

MEMORIAL HEALTH CENTER calendar

MARCH–JUNE 2008



Memorial Health Center

CHILDBIRTH & PARENTING

For more information or to register, call the Family Center at **748-8156**.

All classes are at no cost.

Labor and Delivery: An Ending and a Beginning

Tuesday, May 20

6:30 to 8:30 p.m.

Hospital Boardroom

Care of the Newborn

Tuesdays, March 18, May 27

6:30 to 8:30 p.m.

Hospital Boardroom

Breastfeeding: The Why-Tos and the How-Tos

Tuesdays, March 25, June 3

6:30 to 8:30 p.m.

Hospital Boardroom

Baby Fair Open House

Tuesday, May 6

4 to 7 p.m.

Hospital Classroom

Exercise, Comfort & Relaxation

Tuesday, May 13

6:30 to 8:30 p.m.

Medford Therapy & Fitness

FIRST AID & CPR

All classes take place in Classrooms A and B. For more information, costs or to register, call **748-8762**.

Basic First Aid

Mondays, March 17, June 2

6 to 10 p.m.

Basic CPR

Mondays, April 21, May 12

6 to 10 p.m.

CPR for Health Care Providers

Monday, May 19

6 to 10 p.m.

CPR Renewal for Health Care Providers

Monday, April 7

6 to 10 p.m.

HEALTH & WELLNESS

Living Well With Diabetes

Wednesdays, April 9,

May 14

7 p.m.

Hospital Classroom

Call **748-5800** for more information.

Taking Care of You: Powerful Tools for Caregivers

Fridays, April 4 to May 9

1 to 3 p.m.

Taylor County

Multipurpose Building

Call **748-1499**.

Free respite.

Look Good...

Feel Better

Monday, May 12

6 to 8 p.m.

Memorial Health Center

Education Room

Call **877-423-9122**,

ext. 212. Free.

Know the Hazards: Chainsaw, Tractor, Rotary Mower Safety

Saturday, May 17

10 a.m. to 3 p.m.

UW–Extension, Taylor County

Call **748-3327**. Free.

Lunch included with RSVP.

Alzheimer's Support Group

Mondays, March 24,

April 28, May 26, June 23

1:30 p.m.

Taylor County

Multipurpose Building

Call **748-1499** for more

information. Free.

Fitness Center

Medford Therapy & Fitness

For more information

about memberships and

exercise classes, visit

www.memhc.org or call

748-8748.

Medford Running Club

Thursdays, 6:30 p.m.

Meet in Medford Therapy

& Fitness Center parking

lot. All abilities are wel-

come. Call Michelle Brost

at **748-8112** for more

information. Free.

RESOURCES

Blood Bank

Wednesdays, April 2, May 7,

June 4

1:30 to 5:30 p.m.

Medford Fire Department

Fire Hall

Call **748-8762** for

appointments.

My three deliveries have been
EXCEPTIONAL.
—Julie Hoagland & Luke

**MEMORIAL
HEALTH CENTER**
An Agrius Partner

Experience the difference.