

BLOUNT MEMORIAL HOSPITAL

# February

Community health education. Close to home.

## Wellness Center at Springbrook

Pre-registration is required for all classes and programs, and payment is due at the time of registration. For more information or to register, call 865-980-7100.

### American Red Cross Evening Swim Lessons

Tuesdays and Thursdays, Feb. 6 – March 1

#### Preschool 1-3 for ages 2-4

12:30-1 p.m. or 7-7:30 p.m.

Orients children to the aquatic environment and helps them gain basic aquatics skills.

#### Level 1+ for ages 5+

1-1:30 p.m. or 7:30-8 p.m.

Participants will feel comfortable and learn basic skills unsupported by instructor.

Cost: \$50/members; \$75/non-members

### American Red Cross Adult Learn to Swim Lessons

Saturdays, Feb. 3-24, 8:15-8:45 a.m.

This four-week beginner session will help participants gain basic aquatic skills and will focus on swim strokes such as freestyle (front crawl), backstroke (back crawl) and breast stroke.

Cost: \$25/members; \$50/non-members

### American Red Cross Children's Swim Lessons

Saturdays, Feb. 3 – March 24

#### Parent and Child Class 1, 6-18 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9-9:30 a.m.

#### Parent and Child Class 2, 18-36 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9:30-10 a.m.

#### Preschool One

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Saturdays, 10-10:30 a.m.

#### Preschool Two

Helps children gain greater independence in their aquatic skills and develop more comfort in and around the water.

Saturdays, 10:30-11 a.m.

#### Level One - Learn to Swim

Designed to help participants feel comfortable and learn basic skills, unsupported by the instructor.

Saturdays, 11-11:30 a.m.

#### Level Two/Three - Swimmer

Builds on fundamental skills and concentrates on stroke development and refinement.

Saturdays, 11:30 a.m. - noon

Cost: \$50/members; \$75/non-members

### February Massage Special - Enjoy the Scents of Valentine's Day

Book any service for yourself or your loved one during the month of February and experience a free add-on scent. Choose from chocolate, peppermint, rose, vanilla or a combination.

Cost: Rejuvenation/90 minutes/\$90

Cost: Relaxation/60 minutes/\$60

Cost: Hand and Foot Treatment/30 minutes/\$40

Cost: Hot Stone Massage/60 minutes/\$80

## OUR COMMUNITY



### Medic Blood Drive

Friday, Feb. 9, noon - 6 p.m.

Blount Memorial Hospital auditorium

## Bariatric Basics

### Considering Bariatric Surgery?

Presenter: Dr. James Ray, bariatric and general surgeon

Thursday, Feb. 8, 6 p.m.

East Tennessee Medical Group community room, first floor

Blount Memorial Hospital offers the expert information, programs and support people need to safely and effectively achieve their weight loss or management goals. Learn more about the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program at a free, no-obligation seminar. For more information or to register, call 865-984-3864.

## Cancer Care

### Head and Neck Resource Support Group

This support group is dedicated to raising awareness and meeting the needs of head and neck cancer patients. Members meet the first Thursday of each month and patients and their families are welcome to attend. For more information, call 865-977-4729.

Thursday, Feb. 1, 2-3:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

### Look Good, Feel Better

This national program is dedicated to teaching women who are cancer patients the techniques to help restore their appearance and self-image. You are invited to attend any one session free of charge, providing you are currently receiving either chemotherapy or radiation therapy at any hospital. To register, call the American Cancer Society at 800-227-2345

Monday, Feb. 5, 10 a.m. - noon

Blount Memorial Cancer Center conference room 2, second floor

### LifeStories

Preserve your memories by scrapbooking in this monthly art program. This support group is for cancer patients, survivors and their families.

All supplies are furnished. Participants should bring the photos they wish to use. For more information or to register, call 865-977-5534.

Wednesday, Feb. 7 and Monday, Feb. 26, 9 a.m. - 1 p.m.

Blount Memorial Cancer Center conference room 1, second floor

### Lymphedema Support Group

#### Medications and Swelling

Presenter: Blount Memorial Pharmacology

This support group is for lymphedema patients that focuses on topics related to self-care, treatment, social and emotional support, and awareness. A light lunch is served, and an RSVP is required. Please call with dietary restrictions. For more information or to register, call 865-980-5089.

