

SMH's Health Connections Spring 2009 Calendar

Posted by [petehurrey](#) On 03/09/2009

Heart Saver CPR/AED *March 19 & 27 and April 3, 5:30 to 9:30 p.m.; May 2, 1 to 5 p.m.; and April 4, 8 a.m. to noon, Health Connections.* Designed by the American Heart Association, Heart Saver will teach lay rescuers CPR, how to use an AED and foreign object airway obstruction removal for adults, children and infants. \$35.

Safe Sitter Heart Saver CPR *March 7, 8 a.m. to noon for Safe Sitter graduates, Health Connections.* Especially designed for our Safe Sitter graduates. This class teaches American Heart Saver CPR with AED.

Body Composition Analysis *Wednesdays, 6:30 to 7:30 p.m., Health Connections.* Ready to start that new fitness plan or want to measure the progress of your current fitness routine? This analysis includes a number of measurements, providing an in-depth look at your body composition. Call for appointment. \$15.

Massage Therapy *Every Thursday, 4 to 7 p.m., SMH Rehabilitation Medicine Department*
Relax, pamper yourself and enjoy a soothing massage. Seated massage \$15 for 15 minutes, 30-minute targeted massage for \$45 and a 60-minute full massage for \$65. Call Health Connections to schedule your appointment.

Natural Approaches to Menopause *March 22, 2 to 4 p.m., Health Connections.* Learn natural ways to ease the transition of menopause, including herbal remedies and dietary measures. Helpful resources will be shared. The instructor, Chris Schmitthenner, is a certified nurse practitioner who believes in integrating conventional and alternative therapies to promote health.

Personal Fitness Training *Available Tuesdays, Wednesdays and Thursdays, 4 to 8 p.m., Rehabilitation Medicine, SMH.* Your specific needs may involve post-rehab for an injury, sports conditioning or basic weight loss. You'll learn how to work out successfully to achieve your goals! A half hour of training is \$25. One hour is \$40, or choose six one-hour sessions for \$225. One-hour group session (up to three people) \$30/person. Call to make your appointment.

Reflexology *March 6, April 3 & May 1, 2 to 5 p.m., Health Connections.* Enjoy a relaxing reflexology session! Call to make your appointment. \$20 for 20 minutes

Seated Massage *March 13, April 10 & May 8, 2 to 5 p.m., Health Connections.* Start your weekend with a relaxing seated massage. Call to make your 20-minute massage appointment. \$20 for 20 minutes.

Simple Steps to Permanent Weight Loss *Ten-week course*

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