

March 2010 Community Wellness Activities
National Colorectal Cancer Awareness Month / National Nutrition Month

MARCH 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Location Identification
A - Addison
B - Amos
C - Deddish
D - Morrison
E - North Tower
F - Southeastern Med Cardiac Rehab
G - Community HealthLink
H - Guernsey County Senior Citizen's Center
I - Sports Med-Brick Church
K - 4W Classroom

DATE	EVENT	LOCATION
1	<ul style="list-style-type: none"> ▲ Seniors in Motion @ 9a-Call 740-439-8977 for more information. ▲ Diabetic Support Group at 6:30p - Call 740-435-2888. 	H G
2	▲ Free Rehab Screening from 12-3p - Call 740-439-8977.	I
3	▲ Disabled Support Group	D
4	<ul style="list-style-type: none"> ▲ Seniors in Motion – 9 to 10a ▲ Parent's Grief Support @ 6:30p. Call 740-439-8868. 	H G
5	▲	
6	▲	
7	▲	
8	<ul style="list-style-type: none"> ▲ Seniors In Motion @ 9a ▲ Parkinson's Support Group @ 2p – Call 740-439-8116 	H G
9	▲	
10	▲	
11	<ul style="list-style-type: none"> ▲ Seniors In Motion @ 9a ▲ Copers Cancer Support Group @ 6p – Call 740-439-8456 ▲ Kiser Colon Exhibit at the Home Show through the 15th 	H G Pritchard Laughlin
12	▲	
13	▲ Corpus Christi Lab Screenings from 8 - 11a -Call 740-435-2900 for an appointment beginning March 1st.	St. Stephen's Church-Caldwell
14	▲	
15	<ul style="list-style-type: none"> ▲ Seniors In Motion @ 9a ▲ ACS Daffodil Days through the 19th - Call 740-439-8156 for more information. ▲ Smoking Cessation Class @ 6p - Call 740 - 439-8721 ▲ Community First Aid @ 5 - Call 740 - 439 - 8197 to register. 	H G K
16	▲ Breast Cancer Support Group @ 6p - Call 740-439-8156	G
17	▲	
18	▲ Seniors in Motion @ 9a	G
19	▲ Smoking Cessation Class @ 6p - Call 740-439-8721	G
20	▲	
21	▲	
22	<ul style="list-style-type: none"> ▲ Seniors In Motion @ 9a ▲ Community CPR @ 5:30p - Call 740-439-8197 to register. 	H K
23	▲	
24	▲	
25	▲ Seniors in Motion @ 9a	H
26	▲ ACS Relay for Life Rally at 6p - Call 740-439-8156 for more information.	Beech Grove
27	▲ Diabetes Alert Screening Event from 8a-12p Call 740-439-8187 for an appointment.	B,C,D
28	▲	
29	▲ Seniors in Motion @ 9a	H
30	▲ Vascular Screening from 8a - 4p - Call 740 - 439 - 8187 to register	4 th Floor, SEMED
31	▲	

- For questions regarding the community calendar or scheduling the HealthLink, call Lori Colby at 740-439-8187.
 - For scheduling conference rooms in the medical center, please contact Lynn Buxton at 740-439-8112.
 - For scheduling the 660-Conference room, call Stephanie Bond at 740-439-8977.
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Please read: Until the hospital-wide restrictions have been lifted, any community meetings previously held at the medical center has been cancelled until further notice.

The following are regularly held support group meetings and/or clinics. Please call the number given for more information.

- **Narcotics Anonymous** – Meets Monday Tuesday, Wednesday, and Friday at 7p, and Saturday's at 11a and 7p in the Addison Room at Southeastern Med. Please call Lynn Buxton at 740-439-8112 for more information.
- **Alcoholic Anonymous** – Meets every Sunday at 10a and 7p in the Morrison Room at Southeastern Med. Please call Lynn Buxton at 740-439-8112 for more information.
- **Blood Pressure Screenings** – **The Guernsey County Health Department** will be conducting free blood pressure screenings at several locations. Please call 740-439-3577 for more information and locations.
- **Southeastern Med's Sports Med and Rehabilitation Aquatic and Land Based Exercise Classes**- Offered at various days and times throughout the week for children and adults. Classes run for 8-weeks and have fees. Class sizes are limited and registration is limited. Please call Rachelle Gadd at 740-439-8977 for more information

Do not forget to email Lori Colby at lcolb@seormc.org with your monthly community activities a month ahead of the activity.