Thursday, Feb. 8, noon - 1:30 p.m.

Blount Memorial Cancer Center conference room 1, second floor

### Blount County Prostate Cancer Support Group

This group is open to all prostate cancer patients, survivors and their spouse/care partner, regardless of where they received or will receive treatment. The group meets the second Tuesday of each month. For more information about the group, call 865-977-5534.

Tuesday, Feb. 13, 6:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

### Breast Cancer Support Group

#### Adjuvant Therapies

Presenter: Dr. Eric Schrock, oncologist and hematologist

This support group is open to all breast cancer survivors, regardless of where they received treatment. The support group meets the third Tuesday of each month. For more information, call 865-977-5534.

Tuesday, Feb. 20, 6-7:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

## Senior Services

### Caregiver Consultations

Caregivers can discuss their situations and explore possible strategies and resources at a free one-on-one consultation with a Senior Services representative. For more information, call 865-977-5744.

### Caregiver Coffee and Conversation

Presenter: Edward Harper, Senior Services coordinator and licensed clinical social worker

This is a free opportunity for caregivers of other adults to gather at an informal setting to discuss the experiences of caregiving and the availability of resources. The Caregiver Coffee and Conversation is a collaboration between Blount Memorial Senior Services and Vienna Coffee Company. For more information, call 865-977-5744.

Tuesdays, Feb. 6 and 20, 10-11 a.m.

Vienna Coffee House, 212 College St., Maryville

### Mid-Week Music - Blount Memorial's Open Stage for Musicians

This event is an opportunity for musicians who would like to perform and join others in a community of music and fellowship. Each act will have a two-song limit playing acoustic instruments only. This event is a partnership between Blount Memorial Senior Services and Everett Senior Center. For more information, call 865-977-5744 or 865-983-9422.

Wednesdays, Feb. 14 and 28, 10-11:30 a.m.; performer sign-up begins at 9:30 a.m.

Everett Senior Center, 702 Burchfield St., Maryville

### Life-Long Learning Lecture Series

#### Mountain Talk - The Dignity of Appalachian English

Presenter: Sam Overstreet, Maryville College English professor

"I'd rather a man tell me that he seed something that he saw, than a man tell me that he had seen something that he might have seen," according to Sargent Alvin York. Professor Overstreet has studied and documented the dialect of the Appalachian people. He teaches this Appalachian specialty course, as well as English and literature at Maryville College. Overstreet will present excerpts from this college course that describes "The Place and the Dignity of Appalachian English among American Dialects." This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

Thursday, Feb. 22, 1:30-3 p.m.

Vienna Coffee House, 212 College St., Maryville

## Family Birthing

For more information about classes and programs or to register, visit [blountmemorial.org/birthingcenter](http://blountmemorial.org/birthingcenter) or call 865-981-3983. All classes are in the Family Birthing Center classroom unless otherwise noted.

### Orientation Tour

Highly recommended for couples not enrolled in the Prepared Childbirth Series and those who haven't toured the birthing center. The tour also includes a brief discussion of selected policies and procedures.

Monday, Feb. 5, 5:30-6:30 p.m.

### Siblings at Birth

Helps prepare a child for attendance at the birth of a sibling. Class includes tour, discussions of the birth process and more. Class information is available upon request by calling 865-977-5555.

Cost: \$30/for two or three individualized sessions

## Support Groups

### Better Breathers Support Group

This support group is for anyone with breathing disorders. The group meets on the fourth Thursday of each month. For more information, call 865-977-4739.

Thursday, Feb. 22, 11 a.m. - noon

Blount Memorial Medical Fitness Center classroom, 2-east

## OUR COMMUNITY

### Healthy Focus Series

#### Heart and Vascular Luncheon

Wednesday, Feb. 14, 11:30 a.m. - 1 p.m.

Clayton Center for the Arts, Maryville

Learn about the nationally recognized cardiac care and minimally invasive vascular interventions available through Blount Memorial Hospital. The free program includes lunch and a panel discussion featuring physicians who specialize in the most-advanced heart and vascular health techniques. Space is limited, and registration is required. Call 865-977-5690 to register.

