



Backus Calendar: Your Guide to Good Health - November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Bereavement Support Grp. HSECT: Call 848-5699

Childbirth Preparation Classes: Mondays, November. 10, 17, 24; 7-9 p.m.

Childbirth Refresher Class: Wed., November 12; 7 - 9pm

HIV Education & Testing Site: Mon. & Wed.: 5pm - 8pm Tuesdays: 9am - 4pm.
Call 823-6343.

Mammograms and Pap Smear Screenings: Mon - Fri, 8am - 4pm Call 823-6318

Relaxation & Restoration: Call 889-8331 ext 2483

Sexually Transmitted Disease (STD) Clinic:

Mon. & Wed.: 5:30pm - 7:30pm. Call 823-6344 for more info

Renewing, Restoring, Remembering; A Workshop for Women
9am-1pm

2	<p>Beginning & Continuing Yoga W/ Michele Flowers 6-7:15pm</p> <p>Prepare for Surgery - Heal Faster 6-7:30pm</p> <p>HypnoBirthing Class 6:30-9pm</p>	<p>Diabetes Support Group 10-11am</p> <p>New Moms' Support Group 11am-12:30pm</p> <p>Amputee Clinic: 1-3pm</p>	<p>Total Care (spinal fusion) 9-11am</p> <p>Total Care (joint replacement) 11:45am-1:30pm</p> <p>Prepare for Surgery - Heal Faster 2-3:30pm</p> <p>Beginning & Continuing Yoga W/ Carol Klammer 4:30-5:45pm</p> <p>Meditation for Everyone 6:30-7:30pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Brain Injury Support Group 1-2:30pm</p> <p>Continuing Yoga 5-6:15pm</p> <p>Infant-Child CPR 6-8pm</p> <p>Lyme Disease Support Group 6:30-7:30pm</p> <p>Beginning and Continuing Yoga W/ Carol Klammer 7-8:15pm</p>	<p>Backus Car Seat Clinic: 10 am-1pm</p> <p>Sail Through Surgery 4-4:30pm</p>	8
9	<p>Laryngectomy Support Group 2-4pm</p> <p>Prepare for Surgery - Heal Faster 6-7:30pm</p> <p>Beginning & Continuing Yoga W/ Michele Flowers 6-7:15pm</p> <p>HypnoBirthing Class 6:30-9pm</p> <p>Childbirth Preparation Classes 7-9pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Teen Birthing 4:30-7pm</p> <p>Pregnancy and Infant Loss Support Group 7-8:30pm</p>	<p>Total Care (spinal fusion) 9-11am</p> <p>Sibling Class 10-11am</p> <p>Total Care (joint replacement) 11:45am-1:30pm</p> <p>Prepare for Surgery - Heal Faster 2-3:30pm</p> <p>Beginning & Continuing Yoga W/ Carol Klammer 4:30-5:45pm</p> <p>Meditation for Everyone 6:30-7:30pm</p> <p>Childbirth Refresher Class 7-9pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Cancer Support Group 12-1pm</p> <p>Stroke Support Group 1-2pm</p> <p>Psych Dept Lectures 3-4:30pm</p> <p>Continuing Yoga 5-6:15pm</p> <p>Awakening the Inner Healer 6-8pm</p> <p>Breast-feeding Prep Class 6-8pm</p> <p>Beginning and Continuing Yoga W/ Carol Klammer 7-8:15pm</p>		15
16	<p>Childbirth Preparation Classes (Weekend): 9:30am-12:30pm</p> <p>Beginning & Continuing Yoga W/ Michele Flowers 6-7:15pm</p> <p>Prepare for Surgery - Heal Faster 6-7:30pm</p> <p>HypnoBirthing Class 6:30-9pm</p> <p>Childbirth Preparation Classes 7-9pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Teen Birthing 4:30-7pm</p> <p>Mended Hearts 6:30pm</p> <p>Breast Cancer Support Group 7-8:30pm</p>	<p>Total Care (spinal fusion) 9-11am</p> <p>Total Care (joint replacement) 11:45am-1:30pm</p> <p>Free Community Blood pressure Screening 1-2pm</p> <p>Prepare for Surgery - Heal Faster 2-3:30pm</p> <p>Beginning & Continuing Yoga W/ Carol Klammer 4:30-5:45pm</p> <p>Meditation for Everyone 6:30-7:30pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Head and Neck Cancer Support Group noon-1pm</p> <p>Continuing Yoga 5-6:15pm</p> <p>Nurturing Your Newborn - An Infant Care Class 6-8pm</p> <p>Beginning and Continuing Yoga W/ Carol Klammer 7-8:15pm</p>	<p>Backus Car Seat Clinic: 10 am-1pm</p>	22
23	<p>Childbirth Preparation Classes (Weekend): 9:30am-12:30pm</p> <p>Operating Room Open House 12-3pm</p>	<p>Thin's In 4:30-5:15pm (4-4:30 weigh in) 6:30-7:15pm (6-6:30 weigh in)</p> <p>Beginning & Continuing Yoga W/ Michele Flowers 6-7:15pm</p> <p>HypnoBirthing Class 6:30-9pm</p> <p>Childbirth Preparation Classes 7-9pm</p>	<p>New Moms' Support Group 11am-12:30pm</p>	<p>Total Care (spinal fusion) 9-11am</p> <p>Total Care (joint replacement) 11:45am-1:30pm</p> <p>Beginning & Continuing Yoga W/ Carol Klammer 4:30-5:45pm</p>	<p>New Moms' Support Group 11am-12:30pm</p> <p>Celiac Support Group 6:30pm</p>	29
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