



your

health connectionSM

August Calendar of Events

FOR PORTAGE AND SOUTH WOOD COUNTIES

FEATURED EVENT

Sleep Apnea Awareness Walk

Saturday • August 1

Registration 8:30 a.m.

Walk 9:30 - 11:30 a.m.

Rosholt High School Track
346 W Randolph Street
Rosholt, WI

Sponsored in part by Saint
Michael's Foundation



Saint Michael's FOUNDATION

Clifford Michelkamp, Jr. passed away in November, 2008 due to undiagnosed sleep apnea. His family and Saint Michael's Foundation are sponsoring the first annual Clifford Michelkamp Memorial Sleep Apnea Awareness Walk aimed at raising awareness of sleep apnea. Children's games with prizes held during walk. Proceeds go to Saint Michael's Foundation for programs supporting Sleep Apnea Awareness.

Call 715-592-6519

Unless otherwise noted,
all programs are free and located at:
Saint Michael's Hospital,
900 Illinois Avenue, Stevens Point

Women & Infants Center Education Offerings:

Lamaze Program

Call for dates

6:30 - 8:30 p.m. \$50

New Moms Class

Tuesdays

12 - 1 p.m.

New moms meet and share experiences.

Registration need for all
programs, call 715.346.5463

Grief Support Opportunities

Ministry Home Care-Hospice provides free, professional grief support. For support group listings, call 715.346.5355

Health Care Advance Directive Classes

Tuesdays

1 - 2 p.m.

2501 Main St, Stevens Point

Learn how to put your health care wishes in writing at a time of non-crisis.

Registration needed, call 715.346.5463

Bariatric Support Group

Monday • August 3

6 - 7: 30 p.m.

2501 Main St, Stevens Point - Oak Rm

Registration needed, call 715.295.5868

Living with Cancer Support Group

Monday • August 3, 17

6:30 - 8 p.m.

Saint Michael's Hospital - Cancer Center

Registration needed, call 715.346.5463

Widow & Widower Social Group

Wednesday • August 12

Friday • August 28

Hosted by Ministry Home Care

For information, call 715.346.5355

Chronic Conditions Support Group

Tuesday • August 11

2 p.m.

Aging and Disability Resource Center

Registration needed, call 715.346.1405

Bariatric Surgery Informational Meeting

Monday • August 17

6 - 7:30 p.m.

2501 Main St, Stevens Point - Oak Rm

Please join Dr. Selwyn at his informational session if you are interested in a surgical approach to treatment of obesity.

Registration needed, call 715.295.5868

Younger Surviving Spouse Grief Support

Monday • August 17

7 - 8:30 p.m.

Redeemer Lutheran Church

For information call, 715.346.5355

Celiac Disease Support Group

Thursday • August 27

6:30 - 8:30 p.m.

2501 Main St, Stevens Point - Oak Rm

For information, call 715.346.0174

Grief Support Group

Monday • August 24

7 - 8:30 p.m.

Trinity Lutheran Church, Stevens Point

For information, call 715.346.5355

Emotional Support Group

Monday • August 27

6 - 7 p.m.

2501 Main St, Stevens Point - Oak Rm

For information, call 715.346.5645

For a complete listing of programs and events,
visit our online Health Connection Calendar of
Events at: ministryhealth.org



MINISTRY HEALTH CARE

today. tomorrow. together.™