

Classes

Breast-Feeding Class

Thursday | January 11 | 6:00 to 7:30 p.m.
Register online at DCH.org/classes, call 812-537-8431, or email education@dch.org

Cardiac Rehabilitation (Phase II) Class

For patients who are recovering from a heart attack, bypass surgery or other related cardiac incident or procedure. Participation requires a physician's order. For fee information or to register call 812-532-2614

Childbirth Education Class

Saturday | January 13 | 9:00 a.m. to 12:00 p.m.
Register online at DCH.org/classes, call 812-537-8431, or email education@dch.org

Diabetes Education Class

By appointment only. For fee information or to register call 812-537-8431 or email education@dch.org

Infant Safe Sleep Class

- Thursday | January 11 | 6:00 to 7:00 p.m.
- + Free portable crib: must RSVP and complete class
- + Infant survival kit
- + Safe Sleep education
- RSVP to Kelley McDaniel 812-537-8834 or email at kmcdaniel@dearborncounty.in.gov

Online Cardiopulmonary Resuscitation (CPR) Class

- Please call for class times and dates | \$20
- To register call 812-537-8431 or email education@dch.org

Pulmonary Rehabilitation (Phase II) Class

- For individuals with chronic lung disease.
- Participation requires a physician's order.
- For fee information or to register call 812-532-2614

Support Groups

Alzheimer's Support Group of Southeast Indiana, Inc.

Tuesday | January 16 | 7:00 p.m.
For those with Alzheimer's and their families.
For information call Karen Brandt at 888-422-2691

Breast Cancer Support Group

Thursday | January 18 | 7:00 to 8:30 p.m.
For those with breast cancer and their families.
For information call Jan Tyler at 812-926-3927

Stroke Support Group

- Thursday | January 4 | 6:00 to 7:00 p.m.
- For information call 812-537-8208
- Participants will have time to socialize, express concerns, share coping strategies and celebrate milestones.

Events

Blood Pressure/Blood Sugar Clinics

Free blood pressure and blood sugar clinics at all locations.

First Tuesday of the month

9:30 a.m. | Hoosier Boy Apartments Community Room (Rising Sun)
11:00 a.m. | Dillsboro Village Apartments

Second Tuesday of the month

10:00 a.m. | Lutheran Manor (Lawrenceburg)

Second Wednesday of the month

10:00 a.m. | Moores Hill Senior Center (SNAC)

Third Thursday of the month

10:15 a.m. | North Dearborn Village (SNAC)

Fourth Tuesday of the month

10:00 a.m. | Switzerland County Senior Center (SNAC)

Fourth Thursday of the month

12:00 p.m. | Greendale Village Apartments

For information call 812-537-8192 or 800-676-5428

Hoxworth Blood Drive at DCH

- Thursday | January 11 | 8:30 a.m. to 3:00 p.m.
- DCH Conference Rooms
- For an appointment, contact
- DCH Education Department at 812-537-8431
- For information, call Hoxworth Blood Center at 800-830-1091

Mark Your Calendars!

- Health-A-Fair at DCH
- Saturday | March 3