

Counseling Care Center

Alcohol/Drug Abuse Assessments

By appointment. Call Kathleen at 364-5686.

Breaking Through Anger New Group forming March 13th

Women's anger management group focusing on how to harness anger and effectively manage emotions. Call Shelly and Andrea 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.

Dialectical Behavior Therapy (DBT) Group for Adolescent Girls

New group open to girls ages 13-17 who struggle with controlling their emotions and/or struggle with self-harming behaviors. Call Laura or Peace 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.

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.

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.

NEW

23rd Annual Wellness Biathlon Sat., May 19th

Run 2 miles, bike 11 miles, run 2 miles, individual or team. 9 a.m. start on the hospital grounds. Call 290-4832 for more info.

Family Care Center

Big Brother/Big Sister Class

Sat., May 5 from 10 a.m.-Noon. Class for sibling prep is \$5/child (\$10 family). Hospital Auditorium. Call to register 364-5237.

Birth Preparation Classes

Five sessions beginning Fridays, May 4 from 9-11 a.m. or Thursdays, May 10 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. Cost is \$10.

Breastfeeding Classes

Meets May 2 from 6-8:30 p.m. in the hospital auditorium. 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.

Blood Drive
May 25th - 9 a.m. - 3 p.m.
Rock River Valley Blood Center
Walk-ins welcome.

Health and Fitness

Hemo/Peritoneal Dialysis Services Available

For more information call 364-5580.

Massage Therapy

Make an appointment with our licensed massage therapists at 364-5173. Cost \$15/15 minutes, \$35/half hour and \$55/hour.

Blood Pressure Checks

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

AlertLine

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

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 at Beloit Hospital

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

Beloit Health System Diabetes Education/ Self-Management Program

**Mon., May 21st and
Wed., May 23rd**
Noon - 4:30 pm

Beloit Health System 4th Floor Classroom

Lunch provided. For more info. and fees, call 364-5137.

**Thank You
Nurses!**

**Celebrate Nurses Week
May 6-12**

**Medicare Questions
about your care at
Beloit Health System?**

I'm Here to Help.

Tami Schindler, Medicare Advisor

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

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.

Visit "TheyKnowMeBest.com"

to join our online community. Listen to our patients tell their emotional stories.

Diabetes Support Group

Meets May 15 from 10-11 a.m. in the hospital's 4th floor classroom. For more information call 364-5137.

Lymphedema Support Group

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.**