

Counseling Care Center

Alcohol/Drug Abuse Assessments

By appointment. Call Kathleen at 364-5686.

Breaking Through Anger

Women's anger management group focusing on how to harness anger and effectively manage emotions. Call Shelly at 364-5686 to register.

Cancer Patient/Family Therapy

Individual/family therapy designed specifically for cancer patients and their families. Call Sally at 364-5686 for more information.

Dialectical Behavior Therapy (DBT) Group

Develop skills to help you think, control negative emotions, relate better to others, and learn ways to cope under heavy stress. Call Sally at 364-5686 for more information.

Freedom From Emotional Eating Group for Women

Learn the connection between eating and emotions and identify how emotions trigger unhealthy eating patterns. Develop healthier ways to meet emotional needs. Call Karen at 364-5686 for more information.

Peacemakers

Children's Anxiety Group (Ages 8-12)

Is anxiety preventing your child from succeeding in or even attending school? Children will develop skills to manage their anxiety. Call Kathleen at 364-5686 to register.

Rebuilding After Divorce

Group helps women facing the end of their marriage or who are already divorced. Call Karen for more information at 364-5686.

The Integrity Commitment

Group designed for individuals struggling with anxiety/addiction as a way of masking symptoms. The group can help people overcome social barriers, dangerous and risky behaviors, and thinking and belief patterns they normally encounter that sabotage recovery. Group meets third Wednesday of each month. Call Kathleen at 364-5686 to register.

Family Care Center

Birth Preparation Classes

Five sessions beginning Thursdays, Feb. 2 from 6:30-8:30 p.m. These classes cost \$25 for those delivering at Beloit Hospital and \$50 for those delivering elsewhere. Call 364-5237 to register.

Birth Refresher

Couples who would like a birth refresher may attend the first and second class of the Birth Preparation classes listed above. Call 364-5237 to register.

Breastfeeding Classes

Meets Feb. 1. Prepare the way for a successful breastfeeding experience by attending this class before you have your baby, or attend after the birth with your baby. Call 364-5237 to register.

Health and Fitness

Hemo/Peritoneal Dialysis Services Available

For more information call 364-5580.

NEW

Free Education Seminar Keeping Our Hearts Healthy

Mon., February 27th
6:30 p.m.-7:30 p.m.

NorthPointe Health and Wellness Campus
5605 E. Rockton Rd., Roscoe, IL

Presented by:

Paula Plote-Krause, N.P.

Nurse Practitioner and Certified Diabetic Educator and Certified Personal Trainer working with Dr. Harner at NorthPointe Cardiology

Learn to evaluate and incorporate simple changes to benefit your heart. For more information call (815) 525-4000.

NEW

Heartsaver CPR/AED and First Aid

Sat., February 25th

8:30 a.m.-12:30 p.m.
First Aid: 1-4 p.m.

Beloit Hospital Auditorium

Could you help a relative, co-worker, or friend who suddenly stopped breathing or whose heart stopped? Could you assist a toddler who was choking on a peanut? Could you help someone who has a broken bone or a badly bleeding cut? Learn CPR/AED in the morning and First Aid in the afternoon. Cost for each session is \$35. Call 364-5195 or email: cnschenker@beloithealthsystem.org to register. Upon registration and payment a book will be sent to you for study prior to class.

Massage Therapy

Make an appointment with our certified massage therapist at 364-5173. Cost \$15/15 minutes, \$30/half hour and \$50/hour. Hot rock massage costs \$80/80 minutes.

NEW

Free Heart and Vascular Center Community Presentation

Heart Stories

(Four Examples of the Beloit Cardiology Experience)

Presented by:

Leo Egbujiobi, M.D., *Cardiology*
Maria Taveras, M.D., *Cardiology*
Nadine Thomas, M.D., *Cardiology*
Robert Harner, M.D., *Cardiology*
Peter Marks, M.D., *Cardiology*

Tues., February 28th

6-7:30 p.m. • Hospital Auditorium

You're invited to attend this presentation about four patients, their experience, and the totality of Cardiology care in Beloit. For more information call 290-4832.

Mammogram Mondays

NorthPointe Health & Wellness Campus

Walk-in screening mammogram clinic held every 2nd and 4th Monday of each month from 5-8 p.m. Physician referral is not needed—just walk in! Most insurance accepted. Call 364-5249 for more information.

Is Sleep a Problem?

Suffering from a sleep related disorder that can be corrected? Call our sleep lab at 364-5481.

Mammograms

Beloit Hospital

Now offering evening appointments on Thursdays until 8 p.m. for mammograms at the hospital. Call 364-5249 to schedule.

NEW

Medicare Questions?

I'm Here to Help.

Tami Schindler, Medicare Advisor

Call 364-5583 for more information or to make an appointment.

Blood Pressure Checks

Thursdays 11:30 a.m. - 1 p.m., Beloit Clinic.

Lifeline

Emergency Personal Response System. Give your loved one who lives alone help at the touch of a button. Call 364-5480.

Support Groups

All support groups are free.

Alzheimer's Support Group for Caregivers

Call 314-8500 for more information.

Bosom Buddies

Breast cancer support group that meets the 3rd Monday of the month at 5:30 p.m. For more information call 364-5253.

Cancer Support Group

For those with cancer, or their loved ones. For more information call 364-5130.

The Courageous Survivors Support Group

For those with a physical or cognitive disability. For information call 364-5203.

Diabetes Support Group

For more information call 364-5137.

Lymphedema Support Group

Meets Feb. 8 from 3:30-5 p.m. in the hospital's boardroom. For more information call 364-5173.

Ostomy Support Group

Meets fourth Thurs. of each month at 1 p.m. For more information call 363-5705.

Young Adult/Children

Operation Timothy

Hospital orientation and tour for first graders. Thursdays Oct.-May, 9:30 a.m. and 1:30 p.m. To register, call 364-5237.

Our VIP Grille (1st floor of the hospital) is open to the public Monday through Friday from 8 a.m. to 2:30 p.m. Enjoy a nice selection of entrees and VIP GRILLE Breakfast Slams available throughout the day.