



DIABETES EDUCATION

CMH offers a comprehensive range of diabetes classes to help you learn how to stay healthier; whether you're newly diagnosed, just starting medications, or making other adjustments in your care. A multidisciplinary team of healthcare professionals lead the classes.

Living With Diabetes

Meets the 1st Tuesday of every month. This class covers topics such as: What is Diabetes? How to avoid complications, skin and foot care and travel tips.

date: September 7
time: 1:15 p.m.
location: CMH Education Center
to register: (434) 447-3151, Ext. 3378

Planning for Eating Successes

Meets the 1st & 3rd Tuesdays of every month. Class covers topics such as: Tools for meal planning, serving sizes and consistent carbohydrates.

date: September 7 and September 21
time: 2:30 p.m.
location: CMH Education Center
to register: (434) 447-3151, Ext. 3378

Taking Control of Your Diabetes

Meets the 3rd Tuesday of every month. Covers topics such as: medications, blood glucose monitoring, hypo/hyperglycemia, equipment disposal, exercise and sick days.

date: September 21
time: 1:15 p.m.
location: CMH Education Center
to register: (434) 447-3151, Ext. 3378

Sugar Buddies Diabetes Support Group

Meets the 4th Tuesday of every month. Please join us for some interesting programs and discussions. Bring someone with you!

date: September 28
time: 2:30 p.m.
location: CMH Education Center
to register: (434) 447-3151, Ext. 3378

CANCER SUPPORT GROUP

date: September 20
time: 3:00 p.m.
location: Education Center, Room 101
 125 Buena Vista Circle, South Hill, VA

to register: For more information or to register to attend, please call the CMH Cancer & Specialty Care Center at (434) 774-2417.



HEALTHY BODY FITNESS CLASSES

CMH offers a variety of classes designed for all fitness levels. All classes are open to men and women of all ages. **NEXT SIX-WEEK SESSION: Begins September 7;** Please register by: September 1

Aquaerobics Classes - Water aerobics is adaptable to all personal conditions. It is proven to increase metabolism, build muscle tone and strength, improve balance, coordination and range of motion, plus relieve tension — all with pain-free, low impact movements.

dates and times: Monday and Wednesday
 9:00-9:45 a.m.; 11:00 a.m. - 11:45 a.m. and 5:00 - 5:45 p.m.
Tuesday and Thursday
 9:00-9:45 a.m. (Beginner); 10:00 - 10:45 a.m. and 5:00 - 5:45 p.m.

Arthritis/Fibromyalgia Aquatic Class - Strengthening exercises, gentle stretches and low-impact movements in our heated pool will leave you feeling relaxed & refreshed. Our whole body approach improves muscle tone, endurance & flexibility, while increasing independence in persons with tissue & joint disease.

date and time: Monday and Wednesday-10:00-10:45 a.m.
 Tuesday and Thursday - 11:00 - 11:45 a.m.

Ai Chi Aquatic Class - Our therapy pool will provide instant renewal and the gentle flowing exercises will reduce stress, improve mobility and increase total body strength and endurance. **NEW Class**

date and time: Tuesday and Thursday - 12:00 - 12:45 p.m.

Aqua Post-Rehab - This class is for people who have recently completed physical and or occupational therapy and whose recover is not at 100%. Individualized exercises performed in a group setting with medical supervision. Equipment is available for the participant to use.

date and time: Monday and Wednesday - 12:00-12:45

Aquatic Personal Training - Receive one-on-one instruction in the pool. Exercises performed in the water often are perceived as being much gentler than those performed on land. You can choose a 30 or a 45 minute session. Discounts available for multiple sessions.

date and time: Call to schedule.

Beginning Pilates & Yoga - A floor work class that challenges the entire body, strengthening and lengthening the muscles to improve the body's total health and well-being.

date and time: Monday and Wednesday 12:30 - 1:30 p.m.
 4:00 - 5:00 p.m. **NEW Class**

Intermediate Pilates & Yoga - This total body workout emphasizes focused breathing, proper postural alignment, balance, coordination & integrates strength, stability and flexibility in each exercise, producing stronger, longer, leaner muscles.

date and time: Tuesday and Thursday 5:15 - 6:15 p.m.

