

# February

AT OTTAWA REGIONAL HOSPITAL

## Wednesday, February 1

**Child Passenger Seat Check** • 4:00PM – 6:00PM

By Appointment. To register, call 815-431-5498.

## Thursday, February 2

**Adult Grief Support Group** • 4:00PM – 5:00PM

Room 210 (second floor). For information, call 815-431-5476.

## Friday, February 3

**Stroke Club** • 10:00AM – 11:30AM

Meeting Room 4. For information, call 815-431-5316.

## Wednesday, February 8

**Bereavement Support Group** • 5:00PM – 6:00PM

Meeting Room 4. For information, call 815-433-6090.

### *Celebrate Health*

**Your Heart: Are You at Risk?** • 6:00pm - 7:00pm

Meeting Room 1. Join Dr. David Thompson, Ottawa Regional's newest staff cardiologist, for a community health discussion on heart health. Topics include symptoms and causes of heart failure along with tips for prevention. Includes refreshments. To register for this special "Heart Month" program, call 815-431-5498.

## Thursday, February 9

**BLS for Healthcare Providers** • 8:00AM – 11:30AM

Meeting Room 1. Taught by an AHA instructor. Designed for students and workers in any healthcare or emergency response system. To register, call 815-431-5498. \$40.00.

## Tuesday, February 14

**Cancer Support Group** • 3:00PM – 4:00PM

Fox River Cancer Center Board Room. For information, call 815-431-5184.

## Wednesday, February 15

**COPD Support Group** • 11:00AM – 12:00PM

Meeting Room 4. For information, call 815-431-5235.

## Thursday, February 16

**Breastfeeding Support Group** • 10:00AM – 11:30AM

Family Birth Center. For information, call 815-431-5269.

**Breast Cancer Support Group** • 7:00PM – 8:00PM

Meeting Room 4. For information, call 815-431-5184.

## Monday, February 20

**Heartsaver CPR and AED** • 6:00PM – 9:00PM

Meeting Room 1. Taught by an American Heart Association instructor. Open to all people who want to learn lifesaving rescue skills and receive certification. To register, call 815-431-5498. \$30.00.

## Tuesday, February 21

**Alzheimer's Caregivers and Early Stage**

**Dementia Support Groups** • 1:30PM – 2:30PM

Meeting Rooms 2 & 3. For information, call 815-433-6090.

## Wednesday, February 22

**Bereavement Support Group** • 5:00PM – 6:00PM

Meeting Room 4. For information, call 815-433-6090.

## Monday, February 27

**BLS for Healthcare Providers** • 6:00PM – 9:30PM

Meeting Room 1. Taught by an AHA instructor. Designed for students and workers in any healthcare or emergency response system. To register, call 815-431-5498. \$40.00.

## Tuesday, February 28

**Blood Drive** • 7:30AM – 5:30PM

Meeting Room 1. For information, call 815-433-5260.

Have questions about purchasing hearing aids or batteries?

## We're all ears.



Ottawa Regional  
Hospital & Healthcare Center

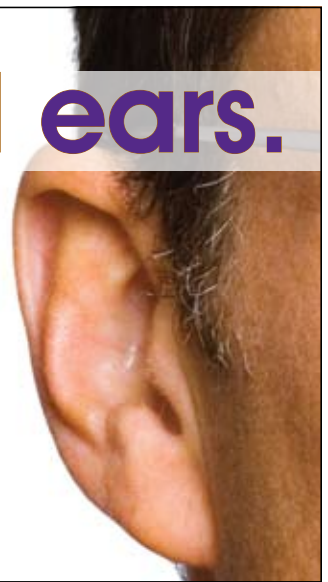
**Audiology Services • (815) 431-5327**

1050 E. Norris Drive on the Ottawa Regional campus

**Schedule your appointment TODAY!**

### Offering solutions including:

- ▶ Assessment for infants, children, and adults
- ▶ Hearing aid evaluations
- ▶ Dispersal and repair of hearing aids
  - Includes selection and fitting
  - Multiple styles and digital technology
  - Affordable pricing
  - 30-day trial / 1-year warranty
- ▶ Replacement batteries available
- ▶ Assistive listening and alerting devices



## Golf Fitness

Like any other sport, golf requires both practice and conditioning. While a golf *pro* can help you with the practice portion – like your swing and improving your overall game – golf *fitness* can help with the conditioning, allowing you to maximize your body's potential...and stay in the game longer.

### Benefits of golf fitness include:

- ✓ Improved posture
- ✓ Improved flexibility
- ✓ Improved strength
- ✓ Minimized chance of injury
- ✓ More efficient golf swing
- ✓ Reduced pain (in life and on the course)



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For more information, or to get started, call Doug Wisler at **(815) 431-5475.**

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**INDOOR PROGRAM!**