



Mark Your Calendar

February 2012

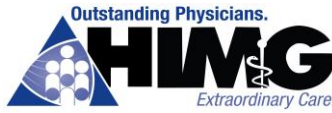


(Free "HIMG" Community Educational Programs)

***Indicates Registration Required**

For Additional Information, please call Patty Dickey, 399-2367

<i>Date</i>	<i>Time</i>	<i>Topic</i>	<i>Speaker</i>
February 3	Educational Display	Go Red for Women Heart Display	
February 3 For additional information, call 399-2255	1P	Healthy Eating Discussion Grp	Gimme 5 Café
February 4 of Building Jabo Side (All Proceeds go to Barboursville Rotary Polio Plus)	8A-11:30A	Pancake Breakfast	HIMG Physcian Ed Center-Drive to Back \$5-walk-in's welcome
February 9	10A-4P	Metal Art Sale Proceeds to AHA Heart Walk	Community Room
February 10 *MUST register-class size limited to 7 RSVP- 399-2367	2:00PM	CPR	P Dickey, RN
February 10 (Sponsored by Abbott Meter)	12P	Walking Down Diabetes	P Dickey, RN
February 13 (Sponsored by Bayer Health Care)	10A-12P	Know Your Numbers/Nutrition, Care Team/Exercise	PDickey, RN
February 16	11A	Smoking Cessation Tips	Pdickey,RN
February 17 Free Heel Scans and educational information-NOT a lecture	12P	Understanding Osteoporosis	P Dickey, RN
February 20 Lunch & Learn (MUST RSVP by February 14-Limited seating)	12P	Importance of Vaccinations	Dr. E Barringer R. Conaway, NP
February 20	1P	Living Will Preparation	P Dickey, RN B Kenney, Notary
February 22	10A	Comfort Shoes Discussion/display	Jeff Wilson
February 22 (Includes nutritional info, everyone welcome, not just insulin patients-sponsored by Medtronic)	1:30P	Insulin Forward-Part I & II	A. Queen, RN
February 24	12P-6P	Red Cross Blood Drive	HIMG Community Room



For additional Information, Please contact Patty Dickey at 399-2367

**February 2012- Screens & Exercise
(Free and open to the Community)**

Blood Pressure Blood Sugar	Every Tuesday, 8AM-10AM, except first Tuesday-7:30-9:30a-No BP due to length of time required for cholesterol
Cholesterol	February 7, 7:30a-9:30a
Pulse Oximetry	Call for convenient time for you
Carpal Tunnel	Call 399-2367 to schedule
Weight	Anytime-Community Resource Center
Hearing	Free (appointment only) Call 399-3203
*Allergy Testing	(Call for prep info and appointment...399-2367, Patty)
*PAD Screening	2nd Thursday, 2P-3P (MUST Schedule...399-2367) Peripheral Artery Screening-performed in Cardiology-Tina Belcher

Exercise Class
Classes may be cancelled by instructor or another instructor may instruct
HIMG reserves the right to cancel classes, if the room is needed and that does occasionally occur; if pre-planned, your instructor will tell you the week prior to room use or change

Yoga	Saturdays, 10a	\$2/class Clarice Kumelin-Instructor
Yoga	Wednesday, 4p and 5:30p	\$2/calss-Clarice Kumelin-Instructor
Chair Yoga	Tuesday, 10:15am	\$donation only-Sandra Farrar 544-6541
Mall Walkers	M-F, 7AM-6PM	Free
Zumba	Monday 5:05P Tuesday , 5:05p Thursday 5:15p	(Kathy Tibbetts-Instructor (528-4600 X1500) \$3/class
Zumba	Monday 5:15P	Julie Walters-Instructor 528-4600 X4022
Masala Bhangra	Monday 5:15P Starts February 6	Lilly Bir (New Class)- \$2/class
Energy Therapies	Tuesday 6:15P	Multiple Therapies More info Available in March-new to HIMG