

February 2012 Health and Wellness Calendar from Barrow Health Partners
YMCA of Georgia's Piedmont and Barrow Regional Medical Center

Health and Wellness programs listed here are open to the public, and unless noted held at the YMCA of Georgia's Piedmont (50 Brad Akins Dr.). Call 770-868-2917 for more information or to pre-register for classes unless other contact information is listed.

Week of January 30 – February 3

Georgia Specific Clinic of Chiropractic

Tuesday Jan 30, 12:30pm

Dr. Soriano, Georgia Specific Clinic of Chiropractic

Financial Fitness for the New Year

Tuesday Jan 30, 5:30pm

DeWayne Hamilton, Totally Free, Inc.

Are You an Apple or a Pear?

Wednesday, Feb 1, 12:30pm

Sheila Duncan, Wellness Coordinator, YMCA

Week of February 6 – 10

Maintaining Independence for Seniors

Tuesday, Feb 7, 12:30pm, Magnolia Estates

Dr. Rasha Al Samara, Winder Internal Medicine & Geriatrics Center

Heart Disease

Wednesday, Feb 8, 12:30pm

Tonie Venable, Southern Care

Birthing Better Babies Childbirth Class #3

Monday Jan 23, Jan 30, Feb 6, and Feb 13, 7pm – 9pm

Barrow Regional Medical Center, 3rd floor conference room

Taught by Certified Nurse-Midwife, Michele Clark

This is a 4 week class series. Please call 770-868-2917, ext 307 and leave your name and phone number to pre-register for the class.

Week of February 13 – 17

Diabetes Self – Management Class #1

Tuesday Feb 14, 5pm-7pm, Barrow Regional Medical Center, Cafeteria

Stacey Loner, RN, BSN, CDE, Certified Diabetes Educator

Call Teresa Schultz to confirm date and location of class, 770-307-5350

Food for your Heart!

Tuesday Feb 14, 12:30pm

Michele Clark, RN, MSN, Barrow Regional Medical Center

Heart Disease and Women

Wednesday Feb 15, 12:30pm, Barrow Regional Medical Center, 3rd floor conference room

Dr. Claire Visitacion, Bethlehem Primary Care

Lunch Provided, Must Pre-register at 770-868-2917 ext 307, leave your name & number

Fitness for your Heart!

Thursday Feb 16, 5:30pm

Sheila Duncan, Wellness Coordinator, YMCA

Silver Sneakers Potluck

Thursday Feb 16, 12:30pm

Week of February 20 - 24

Diabetes Support Group

Monday Feb 20, 6pm, Barrow Regional Medical Center, 3rd floor conference room
Call Teresa Schultz to confirm date and location of class, 770-307-5350

Diabetes Self – Management Class #2

Tuesday Feb 21, 5pm-7pm, Barrow Regional Medical Center, Cafeteria
Stacey Loner, RN, BSN, CDE, Certified Diabetes Educator
Call Teresa Schultz to confirm date and location of class, 770-307-5350

Food for your Heart!

"Fat Tuesday", Feb 21, 5:30pm
Michele Clark, RN, MSN, Barrow Regional Medical Center

Wellness Wednesday

Wednesday Feb 22, 10am-4pm
Free blood pressure screenings at the Y

Week of February 27 – March 2

Team Lean Bake Off Competition

Tuesday, Feb 28, 5:00pm – 7:00pm
Buy tickets to sample the entry's and cast your vote!

Diabetes Self - Management Class

Our goal is to help you learn to plan meals that are both healthy and satisfying, and that help you to keep your diabetes under control. The Diabetes Self Management Class will teach you to create a lifestyle plan that includes diet and exercise, and talk to others that have diabetes and learn what they do day-to-day.

2nd & 3rd Tuesday of every month, 5:00pm - 7:00pm
Barrow Regional Medical Center Cafeteria (1st floor)
Taught by Stacey Loner, RN, BSN, CDE, Certified Diabetes Educator
Call Theresa Schultz to confirm date and location for class at 770-307-5350

Diabetes Support Group

The Diabetes Support Group is for people with diabetes and their loved ones. It can help you learn more about diabetes and offer you emotional and social support to live well with diabetes.

3rd Monday of every month, 6:00pm
Barrow Regional Medical Center, 3rd Floor Conference Room
Call Theresa Schultz to confirm date and class location at 770-307-5350

Cancer Support Group

The support group is open to any cancer patients, survivors, family members, and caregivers, anyone that had been affected by any form of cancer. The group may have guest speakers who range from physicians to dieticians, while some sessions may just be discussion.

Third Tuesday of every month, 6:00pm - 7:30pm
Call 706-549-4893 for information.