

February 2012 LIFE Opportunities

Cooper Clayton Smoking Cessation

Date: Class began Tuesday, January 3 and will meet every Tuesday thru March 27, 2012

Time: 5:30 PM—6:30 PM

Location: Center for Health and Wellness Conference Room

Pre-registration is Required: call 270-762-1348 to reserve your spot for the next set of classes.

The Cooper-Clayton method to stop smoking is a 13-week program that provides weekly education sessions in a supportive environment. The program encourages the use of nicotine replacement therapy and will be held every Tuesday for 13 consecutive weeks.

Completion of Smoking Cessation Program With Attendance of 10 out of 13 Classes: Worth 100 LIFE Points

Metabolic Syndrome Screening

Date: Friday, February 3

Time: 6:00 AM—10:00AM

Location: MCCH North Tower Entrance

Join us as we offer screenings to mark this year's Wear Red Day. This is one day set aside by the American Heart Association to build awareness about the risks of heart disease. Metabolic Syndrome is a cluster of conditions that includes increased blood pressure, high blood sugar levels, excess body fat around the waist and/or abnormal cholesterol levels. When these occur together, you are at an increased risk for heart disease, stroke and diabetes; the more components you have, the greater your risk. We will be offering the following screenings to help you gauge your risk level:

- *Blood Draw for Fasting Lipid Panel and Fasting Blood Sugar: you must be fasting for at least 12 hours (no food or drink except water; please drink plenty of water for hydration)*
- *Blood Pressure Check*
- *Waist Circumference Measurement*

One additional screening will be offered:

- *Our Registered Dietitians will be on hand to screen for the presence of Acanthosis Nigricans, or darkening of the skin folds and creases. Acanthosis Nigricans is often an indicator of diabetes.*

25 LIFE points may be claimed once each 6 months for each screening, with the exception of lipid panel, that is in the healthy range. 50 points may be claimed for a lipid panel where 3 of the 4 values fall into the healthy range.

Employee Lipids

Date: Thursday, February 9

Time: 6:00 AM—10:00AM

Location: PDR #1

You must be fasting for at least 12 hours (no food or drink except water; please drink plenty of water for hydration)

50 points may be claimed for a lipid panel where 3 of the 4 values fall into the healthy range.

Spring Creek Employee Lipids

Date: Friday, February 10
Time: 6:00 AM—10:00AM
Location: PDR #1

You must be fasting for at least 12 hours (no food or drink except water; please drink plenty of water for hydration)
50 points may be claimed for a lipid panel where 3 of the 4 values fall into the healthy range.

Diabetes Self-Management Classes

Dates: Tuesday, February 14
Wednesday, February 15
Time: 8 am – 4:30 pm
Location: Center for Health and Wellness

For more information, or to sign up for the classes, please call 270-762-1806 or 1-800-822-1840, ext. 1806.
Pre-registration is required.

Cereal 101 - Nutrition Education

Date: Friday, February 17
Time: 12 – 12:30 pm
Location: Center for Health and Wellness Classroom
Presented by: Heather Richmond, RD, LD/N

The choices are endless and overwhelming. The entire cereal aisle seems to be filled with healthy options...at least according to the flashy labels on the boxes. Join Heather as she helps you break down the cereal aisle and filter through all those advertising ploys to find the best option for you. She will compare and contrast several types of cold and hot cereals while teaching you what to look for when trying to hone in on those healthier cereal options.

LIFE Education points may be claimed by those who attend and sign in. (Limit 100 education points per 6-month period)

Wellness Center Blood Drive

Date: Wednesday, February 29
Time: 8:30 AM—5:00 PM
Location: Center for Health and Wellness Classroom

Give the gift of Life. The Center for Health and Wellness and The Murray Calloway County Hospital Blood Donor Center are hosting a blood drive. Take the time to stop by and give the gift of life.

50 LIFE points may be claimed for blood donation. May be claimed once each 6-month period and you must retain documentation of donation in case of audit.

Support Group Meetings

25 LIFE points may be claimed for attendance of support group meetings once per each 6-month LIFE period. You must provide documentation of your attendance.

Bariatric Support Group

Date: Thursday, February 2
Time: 5:30 PM—6:30 PM
Location: Center for Health and Wellness Classroom
For more information contact Bariatric Solutions @ 762-1547

Food Allergy Support Group

Date: Will not have a February Meeting
Time: 6:00 PM—7:00 PM
Location: Center for Health & Wellness Classroom

Food Allergy Support Group meets every other month

If you would like more information please feel free to contact Hope Hill by phone: 270-226-0297 or hmbill3699@hotmail.com

Dialysis and Kidney Disease Support Group

Date: Thursday, February 9
Time: 3:30 PM—4:30 PM
Location: Center for Health and Wellness Classroom
For more information, contact Julie at @ 759-3080 or julie.courtney@fnc-na.com

Stroke and Head Injury Support Group

Date: Thursday, February 16
Time: 5:30 PM—6:30 PM
Location: Center for Health and Wellness Classroom
For more information, contact Cheryl Crouch @ 762-1557

Look Good...Feel Better

Date: Monday, February 21
Time: 6:00 PM—8:00 PM
Location: Center for Health and Wellness Conference Room

This is a free, non-medical, brand-neutral national public service program to help women offset appearance-related changes from cancer treatments. For more information, call Angie Hutching @ 435-4455 or 435-4614

Breast Cancer Support Group

Date: Tuesday, February 28
Time: 6:30 PM—7:30 PM
Location: Center for Health and Wellness Classroom
For more information, contact Evelyn Wallis @ 489-2462

HEALTHExpress

February 2012

FREE SCREENINGS OFFERED: Blood Pressure Check and Lipid Panel

You must be fasting for at least 12 hours for this screening. Fasting means that you should have nothing to eat or drink, except for water. Please drink plenty of water for hydration.

25 LIFE points may be claimed once each 6 months for each screening that is in the healthy range.

Tuesday, February 7

Mayfield-Graves County

Senior Center

901 N 15th St. Mayfield, KY 42066

8:00 – 10:00 am

Will be inside

Thursday, February 16

Conger Senior Center

55 Jones Bend Rd Paris, TN 38242

8:00 - 10:00 am

Will be inside Conger Center

Tuesday, February 14

Weaks Senior Center

8:00 – 11:00 am

Will be inside

Friday, February 17

Marshall County Family Medical

145 Vine Street, Benton KY 42025

6:00 - 10:00 am