (812) 376-5500 or (800) 841-4935.

### INTRO TO BREASTFEEDING

Sandcrest Family Medicine,  
3203 Middle Dr

Monday, August 5, 2019  
6:00pm - 7:00pm

Are you pregnant and wondering if breastfeeding is right for you? If so, join us so we can help EMPOWER you to make the best decision for your family. We will explore the benefits of breastfeeding, resources in the community, dispel common breastfeeding myths and answer your questions. This class is FREE! Registration is not required. Please call (812) 375-3545 or email [avirostko@crh.org](mailto:avirostko@crh.org) for more info.

### RETURNING TO WORK FOR BREASTFEEDING MOMS

The Innovation Center at CRH

Wednesday, June 12, 2019  
7:15pm - 8:45pm

This class covers what you should expect when returning to work, how to communicate to your employer about your needs as a nursing mother, how to prepare your baby for the transition, creating a pumping schedule, building a stored supply, and more.

Fee: \$25 per class.

Registration is required by calling (812) 376-5500 or (800) 841-4935.

### BABY-STEPS—PRENATAL SERIES

The Innovation Center at CRH

Tuesdays June 4, 11, 18, 2019  
5:30pm - 7:30pm

Attend one, or all depending on your individual needs.

**Session 1:** End of Pregnancy  
Prelude to Labor  
Labor & Vaginal Birth

**Session 2:** Medical Procedures  
Cesarean Sections

**Session 3:** Postpartum Care  
Newborn Baby Care  
Prepare for Going Home

Fee: \$25 per session.

Registration is required by calling (812) 376-5500 or (800) 841-4935.

### NURSE 'N'CHAT

Mothering Essentials,  
424 Washington St

Tuesdays, June 4, 11, 18, & 25, 2019  
9:30am - 11:00am

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! Registration is not required. Please call (812) 375-3545 or email [avirostko@crh.org](mailto:avirostko@crh.org) for more info.

## WEIGHT LOSS

### BARIATRIC INFO SESSION

Southern Indiana Surgery  
2325 18th St, Suite 220

Tuesday, June 11, 2019  
Begins at 5:30pm

**Presented by: David J. Lee, MD, General Surgeon & Bariatric Program Director**

Tuesday, June 25, 2019  
Begins at 5:30pm

**Presented by: Adam A. Golas, MD, General & Bariatric Surgeon**

### MEDICALLY SUPERVISED WEIGHT LOSS INFO SESSION

Southern Indiana Surgery  
2325 18th St, Suite 220

Tuesday, June 18, 2019  
Begins at 7:00pm

**Presented by: Samantha Grider, NP Bariatric Nurse Practitioner**

For more info or to register for a FREE info session, visit [www.columbusbariatrics.com](http://www.columbusbariatrics.com) or (812) 418-3512. Walk-ins are welcome.

## SLEEP CARE

### CPAP CLINIC

Sleep Diagnostics Center,  
2626 E 17th St, Columbus

Thursday, June 20, 2019  
4:00pm - 6:00pm

**Sponsored in part by CRH Sleep Diagnostic Center**

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! The CRH Sleep Diagnostics Center is located on the second floor of Our Hospice. Registration is not required. This clinic is FREE! Please call (812) 376-5246 for more information.

[crh.org/  
events](http://crh.org/events)

## QUIT TOBACCO

### **TOBACCO CESSATION PROGRAM**

Bartholomew County Public Library  
Basement

Classes meet on Tuesdays from  
6:00pm - 8:00pm

Session 4:

August 13 - September 24, 2019

**Sponsored by Healthy Communities**

What's your reason to quit? This is your year to kick the tobacco habit with this group program that offers medication assistance (NRT patches or gum only).

Fee: \$35 per person / Scholarships are available upon request.

Registration is required by calling (812) 343-9840 or online at [crh.org/events](http://crh.org/events).

Check or cash payments will be collected on the first day of each session.

For more info, please call (812) 375-3194 or email [kjones@crh.org](mailto:kjones@crh.org).



## LUNCH & LEARN

### **AVOIDING COMMON ESTATE PLANNING PITFALLS - LUNCH & LEARN**

Mill Race Center, 900 Lindsey St

Monday, June 10, 2019

12:00pm - 1:00pm

**Sponsored by Our Hospice of South Central Indiana**

Speakers will share the key elements of a well-formed estate plan, addressing elements important to providing peace of mind. Learn how to incorporate charitable gift planning strategies into lifetime giving and estate planning.

Following the discussion, there will be a question and answer session. This seminar is FREE and includes a light lunch.

