

## **MUTUAL HELP SUPPORT GROUPS**

### **Category**

Support Group

### **Cancer Support Groups**

The Cancer Group meets at 6:00 PM - 8:00 PM on the second Thursday of each month at the Community Health Link Center. For more Information call Becky Wheeler 740-439-8156 or Nancy Neff 740-439-8123

### **Diabetic Support Group**

The diabetic support Group meets at 6:30 on the second Monday of each month. Diabetic classes are scheduled twice monthly at South Eastern Ohio Regional Medical Center. For More information call 740-439-8168.

### **Disabled Persons Support Group**

The Disabled Persons Support Group meets at 7:00 on the first Wednesday of each month at the South Eastern Ohio Regional Medical Center. For more Information call Betty Perry at 740-439-8495.

### **Parkinson Support Group**

Parkinson Support Group meets the second Monday of each month 6:30 PM. For more Information call Sherry Zacharias 740-493-2979 or Ellen Lenhart at 740-439-8116.

### **Caregivers Inspire Group**

The caregivers are a support group for caregivers of these people. The focus of the Group is on how the caregivers can take care of themselves while caring for their patient, spouse, relative, or a friend. Caregivers Inspire gathers the third Thursday of each month at the Women's Health Link from 7pm-8: 30pm. For More Information call Connie Broadwater 740-439-8118.

### **Parents Grief Support Group**

This group meets the first Thursday of each month at 6:30pm in the meeting room at The Women's Health Link. This group of men and women share feelings, emotions, and help each other with coping strategies associated with the loss of a child. Nursing professionals especially trained in grieving process facilitates each Session. Special Events are planned throughout the year to remember the children through special services and symbolic remembrances. For further information contact Pat Hickenbottom 740-439-3561.

### **Outreach and Wellness Program**

Wellness programs encompass a variety of health screenings and educational programs. For more information call the public relations department at 740-439-8191.

### **Speakers Bureau**

The speaker Bureau is a lifeline of information on health topics. To contact a speaker please contact the public relations department at 740-439-8191.

**Lifeline**

Lifeline is a personal emergency response system that provides around-the-clock monitoring. For more information contact: United Ambulance 740-439-5666 (Cambridge) or 740-732-5653 (Caidwell)

**Senior VIP**

Senior VIP is tailored for the special needs of area residents over the age of 60. To learn more about the benefit of membership call 740-439-8187

**Volunteer Services**

Volunteers donate thousands of hours each year, providing essential assistance to patients. For more information call on how you can get involved, please contact the Volunteer Service Department at 740-439-8146.

**Occupational Health**

The occupational Health program offers a comprehensive plan for area business and manufactures to help ensure employees safety and wellness. Call 740-439-8191.

**Basic Life Support**

The Basic Life Support class presents the elements of emergency cardiac and respiratory care and how to administer CPR on adults, infants and Children. The Class is held the last Thursday of each month; call 740-439-8191 to register.

**The Smoking Resolution**

A series of six classes is available to those who wish to stop smoking and make the Smoking Resolution, Call 740-493-8191. A small fee will be collected during the first session.

**Stress Management**

The Personal Stress Management Program is designed to provide the necessary tools to lead a more productive personal and professional life where the edges have been softened and enjoyment heightened. For more information call the women's health link at 740-432-5465.

**Weigh to Health**

The weigh to Health program, developed by nutrition and fitness professionals at SEORMC is designed to combine nutrition, fitness and behavior modification models to promote positive lifestyle habits.

Over a ten-week period, one-hour sessions will be conducted by the Weigh to Health Team. The program will be followed by two sessions, on the thirteen and sixteenth weeks. These sessions will be used to assess each participant's progress during the course of the program, answer questions and reinforced their healthy lifestyle choices. For more information call 740-439-8191.