

Classes

Advanced Cardiac Life Support (ACLS) - Renewal

Tuesday | February 12

For those who need to meet the requirements of an American Heart Association ACLS renewal course. To register call 812-537-8431 or email education@myhph.org

Basic TB and Skin Test Course

Thursday | February 14 | 8:00 to 10:00 a.m. and 1:00 to 3:00 p.m. To register and for more information call 812-537-8431 or email education@myhph.org

Breast-Feeding Class

Thursday | February 21 | 6:00 to 7:30 p.m.
To register call 812-537-8431 or email education@myhph.org

Cardiac Rehabilitation (Phase II) Class

For patients who are recovering from a heart attack, bypass surgery or other related cardiac incident or procedure. Participation requires a physician's order. For fee information or to register call 812-532-2614

Childbirth Education Class

Saturday | February 23 | 9:00 a.m. to 12:00 p.m.
To register call 812-537-8431 or email education@myhph.org

Infant Safe Sleep Class

Thursday | February 21 | 6:00 to 7:00 p.m.
- Free portable crib: must RSVP and complete class
- Infant survival kit
- Safe Sleep education
RSVP to Kelley McDaniel 812-537-8834 or email at kmcdaniel@dearborncounty.in.gov

Support Groups

Alzheimer's Support Group of Southeast Indiana, Inc.

Tuesday | February 19 | 7:00 to 8:00 p.m.
For those with Alzheimer's and their families.
For information call Karen Brandt at 888-422-2691

Breast Cancer Support Group

Thursday | February 21 | 7:00 to 8:30 p.m.
For those with breast cancer and their families.
For information call Jan Tyler at 812-926-3927

Grief Care Support Groups

For information or to register, contact Patti Warning, Hospice Bereavement Coordinator, at 812-537-8192 or 800-676-5428 or email pwarning@myhph.org.

Stroke Support Group

Thursday | February 7 | 6:00 to 7:00 p.m.
For information call 812-537-8208
Participants will have time to socialize, express concerns, share coping strategies and celebrate milestones.

Events

Blood Pressure/Blood Sugar Clinics

Free blood pressure and blood sugar clinics at all locations.

First Tuesday of the month

9:30 a.m. | Hoosier Boy Apartments Community Room (Rising Sun)
11:00 a.m. | Dillsboro Village Apartments

Second Tuesday of the month

10:00 a.m. | Zion Lutheran Manor (Lawrenceburg)

Second Friday of the month

11:00 a.m. | Lamplite Villa Apartments (Milan)

Third Thursday of the month

10:15 a.m. | North Dearborn Village Apartments (SNAC)

Fourth Tuesday of the month

10:00 a.m. | Switzerland County Senior Center (SNAC)

Fourth Thursday of the month

2:00 p.m. | Greendale Village Apartments

For information call Home Health at 812-537-8192 or 800-676-5428

National Wear Red Day

Friday | February 1

Help us raise awareness of heart disease in women and show your support for the women in your life by wearing red.



Mark Your Calendars!

Living Well Health Fair at Highpoint Health

Saturday | March 2 | 7:00 a.m. to Noon

The Living Well Health Fair (formerly the Health-A-Fair) offers a wide range of health screenings and exhibits for individuals 18 years of age and older and is open to the public.