Tai Chi - Achieve and maintain wellness through calm movements and relaxation which connect & flow for stress reduction, self-esteem & social participation.

dates and times: Monday and Wednesday
 10:15 - 10:45 a.m.; 11-11:30 a.m.
 Tuesday and Thursday - 4:30 - 5:00 p.m. **(Beginner)**

All classes are led by CMH's exercise professionals. Tai Chi classes: \$32 for 6 weeks. All other classes: \$48 for 6 weeks. Class sizes are limited. All classes are taught at CMH Exercise Therapy Center at 750 Lombardy Street in South Hill. Discounts available for CMH Exercise Therapy Center members, CMH employees and hospital volunteers. Call (434) 774-2514 to register or for more information. **Now you can register and pay for classes online by visiting our Calendar of Events at www.cmh-sh.org.**



EXPECTANT PARENTS

The birth of your child is one of the most blessed moments of your life. Our classes prepare the mother and father or other support person for the birth of a new baby, including signs of labor, pain management and C-section information, preparing for your newborn, what to expect in labor and delivery and important safety information.

Breastfeeding Class & Support Group

date: September 14
time: 6:00-8:00 p.m.
location: The Family Birthplace at CMH

Prepared Childbirth Weekend Classes

date: September 11
time: 8:00 a.m. to 4:00 p.m.
location: CMH Education Center

Prepared Childbirth 5-Week Evening Session

date: Next Session Begins - September 7
Meets Every Tuesday for five weeks
time: 6:00-8:00 p.m.
location: CMH Education Center

Sibling Classes/Big Brother/Big Sister

date: Next class November 19
time: 6:00-7:00 p.m.
location: The Family Birthplace at CMH

Call (434) 447-3151, Ext. 3280 for more information and to register to attend any of the classes listed above.

Fit & Healthy Mommy 2B Prenatal Exercise Class

- Designed with moms to be in mind, this class focuses on effective low-impact aerobic conditioning safe for both mother and baby. It includes components of: Tai Chi for relaxation and breathing, Pilates for core abdominal & hip strength and Yoga for balance & flexibility.

date and time: Call (434) 774-2514 for dates & times

Blood Drive at CMH

date: Thursday, September 30
time: 1:00 p.m. to 5:30 p.m.
date: Friday, September 24
time: 9:00 a.m. to 1:00 p.m.
location: CMH Education Center
125 Buena Vista Circle
to register: (434) 774-2550 or www.vadonor.com
Use sponsor code CMH



BLOOD PRESSURE SCREENINGS

Our community blood pressure screening clinics now have alternating months and locations. CMH is proud to provide this community benefit; however, with the current economic situation, your hospital has had to streamline programs in order to reduce cost and improve efficiency.

September 7; 9:00-noon - Boydton

First Citizens Bank, 99 Bank Street

September 21; 9:00-noon - Lawrenceville

Rite Aid, 115 Brunswick Square Court

South Hill, Blackstone & Warrenton clinics will be held in October.

HEART BUDDIES SUPPORT GROUP

Are you or someone you love living with Congestive Heart Failure? This support group will allow those who have CHF, or who are caring for those with CHF, to learn more about the disease and to share common emotional and physical experiences.

date: Wednesday, September 15
time: 2:00 p.m.
location: CMH Education Center, Room 101
125 Buena Vista Circle, South Hill, VA



to register: Registration is not required but would help us prepare. Call 447-3151 ext 3218 for more information or to register to attend or visit our website to register online.

GRIEF SUPPORT This support group meets to provide insight about the grief process and what you might expect to happen during your period of adjustment.

date: Tuesday, September 14
time: 6:00 - 7:30 p.m.
topic: "Challenges and Choices"
speaker: Ginny Arthur, MSW & Bereavement Coordinator
CMH Community Hospice
location: CMH Education Center, Room. 101
to register: (434) 447-3151, Ext. 3455

COMMUNITY OUTREACH EDUCATION



C.O.R.E. Free monthly educational programs on various health topics.

topic: Women & Heart Disease
date: Thursday, September 16
time: 7:00 p.m.
speaker: Dr. Bethany Denlinger
Board Certified in Internal Medicine & Cardiology
location: CMH Education Center, Auditorium
to register: (434) 774-2550 or register online at www.cmh-sh.org