



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Released: December 12, 2007
Contact: Michele Santiago
Phone: 301-609-4415

HEALTH EDUCATION PROGRAMS

(THIS REPLACES ALL PREVIOUS CLASS NOTICES - please **REMOVE** from your listings any classes/events which are not listed here and note any changes in times, etc.)

The following classes and lectures are being offered through Civista Health in **JANUARY, 2008**

Civista on the Line

If you are looking for a physician, call Civista on the Line, our physician referral service, at 1-888-332-4847. The operators can provide you with information on the physicians who are members of the Civista Medical Staff. In addition you can register for Civista-sponsored events and classes and obtain information on health-related county resources.

Monday-Friday; 8:30 am – 4:30 pm. **Free.**

Diabetes Self-Management Program

Our program, for men and women is recognized by the American Diabetes Association (ADA) for Quality Self-Management Education. The program is structured around two group classes and two individual sessions. Group classes are designed to enhance knowledge of diabetes in general and focus on the ADA core curriculum. Individual sessions include medical nutrition therapy, exercise testing and prescription, self-blood glucose monitoring, and insulin preparation and administration if necessary. This program is covered by most insurance plans; please contact Civista Women's Health Center at 301-609-5200 to discuss insurance coverage and registration. Program offered monthly. Civista Women's Health Center, Waldorf. **Registration required. Fee.**

Southern Maryland Ostomy Support Group

This group is for ostomy patients and it meets quarterly to provide education and support. Call Amber Fowler for more information at 301-274-9000 ext. 227. **Topic: Speaker: Date/Time:** Chesapeake-Potomac Home Health Agency, 7627 Leonardtown Road, Hughesville. **Registration NOT required. Free.**

Yoga

This ongoing class teaches participants relaxation techniques, flexibility exercises and strengthening techniques through various yoga positions and practices. Anne Machetto, Registered Yoga Teacher.

Tuesdays, 7:30-8:30 pm; Wednesdays, 9:00-10:00 am.
Civista Women's Health Center, Waldorf.

Pre-registration NOT required. \$35/4 sessions; \$65/8 sessions or \$10 per session.

Yoga Body and Mind

This is an ongoing Traditional Yoga Class, suitable for those new to Yoga or those with some experience. The class provides a gentle approach to the asanas, as well as breathing exercises and meditation. The focus is on providing stress reduction and increased flexibility. We will work some on gentle body toning and strength building as well. The class will generally consist of asana work, breathwork, and deep relaxation. Some exercise mats are available, but you may want to bring your own. For other class requirements and additional information, please call Civista Women's Health Center at 301-609-5200. Instructor: Anne Machetto, Registered Yoga Teacher.

Tuesdays, 6:15-7:15 pm.

Civista Women's Health Center, Waldorf.

Registration/prepayment required. \$65/8 sessions or \$10 per session for walk-ins.

Maternity Tours

Tour the Family Birthing Center, meet our highly-trained staff, see our delivery and postpartum rooms and have the opportunity to ask questions about the upcoming birth of your baby. If you are taking our Expanded Childbirth Classes, a tour is included.

Sunday, January 6; 4:00-5:00 pm; Monday, January 14; 6:00-7:00 pm;

Civista Medical Center, Lobby, La Plata.

Registration required. Free.

Blood Pressure Screening

These free screenings are available on the first and third Monday of each month at Civista Medical Center. Screening is provided by the Civista Health Auxiliary. Mondays, January 7, 21; 1:00-3:00 pm

Civista Medical Center, Auxiliary Office, La Plata

Registration NOT required. Free.

Free Information Night for Weight Management for Women Program

Are you interested in a weight management program that will actually help you lose weight and keep it off? The Civista Women's Health Center offers a weight management for women program that teaches lifestyle changes to help you lose weight and keep it off. Join us for a free information session that will provide you with the details of our program. You also have an opportunity to ask our clinical staff any questions that you may have.

Thursday, January 10, 2008; 7:00-8:00 pm

Civista Women's Health Center, Waldorf.

Registration required. Free.

Weight Management for Women

This 13-week, medically-managed program includes: Your Weight Management Team of licensed, certified women's health professionals such as physician, dietitians, exercise physiologists and a counselor; Weekly educational/support sessions covering topics like metabolism, eating out, holiday eating, strength training, food shopping, fitness, meal planning and healthy recipes; Pedometer and instructions, food log, and work book; Medical evaluation and lab work; Lifetime Maintenance Program available to keep you on track; no special food to buy, no points, no gimmicks, no fad diets, no hidden costs...just results! Participants must have an appointment with a Civista Women's Health Center physician or physician assistant prior to orientation.* Please contact Civista Women's Health Center for more information. 301-609-5200.

