

# The Center for Community Health Education Houlton Regional Hospital

September 2011

## Healthy Connections

Sept 6

### American Red Cross Blood Drive

- Remembering 9/11 – All presenting donors will receive a Commemorative 9/11 T-Shirt!
- Where: Houlton Regional Hospital – Center for Community Health Ed.
- Meets: Tuesday, September 6, 2011  
12pm – 5pm

Sponsored By: Houlton Regional Hospital

- Contact: Please call 1-800-RED-CROSS for more information or an appointment.

Special Note: **\*\*Valid ID Required.\*\***



Sept 20

### American Heart Association CPR Class

- Course includes how to recognize and care for breathing and cardiac emergencies in adults, children and infants.
- Meets: Tuesday, September 20, 2011 - 6pm to 9pm
- Instructor: Jennifer McManemon, RN, Certified CPR Instructor
- Cost: \$30.00 Per Individual

**Pre-Registration/Payment Required! Register early...seating is limited.**

- Contact: Janet Vose at 532-5969

## Support Groups

### Overeaters Anonymous Support Group (OA)

Overeaters Anonymous offers a program of recovery from compulsive eating, using the twelve steps and twelve traditions of OA.

- Date: Every Wednesday of the month, September 7, 14, 21, 28, 2011
- Time: 6:30p.m. – 7:30p.m.
- Place: Center for Community Health Education
- Contact: Greg at 207-538-3004

### Compassionate Friends Support Group

- Compassionate Friends is a support group that provides grief support offering friendship and understanding to those who have lost a child.
- Date: Second Wednesday – September 14, 2011
- Time: 6:30p – 7:30p
- Place: Center for Community Health Education
- Contact: Mary Howland at 532-4863 or Michele Fitzpatrick at 521-7455

### Diabetes Support Group

- Individuals with diabetes, and family members, join together to learn, share and network about living with diabetes.

- Date: Wednesday, September 28, 2011
- Time: 6pm – 7:30pm
- Topic: Diabetic Eye Care
- Speaker: Kristy Swallow, Iris Network
- Contact: Julie Codrey, RN, Diabetes Educator at 532-2900 ext. 2516

**Breast Breastfeeding, Is it for Me?**

- Expectant mothers, fathers and grandparents are all invited to join an open discussion on the advantages of breastfeeding, necessary preparation and impact on the family. Topics rotate each month.
- For More Information Contact: Kathy Blanchette, RN, 532-2900, ext. 2130 or Erica Rockwell, RN, ext 2285

**SHARE**

- SHARE is a group that offers friendship and understanding to those who have lost a loved one, while providing a safe place for people to do the work of mourning and move forward to find continued meaning in life.
- Meets: Contact John Dunn for additional information
- Contact: John Dunn, 532-7403

**General Information**

**Scholarships**

Should the cost of any program listed above prove to be a hardship, please inquire about the availability of scholarships. Please direct inquiries to the Center for Community Health Education at 532-5969 or [jvose@houltonregional.org](mailto:jvose@houltonregional.org) .

**Weather Cancellations**

If classes need to be cancelled due poor weather conditions, the decision will be made by 3:00 p.m., for evening classes, and will be broadcast over WHOU 100.1. Please call us at 532-5969 if you question if a class will be held.

**Special Needs**

If you need special assistance (wheelchair assistance or interpreter) please contact us in advance, so we can make the appropriate accommodations.