

## Heart Healthy classes

All classes are scheduled for 10:15 a.m. in the Rehab Center. Please preregister by calling Cardiac Services at 641.628.6653.

**Weight Loss—Thursday, May 1** -Discusses practical lifestyle changes that may help you limit your calorie intake and lose weight.

**Risk Factors—Monday, May 5** -A look at risk factors that predispose us to heart disease. Personal risk factors will be outlined along with tips for modifying those risk factors.

**Heart Healthy Eating—Thursday, May 8** -Healthy cooking techniques and ingredients. Serving size and the food guide pyramid are emphasized. Also looks at how to eat out and still follow a healthy diet.

**Save a Life—Monday, May 19** -For family members, friends, and members of the community who want to learn basic CPR but not receive a completion card.

**Fat Facts—Thursday, May 22** -Reviews the different types of fats and oils, and determines your daily fat budget.

**Smoking Cessation—Thursday, May 29** -Marilyn Smith from Marion County Community Health Services shares information on aids to stop smoking.

## Fitness classes

Rehab Gym Fee: \$30 for 8 weeks.

Call 641.628.6623 to register for classes.

**Fitness Plus**

Independent Workouts

Cost is \$30 for card/12 punches.

Call 641.628.6623 for more information.

**Low Impact Aerobics**

Instructor Amy Stevens

Cost is \$30 for 12 sessions.

Wednesdays 11:30 a.m. - 12:30 p.m.

Hilltop Basement

**Resistance Class**

Instructor Amy Stevens

Cost is \$30 for 12 sessions.

Information and registration:  
Visit [www.pellahealth.org](http://www.pellahealth.org) or call 641.621.BABY

**Sibling Class**

Monday, May 5, 6:30-8 p.m.

in the PRHC Class Room.

Cost is \$10 per family.

**Breastfeeding Class**

Monday, May 5, 7-9 p.m.

in the PRHC Board Room.

Cost is \$10.

**Prenatal Class**

Mondays, May 12 - June 23

7 - 9 p.m. in the Hilltop Basement.

Cost is \$35.

**Refresher Course**

Monday, May 12, 6:30 - 9:30 p.m.

in the Hilltop Basement.

Cost is \$15.

## Support groups

**Bereaved Parents Support Group**

Monday, May 5, 7 p.m.

Any parent who has experienced the death of a child, no matter how long ago, may attend.

Information: Cindy Cain 641.620.5050

**Alzheimer's Support Group**

Wednesday, May 7, 1:30 p.m.

North Dining Room in Long Term Care

Information: Elaine Malek 641.628.6661

**Young Widow and Widowers Support Group**

Monday, May 12, 6 p.m.

Conference Room; basement of Comfort House

For any young widow or widower, if you still have children at home or are in the workforce.

Information: Cindy Cain 641.620.5050

**Breast Cancer Support Group**

Tuesday, May 19, 6:30 p.m.

Smokey Row Loft

Information: Mary Rozenboom 641.621.2459

**Diabetes Self-Management Education Class**

Tuesdays, May 8, 15, and 22, 6:30 p.m.

Attendees will need a referral from their provider in order to attend classes.

Information: Michelle Webster at 641.621.2342

## Special events

**Diabetes Support Group**

Thursday, May 15, 2 - 3:30 p.m.

2nd Floor Clinic Conference Room

Lisa Kisling will present "Exercise and Diabetes"

**Heartsaver CPR/First Aid**

Thursday, May 15, 5 - 10 p.m.

in the PRHC Conference Center

Cost is \$25 for CPR and \$15 for First Aid.

**Senior Health Expo**

Wednesday, May 28, 10 a.m. - 1 p.m.

Pella Manor

Come for a morning of information, health screenings, and lunch!

**Baby Fair**

Saturday, May 10, 9 a.m. - noon

Pella Medical Clinic

We'll have childbirth education, tours, and great door prizes!

Check [www.pellahealth.org](http://www.pellahealth.org) for the latest parking and closure information.