



La PORTE REGIONAL HEALTH SYSTEM COMMUNITY CALENDAR

2010

www.laportehhealth.org | La Porte Hospital | 1007 Lincolnway | La Porte, IN

ONGOING SERVICES

- **Asthma/COPD One-on-One Education** Free & ongoing; (219) 326-2676
- **HealthPORTE** Premier membership group for individuals 55+; (219) 326-2338
- **HealthQuarters** Health & medical information resource center; La Porte Hospital, main floor; (219) 325-5487 or healthquarters@lph.org (Free blood pressure screenings every Thursday 9-11 am)
- **Heart Cart Screenings** Discounted heart & vascular screenings; For dates & locations: (219) 326-2626
- **Preventing Diabetes** Session with diabetes nurse; The Crossing; \$5/class, free to Wellness Center members; (219) 326-2478
- **SHIP** (State Health Insurance Assistance Program) Free & ongoing; (219) 326-2338
- **Speakers Bureau** Schedule a free presentation for your group; (219) 326-2476 or speakersbureau@lph.org
- **Support Groups** All support groups are free; Registration is not required; (219) 326-2476 or toll free (800) 235-6204, ext. 2476
- **VNA Hospice Volunteer Training** Become a volunteer; (800) 854-6008, ext. 8185



JULY

*All programs are FREE unless denoted.

7 Week Program (July & Aug)	Every Tuesday: 10 am Every Wednesday: 7 pm Smoking Cessation Program Starke Memorial Hospital, 201 E. Culver Rd., Knox, conference room \$60/person To register (574) 772-1183 Class size is limited
1 THUR	Grief Support Group 5 pm To register: (219) 326-2333
2 FRI	Alanon Support Group 10 am The Crossing, 1203 Washington St., La Porte
6 TUE	Friendly Hearts Support Group 5:30 pm La Porte Hospital, Executive Conference Room HealthPORTE Monthly Breakfast 9 am La Porte Hospital, Auditorium HealthPORTE Wii™ League 1-3 pm La Porte Hospital, Auditorium Nicotine Anonymous 6 pm La Porte Hospital, Room B113 Ostomy Support Group 1:30 pm La Porte Hospital, Executive Conference Room
7 WED	Childbirth Preparation Classes, week 1 of 3 6:30-8:30 pm La Porte Hospital \$30/couple To register: (219) 326-2502
8 THUR	Multiple Sclerosis Support Group 6 pm La Porte Hospital, Room B113
9 FRI	Alanon Support Group 10 am The Crossing, 1203 Washington St., La Porte
10 SAT	Free Pediatric Developmental Screening 8 am-2 pm To register: (219) 325-4649
12 MON	Diabetes Self-Management Series, week 1 of 4 (ADA recognized) 9:30-11:30 am or 5-7 pm The Crossing, 1203 Washington St., La Porte Fees & insurance coverage vary To register: (219) 326-2478
13 TUE	Chronic Pain Support Group 11 am La Porte Hospital, Room B113 Nicotine Anonymous 6 pm La Porte Hospital, Room B113
14 WED	Alzheimer's Support Group 1 pm La Porte Hospital, Room B117 Childbirth Preparation Classes, week 2 of 3 6:30-8:30 pm La Porte Hospital \$30/couple To register: (219) 326-2502 WeCAN (Cancer Support Group) 4:30 pm The Swanson Activity Center, La Porte

15 THUR	Aphasia Support Group 3:30 pm La Porte Hospital, Auditorium Grief Support Group 5 pm To register: (219) 326-2333 Stroke Support Group 2:30 pm La Porte Hospital, Auditorium
16 FRI	Alanon Support Group 10 am The Crossing, 1203 Washington St., La Porte
17 SAT	Safe Sitter® 8 am-6 pm Starke Memorial Hospital, 102 E. Culver Rd., Knox, conference room \$50 per person To register: (574) 772-1171
19 MON	Diabetes Self-Management Series, week 2 of 4 (ADA recognized) 9:30-11:30 am or 5-7 pm The Crossing, 1203 Washington St., La Porte Fees & insurance coverage vary To register: (219) 326-2478 Heartsaver First Aid with CPR & AED 8 am-4 pm 1100 Lincolnway, La Porte \$55 per person To register: (219) 326-2322
20 TUE	Diabetes Support Group 1 pm The Crossing, 1203 Washington St., La Porte Nicotine Anonymous 6 pm La Porte Hospital, Room B113 Parkinson's Support Group 2:30 pm La Porte Hospital, Family Chapel
21 WED	Childbirth Preparation Classes, week 3 of 3 6:30-8:30 pm La Porte Hospital \$30/couple To register: (219) 326-2502 Parenting Counts, Building Words 10 am Starke Memorial Hospital, 102 E. Culver Rd., Knox, conference room To register: (574) 772-1183
22 THUR	Heart Cart Screening 7:30-11 am Community Health Center, 400 Teegarden St. \$100/screening To register: (219) 326-2626 VNA Hospice Bereavement Support Group 5-6:30 pm First Church of God, 2020 Lincolnway, La Porte
23 FRI	Alanon Support Group 10 am The Crossing, 1203 Washington St., La Porte American Red Cross Blood Drive 7 am-noon La Porte Hospital, Auditorium
26 MON	Diabetes Self-Management Series, week 3 of 4 (ADA recognized) 9:30-11:30 am or 5-7 pm The Crossing, 1203 Washington St., La Porte Fees & insurance coverage vary To register: (219) 326-2478
27 TUE	Nicotine Anonymous 6 pm La Porte Hospital, Room B113
28 WED	Free Knee & Hip Pain Seminar 8 am La Porte Hospital To register: (219) 326-2392
29 THUR	VNA Hospice Bereavement Support Group 5-6:30 pm First Church of God, 2020 Lincolnway, La Porte
30 FRI	Alanon Support Group 10 am The Crossing, 1203 Washington St., La Porte HealthPORTE Monthly Movie 1 pm La Porte Hospital, Auditorium
31 SAT	Childbirth Preparation Class 9 am-3 pm La Porte Hospital \$30/couple To register: (219) 326-2502

FITNESS & WELLNESS

The Crossing | 1203 Washington St. | La Porte, IN | Mon.-Fri., 5:30 am-8 pm & Sat., 7 am-noon

Monthly membership: \$30 | includes exercise equipment & unlimited classes | \$20 one-time orientation fee
TAKE ONE trial offer week for \$5 | Class dates/times subject to change | Info/registration: (219) 326-2480

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| <ul style="list-style-type: none"> • Chair Yoga Wed., noon • Circuit Training Tue. & Thur., 5:05 pm Heritage Place • Strength Training Tue. & Thur., 8:45 am Sat., 9 am | <ul style="list-style-type: none"> • Zumba® Mon. & Wed., 6 pm Tue. & Thur., 5:30 am Sat., 8 am • Zumba® Gold Tue. & Thur., 7:45 am • Zumba® Toning Tue. & Thur., 4 pm |
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- **Complementary Care** | Massage, reflexology, acupuncture & healing touch | Appointments/information: (219) 326-2480
- **Free Blood Pressure Screenings EVERY DAY**
- **Personal Health Coaching** | One-on-one approach to help reach health & wellness goals | \$75 for six 20 min. sessions
To register: (219) 326-2480
- **Personal Health Screening:** | Blood pressure, cholesterol profile, glucose, body fat analysis & personal consultation | \$40
To register: (219) 326-2480