



# 2009 Calendar of Programs

**\*Pre-registration and pre-payment  
REQUIRED for all programs.\***  
**Cash, check, Visa, MasterCard, and Discover  
accepted for payment.**  
**Senior (60+) 10% discount.**  
**Preferred Care Health Dollars  
can be used for FWC programs.**  
**Lakeside employees - 25% discount.**

*Daisy Marquis Jones Family Wellness Center*  
80 West Avenue, Suite 209  
Brockport, NY 14420  
585-637-6044  
Email: [fwc@lakesidehealth.org](mailto:fwc@lakesidehealth.org)  
Website: [www.lakesidehealth.org](http://www.lakesidehealth.org)

## FREE! Diabetes Nutrition Presentation

6:30 pm to 7:30 pm, Lakeside Memorial Hospital,  
Board Room A/B.

- September 9 "Carbohydrates: Friend or Foe"
- October 14 "Eating Out - and Enjoying It"
- November 11 "Health Alert for Diabetics"
- December 9 "Happy Holidays (Even with  
Diabetes)"

## FREE! Diabetes Workshop

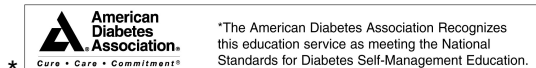
"What Can I Eat?"

Learn about carbohydrate counting and meal  
planning; presented by a Certified Diabetes  
Educator. A light meal will be served.

Pre-registration is required, seating is limited.

September 16, 6:00 pm to 7:30 pm.

## Diabetes Education\* Classes



Whether you are a newly diagnosed diabetic or  
have had diabetes for years, you can learn more  
about managing diabetes in this series of  
classes presented by RN, Dietitians, diabetes  
educators. Series of 4 weekly 2-hour classes.

October 7, 3:00 pm to 5:00 pm.

**FEE: Covered by most insurance plans**

**Diabetes Counseling** with a Certified Diabetes  
Educator or registered dietitian. Covered by  
most health insurance plans. Call for an  
appointment.

**Nutrition Counseling** with a registered dietitian.  
Covered by most health insurance plans.  
Call for an appointment.

## \*NEW\* LifeSteps Weight Management

A comprehensive program that WORKS!  
Registered Dietitians teach proven behavior  
change techniques with eating and exercise!  
12 weekly classes

September 15, 6:30 to 7:30 pm

**FEE: \$200**

## Defensive Driving

Save 10% on automobile collision and liability  
insurance premiums for the next three years and  
reduce up to four violation points from your  
driving record. Provided by a certified instructor.

9:00 am to 3:00 pm

September 12 at Lakeside Memorial Hospital

October 10 at Lakeside Memorial Hospital

October 24 \*at Hilton High School\*

November 14 at Lakeside Memorial Hospital

December 12 at Lakeside Memorial Hospital

\*NOTE: To register for class at Hilton High  
School, call 392-1000 ext. 2408.

**FEE: \$45.**

## American Heart Assoc. Basic Life Support (CPR/AED) for Healthcare Providers

Designed for healthcare providers. CPR and  
choking protocols for adults, children, and  
infants, and use of an automatic external  
defibrillator (AED). Two-year certification.

October 12, December 14, 6:00 to 9:00 pm

**FEE: \$50. Re-certification FEE: \$40**

**Infection Control Self-Study** for healthcare  
professionals. Self-study booklet with mail-in  
quiz. **FEE: \$25.**

**Pre-registration and pre-payment required for all programs!**

Programs are subject to change or cancellation.



### **Medi-Mate Emergency Response System**

Calls for help with the push of a button in an emergency situation in the home.

**\$30 per month.** Call for details.

### **American Heart Assoc. Heartsaver CPR/AED**

Community CPR plus defibrillator (AED) training for adults, children and infants. Two-year certification. **September 14; November 9.**

**6:00 to 9:00 pm.**

**FEE: \$40. Recertification FEE: \$30.**

### **Infant CPR Class**

Learn techniques you can use in an emergency to save your infant's life.

**October 8; December 3.**

**7:00 to 9:00 pm**

**FEE: \$10**

### **FREE! Infant Feeding Class**

Information about infant feeding and choosing breast or bottle feeding. Call 395-6045 for info or to register or just walk in.

**1<sup>st</sup> Wednesday each month, 7:00 to 8:00 pm, Lakeside Hospital, 3<sup>rd</sup> floor conference room.**

### **Prepared Childbirth Classes**

Learn techniques to help you and your family through labor and delivery and how to care for your new infant.

*Series of 4 weekly classes starting:*

**September 3; October 29.**

**7:00 to 9:00 pm. FEE: \$60.**

### **Yoga**

Experience the serenity of Yoga! Learn techniques to develop balance, strength, flexibility and self-confidence.

*Series of 6 weekly classes starting:*

**September 17; October 2; December 10.**

**Intermediate level 5:45 pm to 6:30 pm.**

**Beginner level 6:45 to 7:30 pm.**

**FEE: \$45**

### **Weight Watchers**

Learn to eat healthier and lose weight. Meetings held weekly at Lakeside Memorial Hospital on Tuesdays from 3:00 pm to 3:45 pm.

### **\*New\* FREE Programs**

**Presented by the Family Wellness Center and MVP Healthcare**

Call 327-2480 or 800-665-7924 to register (you do **not** need to have MVP insurance)

- **Stroke Education**  
October 5, 11:00 am to 12:00 pm
- **Blood Pressure and Cholesterol Education**  
October 19, 2:00 pm to 3:00 pm
- **Medicare 101**  
October 21, 10:00 am to 11:00 am
- **Food Portion Distortion**  
November 3, 11:00 am to 12:00 pm

### **SUPPORT GROUPS**

#### **Alzheimer's Support Group**

Meets the 2nd Thursday of every month at the Free Methodist Church in Brockport at 7:00 pm.

#### **Bereavement Support Group**

Meets the 1<sup>st</sup> Monday of the month at the Free Methodist Church in Brockport at 7:00 pm.

#### **Breast Cancer Support Group**

Meets the 1st Thursday of every month in the Lakeside Memorial Hospital Board Room at 7:30 pm.

#### **Depression and Bipolar Support Alliance**

Meets the 2nd Tuesday of every month at the Brockport Fire Hall, 191 West Ave. at 7:30 pm.

#### **Infant Loss Support Group**

Meets as needed – call the OB department at Lakeside Hospital at 395-6045.

***Don't forget to ask for your senior discount!***

**Pre-registration and pre-payment required for all programs!**

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