

What's Going On at Union Hospital August 2010

August 2 through August 8

Union Hospital Diabetes Support Group. Join us from 6 to 8 p.m. on Monday, Aug. 2. The support group will meet on the 3rd floor of the Union Hospital Professional Office Building (POB), 1530 N. 7th St. For more information, call the Diabetes Education Center at 812-238-7577.

RTS Bereavement Services has a support group to help families who have lost a baby through miscarriage, tubal pregnancy, stillbirth or newborn death. Please join us from 7 to 9 p.m. on Tuesday, Aug 3. The topic will be "Sharing Memories." This support group will meet in the Landsbaum Center in classroom 3, located at 1433 N. 6 ½ St. For more information, call Sue Hoopengartner, RN, Union Hospital at 812-238-4978.

Journey's Support Group. Hospice of the Wabash Valley presents Journey's Support Group at 10 a.m. on Wednesday, August 4 at the Vigo Co. Public Library, One Library Square at 7th and Poplar St. They will also meet at 7 p.m. on Wednesday, August 11 at the Vigo County Annex building at 2931 Ohio Blvd. Journey's is a free bereavement support group that meets once a week. To register, call Jack Brockman at 812-234-2515.

Prepared Childbirth Class. This popular series of six classes offers couples professional instruction and guidance to prepare for the childbirth experience. The classes focus on relaxation and breathing techniques for better concentration during labor and delivery. You will also learn the role of the labor partner, discuss routine hospital procedures, receive information on birth options and medications for labor and take a tour of the

maternity unit. This series of six classes begins Wednesday, Aug. 4, from 7 to 9 p.m., 3rd floor of the Professional Office Building, 1530 N. 7th St. For more information or to register, call Union Hospital at 812-478-4137. Fee: \$40.

Better Breathers Club is a new support group formed to help patients with respiratory disease cope with their difficulties. The group is run by respiratory therapists and asthma educators. The first meeting will be from 1 to 3 p.m. on Friday, Aug. 6 in the Landsbaum Center, 1433 N. 6 ½ St. Better Breathers welcomes anyone interested in learning more about respiratory issues. For more information, call 812-238-7822.

August 9 through August 15

L.I.F.E Cancer Support Group. Please join us for this cancer support group meeting from 7 to 8:30 p.m. on Monday, Aug. 9. The support group will meet in the Beech Street Conference Room located on the lower level of the Hux Cancer Center, 1711 N. 6 ½ St. To register for this support group, call 812-238-7957.

2nd Annual Founders Day Celebration. From 11 a.m. to 4 p.m. on Wednesday, Aug. 11 please join us to celebrate our Founders Day (August 11, 1892) at Union Hospital East lower level, 1606 N. 7th St. Some of the activities that day will include: *Historical Marker Placement* at 11 a.m. Join us along 8th Ave. as we dedicate the historical marker. The annual *Service League Ice Cream Social* from 11 a.m. to 4 p.m. Tickets are available in the gift shop or from any service league member for \$4 (includes ice cream and cookie). Also be sure to pick up your *Robert Follett Prints* of Union Hospital East signed by the artist. For more information call 812-238-7657.

August 16 through August 31

Breast-Feeding Class. This class offers new and expectant parents information, support and instruction on breast-feeding. Nursing infants are

welcome. Types and use of breast pumps and the collection and storage of breast milk will also be discussed. The next class is from 7 to 9 p.m. on Tuesday, August 17. The meeting will be located on the 3rd floor of the Union Hospital Professional Office Building, 1530 N. 7th St. For more information or to register, call 812-238-4985.

Pre-Diabetes Class. Has your doctor diagnosed you with pre-diabetes, metabolic syndrome or insulin resistance? Do you need help meal planning? We can help! Join us from 6 to 9 p.m. on Tuesday, August 17 in room 375 on the third floor of the Union Hospital Professional Office Building located at 1530 N. 7th St. For more information or to register, call the Diabetes Education Center at 812-238-7577.

Stroke Support Group. Come to Union Hospital's new support group and learn how to live your best life after a stroke! If you or a family member have experienced a stroke and are interested in learning more about how to address the physical, mental and emotional changes, join us for our next support group meeting at 6 p.m. on Thursday, Aug. 19. This support group meets the third Thursday of every month at the Landsbaum Center, 1433 N. 6 ½ St. The educational support group meetings are designed to allow people who have experienced a stroke to share their experience and lend support throughout the recovery process. For more information, call 812-478-4103.

