

We care for
the community

JUNE 09



Community Education Services

HealthQuarters

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

American Red Cross Blood Drive

Mon. 6/22, 1-5 pm
La Porte Hospital
To register:
(219) 326-1234 ext. 7467

HealthPORTE

Premier membership group of individuals 55+

Monthly Breakfast

Tue. 6/2, 9 am

Monthly Movie

Fri. 6/26, 1 pm

To join: (219) 326-2338

healthporte@lph.org

SHIP (State Health Insurance Assistance Program)

Free & ongoing
For an appointment:
(219) 326-2338

Free Speakers Bureau

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

Epilepsy Education & Outreach

Free & ongoing
For an appointment:
(219) 326-2530 or
(866) 870-4880

Asthma/COPD

One-on-One Education

Free & ongoing
For an appointment:
(219) 326-2396

VNA Hospice Volunteer Training

Volunteers are the heart of hospice. Learn how to become a volunteer:
(800) 822-5378 ext. 8185

Free Knee & Hip Pain Seminar

Wed. 6/24, 8 am
La Porte Hospital
To register: (219) 326-2392

Stork Options-OB Orientation

Free overview of your pregnancy journey! Includes finances, diet & community resources.
Thur. 6/4, 6-8 pm
MedSpa Women's Healthcare,
601 Kieffer Rd., Michigan City
To register: (219) 879-6262 or
(219) 362-4690

Childbirth Preparation Class

Sat. 6/13, 9 am-3 pm
La Porte Hospital
\$30 per couple
To register: (219) 326-2480

Breastfeeding Class

Wed. 6/3, 6-9 pm
La Porte Hospital
\$15 per person
To register: (219) 326-2480

Baby & Me

Tue. 6/30, 6:30-8 pm
La Porte Hospital
\$10 per couple
To register: (219) 326-2480

Choose To Be~Tobacco Free

Free 6-week series
Begins Thur. 6/18, 6:15 pm
The Crossing
To register: (219) 326-2480

CPR - Healthcare Professionals

Initial: Fri. 6/19, 7:30 am-1 pm
Recertification: Wed. 6/10,
7:30-11:30 am or noon-4 pm
\$45

1100 Lincolnway, La Porte
To register: (219) 326-2322

Happy
Father's
Day!

Diabetes Self-Management Classes

ADA recognized, 4-week series
Begins Mon. 6/1,
9:30-11:30 am or 5-7 pm
Fees & insurance coverage vary
The Crossing
To register: (219) 326-2478

Reduce the Risk! Disease Prevention Program

Learn practical approaches to reducing the risk of diabetes & other serious conditions.
2-part series begins:
Wed. 6/17, 11:30 am
The Crossing: \$30
To register: (219) 326-2480

Screenings

Free Blood Pressure Screening

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

Heart Cart Mobile Screenings

Discounted heart & vascular screenings brought to you!
Tue. 6/9, 8 am-noon
Fountainview Terrace, La Porte
To register for this event or schedule your own, call:
(219) 326-2626

Preventive Wellness Screenings

-Body Fat Analysis - \$5
-Personal Health Screening - \$40 (includes blood pressure, cholesterol profile, glucose, body fat analysis & personal consultation)
The Crossing
To register: (219) 326-2480

Fitness & Wellness

All fitness classes are held at The Crossing & cost \$25 per month. You may attend as many different classes as you wish per month. Class days/times subject to change. For information or to register: (219) 326-2480

Circuit Training

Tue. & Thur., 6:15 pm

Strength Training

Tue. & Thur., 8:45 am

Strength Training/Kickboxing

Tue. & Thur., 5:05 pm

Yoga

Mon., 4:45 pm & Fri. noon

Chair Yoga

Wed., noon

Zumba® Basics

Wed., 5 pm

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

Zumba® Kids Sat., 9:15 am

Zumba® Gold Tue. & Thur., 8 am

Fitness Center

Mon.-Fri., 5:30 am-8 pm
Sat., 7 am-noon
\$30 per month (one time orientation fee may apply)
TAKE ONE week of classes and use of the fitness center for \$5.

Complementary Care

Massage, Reflexology,
Acupuncture & Healing Touch

Personal Exercise Consulting

Individualized 60-minute session combines personal training, exercise programming & counseling to meet your needs.

Weight Watchers® @ Work

Tue., noon-12:30 pm
The Crossing
Information/registration:
(219) 326-2474

Support Groups

All support groups are free. For more information:
(800) 235-6204 ext. 2476

Alanon

Every Fri., 10 am
The Crossing

Aphasia Support Group

Thur. 6/18, 3:30 pm
La Porte Hospital, Auditorium

Chronic Pain Support Group

Tue. 6/9, 11 am
La Porte Hospital, Room B113

Diabetes Support Group

Tue. 6/16, 1 pm; The Crossing

Friendly Hearts

Tue. 6/2, 5:30 pm
La Porte Hospital,
Executive Conference Room

Grief Support Group

Every Thur., 5 pm
La Porte Hospital, Family Chapel

Multiple Sclerosis Self-Help Group

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

Stomy Support Group

Tue. 6/2, 1:30 pm
La Porte Hospital,
Executive Conference Room

Parkinson's Support Group

Tue. 6/16, 2:30 pm
La Porte Hospital, Family Chapel

S.T.I.C.K. (Supporting Teens in Caring for Kids)

Wed. 6/17, 4 pm
To register: (219) 326-2334

Stroke Support Group

Thur. 6/18, 2:30 pm
La Porte Hospital, Auditorium

WeCAN

(Cancer Support Group)

Wed. 6/10, 4:30 pm
The Swanson Center, La Porte