



**ST. JOHN'S MERCY
HOSPITAL**

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News Release

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FOR IMMEDIATE RELEASE

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April 2008 Classes and Support Groups at St. John's Mercy Hospital

St. John's Mercy Hospital is offering the following classes in April 2008. Friends and family members are welcome to attend support groups and educational meetings at St. John's Mercy Hospital. For more information, contact the hospital's Educational Services department at 636-239-8004. Meeting times and locations are subject to change.

Childbirth Education

Childbirth Education classes at St. John's Mercy Hospital cover many topics to help prepare expectant parents for all aspects of childbirth. For more information and to register, call 636-239-8004.

Lamaze – 4 weeks (\$70)

Participants are taught Lamaze breathing and relaxation techniques to help them through labor. Expectant parents should begin attending classes by approximately the seventh month of pregnancy. Class size is limited, so participants are asked to register by the fourth month of their pregnancy. Lamaze classes meet in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo. Course fee is \$70.

NEXT SESSION: Tuesdays, April 1, 8, 15 and 22, from 6:30 to 9:30 p.m. Participants are required to attend all sessions.

Lamaze Refresher Program (\$45)

This class meets in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT SESSION: The next sessions will be held on Thursday, May 22, from 6:30 to 9:30 p.m.

Lamaze Weekend Accelerated (\$90)

This class meets in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo. Course fee is \$90.

NEXT SESSION: The next sessions will be held on Saturdays, June 14 and 22, from 8 a.m. to 12 p.m.

New Moms' Network (no cost)

Led by a registered nurse, this group provides new mothers methods for coping with baby, work and home life. There is no cost to attend, and reservations are not required. The group meets the second Wednesday of the month in the Mercy Childbirth Center Family Waiting Area, fourth floor, St. John's Mercy Hospital, 901 E. Fifth St., Washington, Mo. For details and monthly program topics, call 636-239-8529.

NEXT SESSION: Wednesday, April 9, from 10 to 11:30 a.m. The topic is *Infant Massage: Moments of Serenity* with Jennifer Balleydier.

Heartsaver CPR (\$40)

The St. John's Mercy Hospital Heartsaver CPR program teaches adult/infant/child CPR skills and management of an obstructed airway. Information on heart attack, stroke and pediatric safety issues are included. The class meets in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo. To register, call 636-239-8004. Pre-registration is required.

NEXT MEETING: The next class will be Friday, April 18, from 6:30 to 9:30 p.m.

Heartsaver First Aid (\$40)

The Heartsaver First Aid Course provides the skills to effectively assess and maintain life from the critical minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with a complete health and safety training solution for First Aid, CPR and AED. The class meets in Classroom A/B, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo. To register, call 636-239-8004. Pre-registration is required.

NEXT SESSION: The next session will be on Thursday, September 25, from 6 to 10 p.m.

Congestive Heart Failure (CHF) Support Group

The St. John's Mercy Hospital Congestive Heart Failure Support Group discusses topics related to Congestive Heart Failure, including nutrition, exercise and other lifestyle issues. The group meets the fourth Wednesday of every month in Classroom A on the first floor of the St. John's Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT SESSION: The next session will be on Wednesday, April 23, from 2 to 3 p.m.

Crohn's and Colitis Support Group

The St. John's Mercy Hospital Crohn's and Colitis Support Group offers support and education on issues specific to Crohn's disease, colitis and ostomies. Families and friends are welcome to attend. Meetings are held on the second Monday of every other month in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT MEETING: The next meeting will be on Monday, April 14, from 7 to 8 p.m.

Diabetes Support Group

The Diabetes Support Group meets on a quarterly basis in the St. Francis Room, on the second floor of St. John's Mercy Hospital, 901 E. Fifth Street, Washington, Mo. To register for the support group, please call 636-230-8004. For more information on the support group, please call the Diabetes Wellness Center at 636-239-8248.

NEXT MEETING: The next meeting will be on Thursday, April 3, at 2 p.m.

Fertility Care Services

A certified fertility care practitioner, specializing in the Creighton Model of Fertility Care Services, teaches this one-on-one natural family planning session. For more information on St. John's Mercy Hospital Fertility Care Services, call 636-239-8595.

Mercy Heart Prints

The St. John's Mercy Hospital Mercy Heart Prints program is for parents who have experienced a miscarriage or neonatal death, stillbirth or ectopic pregnancy. To speak with a trained counselor, call 636-239-8656 or 636-239-8500.

Stroke Recovery Group

The St. John's Mercy Hospital Stroke Recovery Group joins stroke survivors, family and friends for support and education through discussion, programs and professional speakers. Meetings are held on the second Monday of each month at 3:30 p.m. in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT MEETING: The next meeting will be Monday, April 14, from 3:30 to 4:30 p.m.

Alzheimer's Association Support Group

The St. John's Mercy Hospital Alzheimer's Association Support Group joins caregivers and family members taking care of a loved one with Alzheimer's. The group's primary goal is to provide a time to share feelings and offer encouragement in a safe environment. The group will also offer information through discussion, programs and professional speakers. Meetings are held on the third Monday of every month in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT MEETING: The next meeting will be Monday, April 21, from 1 to 3:30 p.m.

Al-Anon

Al-Anon offers hope and help to families and friends of alcoholics because alcoholism is truly a family disease. Meetings are held every Sunday, from 7 to 9 p.m. in Classroom A, on the first floor of the Mercy Medical Building, 851 E. Fifth St., Washington, Mo.

NEXT MEETING: The next meeting will be Sunday, April 6, 13, 20 and 27, from 7 to 9 p.m.

St. John's Mercy Hospital is a member of the Sisters of Mercy Health System.

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