

TO BE WELL

AVERA MCKENNAN'S CALENDAR OF CLASSES AND EVENTS

Parenting & Childbirth Events

- **Women's Center Tours**
Tuesday, June 30, noon; Monday, July 6, 6:30 p.m. and Tuesday, July 7, noon
- **Caring for Your Newborn**
Mondays, June 29 and July 6; or Wednesdays, July 1 and July 8, 7–9 p.m.
- **Cooperative Parenting and Divorce**
Mondays, June 29, 7–9 p.m.
- **Super Sitter Babysitting Class**
Wednesday, July 1, 9 a.m.–3 p.m.
- **Grandparents Class**
Monday, July 6, 7–9 p.m.
- **Over 30 Prepared Childbirth Class**
Tuesdays, July 7–August 11, 7–9 p.m.
- **Preparation for Breastfeeding Class**
Tuesday, July 7 or Thursday, July 16, 7–9 p.m.
- **A New Baby in Our Family**
Thursday, July 9, 6:30–8 p.m.
- **Prepared Childbirth Weekend Class**
Saturday, July 11, 9 a.m.–4:30 p.m.
- **Early Pregnancy Class**
Monday, July 13, 7–9 p.m.

To Be Well

- **Hip and Knee Pain**
Wednesday, July 8, 2 p.m., Classroom 1, Avera McKennan Education Center, Orthopedic Institute, 810 E 23rd Street
- **Low Back Pain**
Thursday, July 9, 2 p.m., Classroom 1, Avera McKennan Education Center, Orthopedic Institute, 810 E 23rd Street
- **Do You Want Ice Cream or Someone to Talk to?**
Tuesday, July 14, 5:30 p.m., Avera Living Well Center Community Room
- **Weight Loss Surgery**
Thursday, July 16, 7 p.m., Avera McKennan Education Center, Orthopedic Institute, 810 E 23rd Street

Cancer Services

- **Nutrition**
Monday, July 13, 2 p.m.
- **Look Good...Feel Better**
Tuesday, July 14, 1 p.m.

Support Groups

- **Prostate Support Group**
Tuesday, July 7, 5:30 p.m., 519 W 22nd Street

Health Events & Screenings

- **Stroke and Vascular Screening**
Wednesday, July 1 and July 8 at the Avera Heart Hospital of South Dakota, 4500 W 69th Street.
- **Hearing Screening**
Wednesday, July 1, 9–11 a.m.
- **Mammography and Osteoporosis Screening**
Wednesday, July 29, 8:15 a.m.–2:45 p.m., Waterford at All Saints, 111 W 17th Street. Call (605) 335-1117 to register.

In Our Community

- **Community Blood Bank**
The Community Blood Bank relies solely on volunteer blood donors to supply those in need. To register to donate, please call (605) 322-7111 and ask about our gas card reward program.
- **AARP Driver Safety Program**
Monday, June 29, 12:30–4:30 p.m., Avera Living Well Center Community Room, 33rd & Minnesota. Please call (605) 335-0780 to register or for more information.

Housecalls

- **Join us each week for Housecalls with hosts Deb Soholt, RN and Jim Woster. Log on to www.AveraMcKennan.org to listen and for a complete program list.**

Research Institute Opportunities

The Avera Research Institute is currently enrolling participants for the following studies:

- **Alzheimer's Disease**
- **Heart Disease**
- **Menopause**
- **Rheumatoid Arthritis**
- **Women who may have ADHD**

To learn more about these research studies, call the Avera Research Institute at (605) 322-3050 or toll free at (888) 634-7268. Please visit our website at www.avera-research.org

Avera 
McKenna

Look no further.