

powerful
healing.



Provena Mercy Medical Center | 1325 North Highland Avenue, Aurora, IL 60506 | 1-866-PROVENA (1-866-776-8362) | www.provena.org/mercy

July 2010

■ HEALTH INSTITUTE EDUCATION & SCREENINGS

Registration is required. Call
1-866-PROVENA (1-866-776-8362).

Wed., July 7, 7-9:00am

**Cholesterol & Blood Glucose
Screening** (finger stick; 12-hour
fasting required) Free

Wed., July 14, 8-9:00am.

**Blood Pressure & Diabetes
Screening. Free.**

Location: 1975 Melissa Lane, Aurora

Basic Life Support (BLS) For Healthcare Providers

Successful Participants will receive a
2-year certification card. \$69 cash or
check.

**Saturday, July 10,
8:30am-12:30pm**

Location: 1975 Melissa Lane, Aurora

■ FAMILY BIRTH CENTER

Healthy Start For You and Your Baby

This basic prenatal class for
expectant parents gives information
on prenatal care, physical and
emotional changes of pregnancy,
healthy eating, physical activity,
common discomforts of pregnancy,
things to avoid, signs of preterm
labor and warning signs of pregnancy.
Register at 1-866-PROVENA (1-866-
776-8362). **Free**

July 6, 6:00-8:30pm

Location: 1325 North Highland Ave.
General hospital, lower level.

Prepared Childbirth

Learn changes during the third
trimester; birth options; comfort
measures including medications and
epidurals; Cesarean birth; and
changes to consider after the baby's
arrival. Learn relaxation, breathing
and pushing techniques to help
reduce the pain and stress of labor.
Father/support person is required to
attend. Bring 2 pillows and a blanket.

This 3-week class meets for 3
consecutive Wednesday evenings.
Register at 1-866-PROVENA (1-866-
776-8362).

July 7, 14 & 21, 6-9:30pm

Cost: \$10

Location: 1325 North Highland Ave.
General hospital, lower level.

**Marathon: July 10 & 11 Saturday,
9am-3:30pm and Sunday, noon-
4:30pm**

Baby Care

Parents-to-be will learn basic skills of
caring for a newborn. Topics include
bathing, calming a crying baby, car
seat safety and more. This 1-time
class is most effective if taken in the
last few months of pregnancy. Reg-
ister at 1-866-PROVENA (1-866-776-
8362). **Free. July 27, 7:00-9:00pm**

Location: 1325 North Highland Ave.
General hospital, lower level.

Sibling Class

Children ages 2 to 7 will join in fun
activities as they learn what to
expect when their family's new baby
arrives. Children should bring a doll
or stuffed animal to class, and a
parent should plan on attending class
with the child. Register at 1-866-
PROVENA (1-866-776-8362).

Cost: \$7

July 17, 10:00-11:30am

Location: 1325 North Highland Ave.
General hospital, lower level.

■ CARDIAC EDUCATION

Stress Management

Join Judy Joray, RN, cardiopulmonary
rehab nurse, as she teaches skills for
coping with everyday stress,
relaxation techniques, and
prevention of chronic stress.

Register at 1-866-PROVENA (1-866-
776-8362). **Free. July 28, 4:00-**

6:00pm Location: 1975 Melissa
Lane, Aurora

Cardiac Wellness

Provena Mercy cardiac rehab nurses
discuss what a heart attack is, exer-
cising for your heart, and high blood
pressure and cholesterol manage-
ment. Register at 1-866-PROVENA (1-
866-776-8362). **Free. July 7, 10-**

11:30am Location: 1325 North
Highland Ave. General hospital,
lower level.

July 21, 4-5:30pm

Location: 1325 North Highland Ave.
General hospital, lower level

Heart Healthy Dining

A licensed dietician will give practical
advice on how to incorporate a low-
fat, low cholesterol diet into your
daily life. Call 630-859-2222 ext.
2946 for more information. **Free.**

July 14, 4:00-5:30pm

Location: 1325 North Highland Ave.
General hospital, lower level.

