

# We care for the community July 09



## Education

### Childbirth Preparation Class

1-day: Sat. 7/18, 9 am-3 pm  
3-week: begins Wed. 7/8,  
6:30-8:30 pm  
La Porte Hospital  
\$30 per couple  
To register: (219) 326-2480

### Big Sister, Big Brother Prep Class

Thur. 7/9, 6 pm  
La Porte Hospital  
\$10 per family  
To register: (219) 326-2480

### Diabetes Self-Management Classes

ADA recognized, 4-week series  
Begins Mon. 7/6,  
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. 7/22, 4 pm  
The Crossing; \$30  
To register: (219) 326-2480

### Safe Sitter

Thur. 7/23, 8 am-4 pm  
La Porte Hospital  
\$35 per student  
(must be 11+ years old)  
To register: (219) 326-2322

### Free Knee & Hip Pain Seminar

Wed. 7/22, 8 am  
La Porte Hospital  
To register: (219) 326-2392

## CPR

**Community Heartsaver® Adult/Child & Infant**  
Mon 7/20, 6-9 pm  
\$35

### Healthcare Professionals

Initial: Fri. 7/24, 7:30 am-1 pm  
Recertification: Wed. 7/8,  
7:30-11:30 am or noon-4 pm  
\$45

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

## 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

### Free School Dental Exams

Wed. 7/22, 1-4 pm  
Thur. 7/23, 8-11:30 am  
Mon. 7/27, 1-3 pm  
Tue. 7/28, 8-11:30 pm  
Wed. 7/29, 1-4 pm  
Available to children (grades K, 5 & 10) without dental insurance.  
To register: (219) 326-1943

### Heart Cart Mobile Screenings

Discounted heart & vascular screenings brought to you!

Mon. 7/6, 8 am-noon  
Michigan City Senior Center

Mon. 7/27, 8-11 am  
Ladies Fitness Zone, La Porte

To register for this event or schedule your own, call:  
(219) 326-2626

### Free Skin Cancer Screening

Sat. 7/11, 8 am-noon  
To register: (219) 326-2073

### Free Pediatric Development Screening

Mon. 7/13, 8:30 am-5 pm  
To register: (219) 326-2397

## Free Osteoporosis, Glucose & Blood Pressure Screenings

Tue. 7/14, 7 am-1 pm  
La Porte Hospital, HealthQuarters  
No registration necessary

## Community Services

### American Red Cross Blood Drive

Fri. 7/24, 7 am-noon  
La Porte Hospital  
To register:  
(219) 326-1234 ext. 7467

### Free Alzheimer's Education Series

*Know the 10 Signs,*  
Dr. David Hough  
Thur. 7/16, 5:30 pm

*Making Life Decisions,*  
Brad Adamsky, Attorney  
Thur. 7/23, 5:30 pm

*Maintain Your Brain,*  
Dr. Michael Fang  
Thur. 7/30, 5:30 pm

*Caring for the Caregiver,*  
Draga Beckner  
Thur. 8/6, 5:30 pm

All programs in  
La Porte Hospital, Auditorium  
No registration necessary

### HealthPORTE

Premier membership group of individuals 55+

### Monthly Breakfast

Tue. 7/7, 9 am

### Monthly Movie

Fri. 7/31, 1 pm

To join: (219) 326-2338  
healthporte@lph.org

### SHIP (State Health Insurance Assistance Program)

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

## 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

### Strength Training

Tue. & Thur., 8:45 am & 5:05 pm

### Yoga

Mon., 4:45 pm & Fri., noon

### Chair Yoga Wed., noon

**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

## 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. 7/16, 3:30 pm  
La Porte Hospital, Auditorium

### Chronic Pain Support Group

Tue. 7/14, 11 am  
La Porte Hospital, Room B113

### Diabetes Support Group

Thur. 7/9, 6 pm;  
La Porte Hospital, Auditorium  
Tue. 7/21, 1 pm; The Crossing

### Friendly Hearts

Tue. 7/7, 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. 7/9, 6 pm  
Heritage Place, 901 Lincolnway,  
Room 107

### Ostomy Support Group

Tue. 7/7, 1:30 pm  
La Porte Hospital,  
Executive Conference Room

### Parkinson's Support Group

Tue. 7/21, 2:30 pm  
La Porte Hospital, Family Chapel

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

Wed. 7/15, 4 pm  
To register: (219) 326-2334

### Stroke Support Group

Thur. 7/16, 2:30 pm  
La Porte Hospital, Auditorium

### WeCAN

### (Cancer Support Group)

Wed. 7/8, 4:30 pm  
The Swanson Center, La Porte

Visit us at the La Porte County Fair for free screenings & information! Visit our website for full details & schedule.