Presented by: Mike McIver, Attorney, Sharpnack, Bigley, Stroh & Washburn and Ellen Brunner, Director of Gift Planning, Our Hospice of South Central Indiana

Registration is required by calling (812) 376-5136 or online at [crh.org/events](http://crh.org/events).

### **IS HIP & KNEE PAIN WEARING YOU DOWN?**

Mill Race Center, 900 Lindsey St

Monday, June 24, 2019

5:30pm - 6:30pm

**Sponsored by CRH Joint & Spine Center**

Hip & knee pain can derail your quality of life. Getting the right diagnosis and the best treatment can make all the difference in the world. Join Dr. Darryl Tannenbaum as he discusses the latest research on pain management, surgery and getting the best outcomes for returning to an active lifestyle.

This seminar is FREE and includes a light dinner.

Presented by: Darryl Tannenbaum, MD

Registration is required by calling (812) 376-5136 or online at [crh.org/events](http://crh.org/events).

# EDUCATION

# SUPPORT



## BREASTFEEDING SUPPORT

**NURSE N' CHAT** - Get support while visiting with other breastfeeding moms. Certified Lactation Consultants available to answer questions and do weight checks for babies.

Contact info: Call (812) 375-3545 or email [avirostko@crh.org](mailto:avirostko@crh.org)

**LALECHE LEAGUE BREASTFEEDING CAFE** - Receive information, support, and refreshments. Open to expectant mothers and mothers with babies.

Contact info: Call (812) 375-3545 or email [avirostko@crh.org](mailto:avirostko@crh.org).

## CANCER SUPPORT

**CIRCLE OF STRENGTH** - Support group for cancer patients and survivors to learn coping tactics and ways to improve your quality of life during and after treatment.

Contact info: Call (812) 375-3326 or email [jsparkman@crh.org](mailto:jsparkman@crh.org).

## GRIEF SUPPORT

**ANGELS OF HOPE** - Support group for families grieving the loss of a baby through miscarriage, stillbirth, or infant loss.

Contact info: Call (812) 350-5944 or email [kylee\\_jones@att.net](mailto:kylee_jones@att.net).

**BEGINNING AGAIN** - Support group that helps adults cope with the loss of a loved one.

Contact info: Call (812) 314-8042 or email [ourhospice@crh.org](mailto:ourhospice@crh.org).

**WINGS FOR THE JOURNEY** - Support group that helps grieving parents cope with the loss of a child of any age.

Contact info: Call (812) 314-8042 or email [ourhospice@crh.org](mailto:ourhospice@crh.org).

## LUNG DISEASE SUPPORT

**BETTER BREATHERS CLUB** - Support group for adults with chronic lung disease like COPD, pulmonary fibrosis or lung cancer.

Contact info: Call (812) 376-5793.

## PARKINSON'S SUPPORT

Support group for Parkinson's patients and their caregivers.

Contact info: Call (812) 376-5373 or email [lmorris@crh.org](mailto:lmorris@crh.org).

## STUTTERING SUPPORT

Support group for middle and high school age individuals who stutter to share their experiences, learn more about stuttering, and socialize with peers.

Contact info: Call (812) 376-5674 or email [aowen@crh.org](mailto:aowen@crh.org).

## WEIGHT LOSS SUPPORT

### BARIATRIC SURGERY GROUP

Support group for individuals who have had bariatric surgery. Registration is required. Call (812) 418-3512 or visit [www.columbusbariatrics.com](http://www.columbusbariatrics.com).

**MEDICALLY SUPERVISED WEIGHT LOSS GROUP** - Online support group for individuals who are trying to lose weight. Registration is required. Call (812) 418-3512 or visit [www.columbusbariatrics.com](http://www.columbusbariatrics.com).

# WELLNESS

## THE WELLNESS CENTER, FITNESS CLASSES & PROGRAMS

900 Lindsey Street, Columbus, IN 47201 (812) 376-5808

The Wellness Center is located in Mill Race Center, a community facility for active adults located in beautiful Mill Race Park. The Wellness Center includes an innovative Fitness Facility with age-friendly cardio and strength equipment designed to make your workout more effective, safe, and fun. Certified trainers will work with members to develop personal fitness plans on the easy to use weight training and cardio equipment. A wide variety of Group Wellness Exercise classes are offered for all levels of participation.

Visit [crh.org/wellness](http://crh.org/wellness) for a current schedule and class descriptions.



For more information about CRH Support Groups visit [crh.org/support](http://crh.org/support) or CRH Wellness & Fitness [crh.org/wellness](http://crh.org/wellness)