Free Information Night; Thursday, January 10, 2008; 7:00-8:00 pm

Orientation: Thursday, January 31; 1:00-2:30 pm or 6:30-8:00 pm*
Classes: Thursday, February 7-April 24, 1:00-2:30 pm or 6:30-8:00 pm.
Civista Women's Health Center, Waldorf
Preregistration required. Fee.

Baby Care

This comprehensive class includes certification in both First Aid and CPR for infants and children. Also education and information on selecting car seats and cribs, baby proofing your home, and basic baby care, i.e. bathing, diapering and feeding. It is recommended that this 7-hour class be taken early in pregnancy for maximum comfort. This class is for expectant and new parents only.

Saturdays, January 12; 9:00 am-4:00 pm.
Civista Women's Health Center, Waldorf.
Registration/prepayment required. \$60.

Sibling Class

We'll help prepare children ages 2-8 for a new baby in the family! Free to moms who deliver at Civista Medical Center.

Saturday, January 12; 3:00 pm-4:00 pm.
Civista Medical Center, Lobby, La Plata.

Registration required. \$5. Free to moms who deliver at Civista Medical Center.

CPR for the Healthcare Provider – Recertification Course

This class is the American Heart Association's BLS Healthcare Provider recertification course. Participants receive a course completion card following a written/skills exam. It will be offered the second Monday of the month. Call Melinda Nelson at 301-609-4322 to register.

Monday, January 14; 2:00-6:00 pm
Civista Medical Center, Education Classroom, La Plata

Registration/prepayment required. \$50.

Expanded Childbirth Classes

Our classes will prepare you and your support person for a safe and happy birthing experience. Our expanded classes feature topics on getting to know your newborn; including sleeping, feeding, infant safety, growth and development and knowing when your baby is sick. A tour of the Family Birthing Center is included. Call early, these classes fill quickly.

Saturday, January 12 or 19; 9:00 am – 5:00 pm.
Civista Medical Center, 1 North, La Plata.

Registration/prepayment required. \$85.

AARP Driver Safety Class

Civista Health and AARP sponsor this classroom refresher course to help drivers 50 years of age or older improve their skills and prevent traffic accidents. The course will cover age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements.

Saturday, January 19; 8:30 am – 5:00 pm;
Civista Medical Center, La Plata.

Registration required. Free.

American Red Cross Blood Drive

This drive is jointly sponsored by Civista Medical Center, La Plata United Methodist Church and La Plata Lions Club. Please call 1-800-GIVELIFE today to make your appointment to donate blood so that others may live.

Monday, January 21; 2:00-8:00 pm
La Plata United Methodist Church, 3 Port Tobacco Road, La Plata
Registration required. Free.

Parkinson's Support Group

This group is open to persons of all ages who have been diagnosed with Parkinson's as well as friends and family members. It meets on the fourth Saturday of the month. Support and education on various aspects of the disease are provided.

Saturday, January 26; 2:00-4:00 pm
Civista Medical Center, Cafeteria, La Plata.
Registration NOT required. Free.

Breastfeeding Basics

Learn basic information on breastfeeding including medical benefits; getting started; what to prepare for before and after the birth of your baby; best nutrition; going back to work; options on pumps, bottles and more. Fathers are encouraged to attend. A registered dietitian and a board-certified lactation consultant will be present to answer your questions.

Saturday, January 26; 9:30-11:30 am.
Civista Women's Health Center, Waldorf.
Preregistration/prepayment required. \$10.

Civista Women's Health Center Open House

Meet the Women's Health Center staff and our new addition, Kanika Hampton, MD. This will be an opportunity for current and new patients to learn more about the services we provide.

Monday, January 28; 6:00-7:30 pm
Civista Women's Health Center, Waldorf
Preregistration NOT required. Free.

Lowering Your Cholesterol

In this two hour class, participants will learn the latest ways to incorporate plant sterols and stanols, fiber, monounsaturated fats, fish and soy into their daily diets. Research has shown that by changing your diet to include these items, the risk of heart disease can be reduced by 29-32% (equal to starting statin medication). Instructor, Mary Sistrunk, RD, LD.

Tuesday, January 29; 3:00-5:00 pm.
Civista Women's Health Center, Waldorf.
Preregistration/prepayment required. \$30.

