



Calendar of Events

September

BLS Healthcare Provider CPR (Renewal)
Sept. 3
2:00 pm - 5:00 pm
This course is designed for healthcare providers and covers core material such as Adult and Pediatric CPR (including 2-rescuer scenarios and use of the bag mask), relief of foreign-body airway obstruction, and use of an AED. Fee \$55. To register, call 995-2847 or on-line at www.phelpsmemorial.com.

Heartsaver CPR
Sept. 3
6:30 pm - 8:30 pm
Participants will learn cardiopulmonary resuscitation (CPR) and relief of choking techniques for infant, child, and adult victims. Fee \$35. To register call 995-2847 or online at www.phelpsmemorial.com.

Sibling Class
Sept. 8
7:00 pm - 7:45 pm
"We're Going to Have a Baby" Sibling Class helps soon-to-be big brothers and sisters prepare for a new baby in the family. Older siblings usually attend this class during the 8th to 9th month of their mother's pregnancy. To register, call 995-3201 or register on-line, www.phelpsmemorial.com * No charge for this

Childbirth Refresher
Sept. 15
7:00 pm - 9:30 pm
Been there... done that? PMHC offers a childbirth class for expectant parents who have taken a childbirth preparation course with a previous pregnancy. To register, call 995-3201 or register on-line, www.phelpsmemorial.com. Fee: \$20

Immunization Clinic
Sept. 24
Immunizations for children, birth through 18 years old. By appointment, call: 1-877-209-3723, ext. 139.

Birth & Beginnings
Sept. 29 - Oct. 29
7:00 pm - 9:30 pm
This 5-week Lamaze and more class is for expectant parents awaiting their first child. Tuesday evenings. To register, call 995-3201 or register on-line, www.phelpsmemorial.com. Fee: \$50

Coffee AM
Oct. 2
PMHC Cafeteria
Enjoy Coffee AM in the cafeteria hosted by PMHC.

Denim Day
Oct. 2
One out of eight women will develop breast cancer in her lifetime. Everyone can do something about it. Join us to fight breast cancer. Donate \$5 and wear jeans.

Diabetes Fair
Oct. 10
8:30am - 12:00noon
Ag Center
The annual PMHC Diabetes Fair includes free A1C, glucose, and lipid testing. There will be many informational booths and three educational programs throughout the morning.

All programs/classes held in the lower level PMHC Community Room unless noted..
Registration available on-line for many classes.

Register For Classes On-line!

Visit www.phelpsmemorial.com for health information, educational classes, job opportunities and more at PMHC!

Phelps Memorial Health Center
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