Diabetes Support Group in Clinton. Join us from 6 to 8 p.m. on Thursday, August 19. The support group will meet at Union Hospital Clinton in the Private Dining Room at the back of the cafeteria. For more information, call the Union Hospital Clinton operator at 765-832-1234, the Diabetes Education Center at 812-238-7577 or Ellen Albrecht at 765-832-3340.

Bereavement Support Group. Sponsored by Hospice of the Wabash Valley, this group meets at 5:45 p.m. on Thursday, August 19 at 400 8th Ave. (2 blocks west of Union Hospital). For more

information, contact Hospice of the Wabash Valley at 812-234-2515.

Monthly Activities: August 2010

Union Hospital Asthma Program. This free program offered by Union Hospital can help individuals with asthma, their families and those interacting with them work as a team to gain control of asthma and feel good! To enroll in the program a referral can be made by a physician or nurse practitioner. Call 812-238-7822 for more information.

Exercise Classes for Patients/Survivors Diagnosed with Cancer or Chronic Illnesses: Tai Chi & Yoga. The Maple Center is offering clinical integrative/holistic treatments to breast cancer patients who are currently in treatment and to those who have completed treatment. Patients diagnosed with cancer or chronic illnesses are invited to attend Tai Chi and Yoga classes for a minimal fee. Call The Maple Center at 812-234-8733 for more information or to register.

Center for Fitness and Performance Class Schedule

Monday

Yoga- 6:10 to 6:45 a.m.
Senior Circuit-11 to 11:50 a.m.
Tone & Tighten- 12:10 to 12:45 p.m.
Totally Abs- 4 to 4:30 p.m.
Cardio Jam- 4:30 to 5:30 p.m.
Body Sculpt- 5:15 to 6:15 p.m.
Spinning- 6:00 to 7:00 p.m.
Run & Core- 7:30 to 8:30 p.m.

Tuesday

Cardio Blast- 8 to 8:45 a.m.
Zumba Beginners- 9 to 9:45 a.m.
Power Circuit- 10:15 to 11:00 a.m.
Stretch & Flex- 11:10 to 11:45 a.m.
Espresso Spin -12:00 to 1:00 p.m.
Senior Circuit- 1 to 1:50 p.m.
Bosu Step & Tone- 4:30 to 5:15 p.m.
Zumba- 5:15 to 6:15 p.m.

Body Sculpt- 6:10 to 7:00 p.m.
Yoga- 7 to 8:00 p.m.
Spinning/Endurance- 8 to 8:45 p.m.

Wednesday

Morning Yoga- 6:10 to 6:50 a.m.
Tone & Tighten- 8 to 8:45 a.m.
PiYo- 9 to 9:45 a.m.
Zumba Gold-10 to 10:45 a.m.
Senior Circuit-11 a.m. to 12 p.m.
Tone & Tighten-12:10 to 12:45 p.m.
Zumba Toning- 4:30 to 5:15 p.m.
Body Sculpt- 5:30 to 6:15 p.m.
Spinning- 6:30 to 7:15 p.m.
Core & Flexibility- 7:30 to 8:30 p.m.

Thursday

Butts & Gutts- 8 to 8:45 a.m.
Espresso Spin-12:00 to 1:00 p.m.
Totally Abs - 4 to 4:30 p.m.
Spinning- 4:30 to 5:15 p.m.
Body Sculpt- 5:30 to 6:15p.m.
Yoga- 6:30 to 7:30 P.M.
Spinning- 8 to 8:45 p.m.

Friday

Zumba- 8:45 to 9:45 a.m.
PiYo-10 to 10:50 a.m.
Senior Circuit-11 a.m. to 12:00 p.m.
Zumba-12:00 to 12:45 p.m.

Saturday

Cardio Step & Tone- 10:10 to 10:55 a.m.

For more information on Fitness Classes, Personal Training or to join the Union Hospital Center for Fitness and Performance, call 812-238-7311.

Upcoming Events

2010 Union Games presented by the Union Hospital Center for Fitness and Performance on Saturday, September 18. Registration from 7:30 to 8:45 a.m. (\$25 entry fee), the first heat is slated to start promptly at 9 a.m. on the campus of Union Hospital, 1606 N. 7th St. A portion of the proceeds from this event will benefit breast cancer

awareness. For more information or to pre register visit: www.2010uniongames.blogspot.com or call the Center for Fitness and Performance at 812-238-7311.

