

Happy Independence Day

Community Health Education Calendar July 2019



Unless otherwise noted classes are held at BAY AREA HOSPITAL or the "CHEC" (Community Health Education Center) 3950 Sherman Avenue, North Bend • Classes are FREE unless otherwise noted. If registration is required, it will be noted under the specific class with the registration website. Bay Area Hospital • 1775 Thompson Road, Coos Bay. Check us out at www.bayareahospital.org



Diabetes Education...CHEC

Diabetes Self-Management Program Call 541-269-8349 for dates, times & more info.

New classes start each month. A doctor's referral is required. Cost of the class is covered by most insurance plans. Scholarships are also available.

Blood Pressure & Diabetes Screening at Bay Area Hospital

Thursdays, Blood Pressure Check
9:00 – 11:30 am, 1st floor New Main Lobby

Diabetes Screening every 4th Thursday

9:00 - 10:00 am
6-8 hour fasting required including no coffee or tea, or 2 hours after the start of breakfast.

Diabetes Talk

Call 541-756-4387 for more information and location.

The continued support you need to balance good diabetes self-care. Share concerns, frustrations, and information.

Diabetes Education Review Class

1st Tuesday, 12:00 – 1:30 pm

Topic: "How to Get Exercise into Your Life" by Michelle Frost, Certified Personal Trainer. Learn tips & tricks from a personal trainer who lives well with diabetes.

Preventing Diabetes Class

Thursday, July 11, 4:00-6:00 p.m. Learning how to make a few simple changes in the early stages of diabetes can slow, and sometimes stop its progression. By Rita Hoover, RN, CDE and Linda Devereux, RD

Type 1 Diabetes Update class: "The care of your eyes is in your hands!"

Thursday, July 25, 6:00-7:30 p.m., CHEC building

Knowledge is power...so grab hold of your power by learning more about prevention of vision loss & gain knowledge of the sight saving options that are currently available! Hindsight is not always 20/20; however education about eyecare can be! Presented by: Robert Beardsley, MD, a board certified retinal specialist from Oregon Eye Consultants in Eugene and Camille Workman, VP of South Coast Diabetes Association.

THERE WILL BE REFRESHMENTS & A DOOR PRIZE TOO!

Questions: Contact Linda Devereux, RD @ Bay Area Hospital @ 541-269-8321.

Please RSVP to reserve your spot.

ABC Diabetic "Walk and Talk"

First Thursday, 3:45 to 4:45 p.m.

Mingus Park covered shelter by the stage.

Anyone who's life is impacted by diabetes is invited to walk and talk. For more information, call (541) 756-9054 or visit www.southcoastdiabetes.org.



Wellness Classes... CHEC

Darkness to Light: Stewards of Children

4th Tuesday of every month, 5:30 – 8:00 p.m.

3rd Saturday of every month, 10:00 a.m. – 12:30 p.m.

Kids' HOPE Center, 1925 Thompson Rd., Coos Bay

Space limited to 25, Registration required,
Call 541-269-4196

Overview of how to identify, minimize opportunity, recognize the signs, and react responsibly to suspicions of child sexual abuse. Training is recommended for anyone who has, works with, or knows children. Training not recommended for anyone under 16 years of age. Nurses, Social Workers, Dentists, Dental Hygienists, Teachers and Daycare Workers receive 2 hrs. of Continuing Education Credits (CEU's) for completion of training.

Didgeridoo Club

2nd Thursday, 4:00 – 4:30 pm

2085 Inland Dr Suite A, North Bend.

Call 541-267-5221 for more information.

Free classes and practice that strengthens breathing ability, and lessens snoring and sleep apnea.

TaiChi for Better Balance

Free to those 60 years and older and/or Advanced Health members through a grant from the Area Agency on Aging. Multiple locations in Coos & Curry County.

For more information and registration

call Melissa, 1-850-207-1469. Come learn gentle motion that can improve your strength and balance.

Body Awareness Yoga class

by Kim Lieurance

Mondays & Thursdays, 10:00 – 11:00 am.

