

We care for Our Community **March 2010**



Community Services

HealthQuarters

Free health & medical resource center
La Porte Hospital, main floor
(219) 325-5487
healthquarters@lph.org

American Red Cross Blood Drive

Mon. 3/26, 7 am-noon
La Porte Hospital
To register:
(219) 326-1234, ext. 1518

Epilepsy Education & Outreach

Free & ongoing
Appointments: (219) 326-2530
or (800) 870-4880

Speakers Bureau

Schedule a free presentation for your group: (219) 326-2476
speakersbureau@lph.org

HealthPORTE

Premier membership group for individuals 55+

Monthly Breakfast:
Tue. 3/2, 9 am

Monthly Movie: Fri. 3/26, 1 pm
To join: (219) 326-2338

SHIP (State Health Insurance Assistance Program)

Free & ongoing
Appointments: (219) 326-2338

Asthma/COPD One-on-One Education

Free & ongoing
Appointments: (219) 326-2396

VNA Hospice Volunteer Training

Volunteers are the heart of hospice.
Learn how to become a volunteer:
(800) 854-6008 ext. 8185

Screenings

Heart Cart Screenings

Discounted heart & vascular screenings
Tue. 3/9, 8 am-noon
Rittenhouse Senior Living
4300 Cleveland Ave., Michigan City
Sat. 3/27, 8 am-noon
First United Methodist Church
1225 Michigan Ave., La Porte
Wed. 3/31, 7:45 am-noon (EST)
LifePlex, 2855 Miller Dr., Plymouth
To register: (219) 326-2626

Diabetes Alert Day

Free glucose screening
(8-hour fast recommended)
Tue. 3/23, 6:30 am-12:30 pm
La Porte Hospital, HealthQuarters

Free Blood Pressure Screening

Tue. 3/9, 9-11 am
Kroger, La Porte
Every Thur., 9-11 am;
La Porte Hospital, HealthQuarters
Mon.-Fri., 5:30 am-8 pm &
Sat., 7 am-noon; The Crossing

Free Colorectal Cancer Screening

Kits available 3/1-3/31 at various locations
Information: (219) 326-2480 or
www.laportehhealth.org

Personal Health Screening

\$40; includes blood pressure, cholesterol profile, glucose, body fat analysis & personal consultation
To register: (219) 326-2480

Fitness & Wellness

Wellness Center monthly membership is \$30 & includes exercise equipment & unlimited classes
(\$20 one-time orientation fee applies)
TAKE ONE week for \$5.
Class days/times subject to change
Info/registration: (219) 326-2480

Circuit Training

Tue. & Thur., 5:05 pm

Strength Training

Tue. & Thur., 8:45 am
Sat., 9 am

Yoga

Mon., 4:45 pm; Thur., 5:30 pm

Chair Yoga

Wed., noon

Zumba®

Mon. & Wed., 6 pm
Tue. & Thur., 5:30 am & 4 pm
Sat., 8 am

Zumba® Gold

Tue. & Thur., 8 am

Wellness Center at The Crossing

Mon.-Fri., 5:30 am-8 pm
Sat., 7 am-noon

Complementary Care

Massage, reflexology, acupuncture & healing touch
Appointments/information:
(219) 326-2480

Support Groups

All support groups are free.
Registration not required.
For more information:
(219) 326-2476 or
(800) 235-6204, ext. 2476

Alanon

Every Fri., 10 am; The Crossing

Alzheimer's Support Group

Wed. 3/10, 1 pm
La Porte Hospital, B117

Aphasia Support Group

Thur. 3/18, 3:30 pm
La Porte Hospital, Auditorium

Chronic Pain Support Group

Tue. 3/9, 11 am
La Porte Hospital, B113

Diabetes Support Group

Tue. 3/16, 1 pm
The Crossing

Friendly Hearts Support Group

Tue. 3/2, 5:30 pm
La Porte Hospital,
Executive Conference Room

Grief Support Group

Thur. 3/4 & 3/18, 5 pm
To register: (219) 326-2333

Multiple Sclerosis Support Group

Thur. 3/11, 6 pm
Heritage Place, 901 Lincolnway,
Room 107, La Porte

Ostomy Support Group

Tue. 3/2, 1:30 pm
La Porte Hospital,
Executive Conference Room

Parkinson's Support Group

Tue. 3/16, 2:30 pm
La Porte Hospital, Family Chapel

Stroke Support Group

Thur. 3/18, 2:30 pm
La Porte Hospital, Auditorium

WeCAN

(Cancer Support Group)
Wed. 3/10, 4:30 pm
The Swanson Center, La Porte

Education

Childbirth Preparation Class

Sat. 3/27, 9 am-3 pm
3-week class begins: Wed. 3/3,
6:30-8:30 pm
La Porte Hospital, \$30/couple
To register: (219) 326-2502

Baby & Me

Tue. 3/30, 6:30-8 pm
La Porte Hospital, \$10/couple
To register: (219) 326-2502

Heartsaver® CPR

Mon. 3/15, 6-9 pm
La Porte Hospital, \$35
To register: (219) 326-2322

Free Knee & Hip Pain Seminar

Wed. 3/24, 8 am
La Porte Hospital
To register: (219) 326-2392

Nutrition Classes

Label Reading & Portion Control
Tue. 3/2, 10 am or Wed. 3/3, 5 pm

Dining Out

Tue. 3/9, 10 am or Wed. 3/10, 5 pm

Heart Healthy Grains

Tue. 3/16, 10 am or Wed. 3/17, 5 pm

Fats: The Good, The Bad, The Ugly
Tue. 3/23, 10 am or Wed. 3/24, 5 pm

\$5/class, free to Wellness Center members
To register: (219) 326-2480

Health Coaching

One-on-one approach to assist in reaching health & wellness goals
\$75 for 6 - 20 min. sessions
To register: (219) 326-2480

Preventing Diabetes

Session with diabetes nurse
The Crossing
\$5/class, free to Wellness Center members
To register: (219) 326-2478

Diabetes Self-Management Class

ADA recognized, 4-week series begins: Mon. 3/1,
9:30-11:30 am or 5-7 pm
The Crossing, fees & insurance coverage vary
To register: (219) 326-2478