■ BEREAVEMENT

*Co-sponsored by Fox Valley
Volunteer Hospice, Provena Hospice,
Provena Mercy Medical Center*

Weavers Circle (60 & older)

Support and monthly dinners for
people ages 60 and greater who have
experienced the death of a spouse.
Call Fox Valley Volunteer Hospice at
630-232-2233 to be placed on the
mailing list.

Surviving Suicide: A Group Experience

Support group for
those who have been touched by a
suicide experience. The group meets
one night a week for five consecutive
weeks. For more information, call
847-695-3200, ext. 5767

■ SUPPORT GROUPS

Support groups are located at Provena Mercy Medical Center, 1325 North Highland Ave. Aurora, IL

AA Big Book Study Group

Friday, 9-10am, general hospital, McDermott room.

AA Meeting *Fridays, 8-9:30pm*

general hospital, Atrium.

Wednesdays 6-7:30pm

General hospital, Bennett room

AA Penthouse Group *Mondays,*

7-8pm, general hospital, atrium

AA Special Group Soul

Steppers *Saturdays, 10:30-*

11:30am, general hospital, Bennett room.

ADHD/LD Support Group for

parents *2nd Wednesday, 6-7:30pm*, Behavioral Health Building,

Lower Level. **Not Meeting during**

July or August, will meet again in

September. Call Connie Parr for details at 630-801-2556. No child care provided.

AI-Anon *Wednesdays, 7:30-*

8:30pm, general hospital,

McDermott room.

AI-Anon AFG Group *Fridays,*

8-9pm, general hospital, Bennett

room.

AI-Anon Serenity Group

Mondays 7-8pm, Behavioral Health Building, Dunleavy room.

Ala-Teen Support Group

Wednesdays 7:30-8:30pm

General hospital, Bennett room.

Bilingual Lupus Support Group

2nd Sundays, 2-4pm, general hospital, Moore room.

Cocaine Anonymous *Mondays,*

6-8:30pm, general hospital,

McAuley room, *Thursdays, 7:30-9pm*, general hospital, lower level.

Compassionate Friends *2nd*

Fridays, 7:30-10pm. Behavioral health building, Dunleavy room.

DBSA Support Group *Tuesdays,*

6:30-8:30pm. Behavioral health building, Dunleavy room.

Diabetes Support Groups

Not Meeting July or August, will meet again in September.

Emotions Anonymous

Mondays, 7:30-9pm. General hospital, Bennett.

Families Anonymous

Support group for families of narcotic addicts. **Mondays, 7:30-9:00pm.** Behavioral Health Building, Walsh room.

Fox Valley Ostomy Club *2nd*

Fridays, 6:30-9:00pm. General hospital, McAuley room.

Gamblers Anonymous

Mondays, 7-9:30pm or Wednesdays, 7-9:30pm General hospital, lower level.

Mended Hearts-Cardiac Support Group, *4th Wednesdays, 7-*

8:30pm. General Hospital, Buckley Room (Lower Level) Monthly

gatherings will blend personal sharing/support with education.

Meetings will be facilitated by a cardiac nurse, social worker, and hospital chaplain. Topic: "Time to Talk Cardio: Making the Most of your Time with Physicians"

July 28th

MS Support Group *2nd*

Saturdays, 10-11:30am, Behavioral Health building, Dunleavy.

NAMI (National Alliance on

Mental Illness) *Fridays,*

7-8:30pm. Behavioral Health building, Voris room.

NAMI Family Member Support Group *3rd Tuesdays, 7-8:30pm.*

McDermott.

Narcotics Anonymous *Fridays,*

7-9pm, General hospital, McAuley/Buckley rooms.

Overeaters Anonymous

Thursdays, 7-9pm, General hospital, McDermott room.

Providence House Alumni

2nd & 4th Sat, 11:30-12:30pm, General hospital, Bennett room

Sunday Open AA Meeting

Sundays, 9-10am. General hospital, McAuley/Buckley room.

■ SPECIAL EVENTS

ADHD Camp

ADHD Camp will enroll 10-15 students per group with a staff team made up of counselors, case managers and a nurse practitioner.

Our experienced staff will assist your child to increase his/her self-esteem, self-reliance, and self-confidence. A strong focus is placed on the development of important life skills. !

For more information on our Day Camp, please call Connie Parr at 630-801-2556.

Upcoming Camp Dates Are:

July 12-16

July 19-23