Call 541-756-1038 for more info.

Gentle exercises focusing on breathing, balance, & posture.

Stop Tobacco Use Clinic

A four class series. Alternates months of day classes & evening classes, all classes are 1st four Thursdays of the month.

No registration required.

Day Classes: 12pm-1pm in January, March, May, July, Sept and Nov.

Evening Classes: 5:30pm-6:30pm in Feb., April, June, Aug., Oct., Dec.

Be tobacco free! Instruction & support can help you quit for good.

Train Your Brain

1st four Tuesdays of the following months: Jan, May and Sept, 2-4 pm / March, July and Nov, 6-8 pm

Space is limited, Register online @

www.bayareahospital.org/Calendar_events.aspx.

Do you suffer from chronic pain, anxiety, stress, or depression? Cognitive behavioral techniques and the "mindfulness" approach are proven methods to help restore hope, well-being, and relaxation.

South Coast Striders

Registration: None, but visit website for details on length of walk and preparation information.

www.coostrails.com July 7 (10:00 a.m.)

Blacklock Point. July 13 (7:30 a.m.) Kentucky Falls.

Alzheimer's/Dementia Education

Support Group

3rd Wednesday, 10:00 am – Noon.

Call 541-290-7508 for more information.

Come share & learn. Program offers speakers & support.

Caregivers only, please.

Stroke Support Group

3rd Thursday, 3:30 – 4:00 pm

2085 Inland Dr Suite A, North Bend.

Call 541-267-5221 for more information.

This group offers speakers & support for patients, family & friends to assist in living with the challenges of stroke.

Cancer Treatment Support Group

Mondays, 9:00 – 11:00 am, Counseling &

Bereavement Education Center,

1620 Thompson Road, Coos Bay.

Call 541-269-2986 for more information.

For those who have, or have had cancer & those who care for them.

MS (Multiple Sclerosis) Support Group

4th Thursday, 6:30 – 8:00 pm, Coos Bay Library, 525 Anderson Ave., Coos Bay.

Call 541-294-3690 for more information.

Offers caring & sharing & guest speakers.

Bariatric Surgery Support Group

2nd Tuesday, 6:00 – 7:00 pm, North Bend

Medical Center, upstairs conference room

Call 541-267-5151 x1526 for more information.

Come hear about weight loss surgery and be inspired.

The following 2 groups are offered at the Nancy Devereux Center,

1200 Newmark Avenue,

Call 541-888-3202 for more information.

NAMI Family to Family Support Group

NAMI is offering a free 12-week program on living with mental illness. Call 541-888-3202 to register— class size is limited.

* Anxiety & Depression

Support Group*

Mondays, 12:30-1:30 pm,

A support group for anxiety, panic, & depression.

Community Meal

Weekly Community Meal at Harmony United

Methodist Church, Saturdays, 11:00 – 1:00 pm,

123 Ocean Blvd SE, Coos Bay

Call 541-267-4410 for more information.

In these uncertain times you may need support in finding resources. Please feel welcome to attend. Free or chosen donation.

MOMS Program...

Bay Area Hospital

Register Online:

www.bayareahospital.org/Calendar_events.aspx

For questions call 541-269-8258.



Big Brother/Big Sister Class

Monday, July 15, 6:00 – 7:00 pm

Brothers & sisters-to-be, ages 3 to 10, learn about their new sibling, practice holding & diapering baby dolls, & watch a short video during this fun, fast-paced class.

All About Labor (Part 1)

Monday, July 22, 6:00 – 8:00 pm

plus an optional tour

Anatomy of labor, the stages of labor & an overview of fetal monitoring will be provided in this class. Common interventions and what to expect at delivery will also be discussed. Instruction on the immediate postpartum recovery period is also offered.

Comfort Measures for Labor (Part 2)

Monday, July 29, 6:00 – 8:00 pm

plus optional tour

Focus is hands-on comfort measures/ breathing techniques, water therapy, massage & comfort positioning. Also includes an overview of medications used to control pain.

Feel free to bring snacks to class if you would like; snacks are not provided by class.