



Backus Calendar: Your Guide to Good Health - May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Bereavement Support Group HSECT: Call 848-5699 Childbirth Preparation Classes: Mon., June 30; July 7, 14, 21, 28; 7 - 9pm Childbirth Refresher Class: Wed., May 14, 7 - 9pm HIV Education & Testing Site: Mon. & Wed.: 5pm - 8pm; Tues.: 9am - 4pm Call 823-6343			Infant Massage: Call 564-4753 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			Backus Car Seat Clinic 10am-1pm Sail Through Surgery 4-4:30pm Initiation into Manhood: A Workshop for Men with Paul Dunion 7 - 9pm	Reiki: Level III Master Training 9am-6 pm 2
Reiki: Level III Master Training 9am-6 pm Sibling Class 2-3pm 3	Thin's In 4:30-5:15pm (4-4:30 weigh in) 6:30-7:15pm (6-6:30 weigh in) 4	Diabetes Support Group 10-11am Amputee Clinic 1-3pm Teen Birthing 4:30-7pm Tai Chi 6:30-8pm 5	Total Care (spinal fusion) 9-11am Total Care (joint replacement) 11:45am-1:30pm Meditation for Everyone 6:30-7:30pm 6	Brain Injury Support Group 1-2:30pm Lyme Disease Support Group 6:30-7:30pm Pink Fair 3-7pm Beginning and Continuing Yoga with Sandy Hartnett 5 - 6:15pm Breast-feeding Preparation Class 6-8pm 7	8	9	
Laryngectomy Support Group 2-4pm 10	Thin's In 4:30-5:15pm (4-4:30 weigh in) 6:30-7:15pm (6-6:30 weigh in) 11	Cancer Support Group Noon-1pm Teen Birthing 4:30-7pm Parents to Be Open House 6:15-9pm Tai Chi 6:30-8pm Prostate Support Group 7-8:30pm Pregnancy and Infant Loss Support Group 7-8:30pm 12	Total Care (spinal fusion) 9-11am Sibling Class 10-11am Total Care (joint replacement) 11:45am-1:30pm Prepare for Surgery – Heal Faster 2-3:30pm Meditation for Everyone 6:30-7:30pm Childbirth Refresher Class 7-9pm 13	Sharing and Caring: Stroke Support and Conversation Group 1-2pm Beginning and Continuing Yoga with Sandy Hartnett 5 - 6:15pm Head to Toe Health Talk: "Exercise is Fun, and Saves Gas, Too!" 6:30 - 8pm 14	Backus Car Seat Clinic 10am-1pm 15	Childbirth Preparation Class (Weekend) 9:30am-1:30pm Backus Hospital Safety Camp 10am - 1pm Sail Through Surgery 10-10:30am 16	
Childbirth Preparation Class (Weekend) 9:30am-1:30pm 17	Thin's In 4:30-5:15pm (4-4:30 weigh in) 6:30-7:15pm (6-6:30 weigh in) Prepare for Surgery – Heal Faster 5-6:30pm Labor Comforts 6-9pm 18	Head and Neck Cancer Support Group 5-6pm Mended Hearts 6:30pm Tai Chi 6:30-8pm Breast Cancer Support Group 7-8:30pm 19	Total Care (spinal fusion) 9-11am Total Care (joint replacement) 11:45am-1:30pm Free Community Blood Pressure Screening 1-2pm Prepare for Surgery – Heal Faster 2-3:30pm Meditation for Everyone 6:30-7:30pm 20	Beginning and Continuing Yoga with Sandy Hartnett 5 - 6:15pm Nurturing Your Newborn – An Infant Care Class 6-8pm 21	22	23	
24 31 Healing Touch Level I 9 am - 6pm	25	Tai Chi 6:30-8pm 26	Total Care (spinal fusion) 9-11am Total Care (joint replacement) 11:45am-1:30pm Prepare for Surgery – Heal Faster 2-3:30pm 27	Psychiatric Dept. Lectures 3-4:30pm Beginning and Continuing Yoga with Sandy Hartnett 5 - 6:15pm Eastern Connecticut Celiac Support Group 6:30pm 28	29	Healing Touch Level I 9 am - 6pm Griswold Youth and Family Services "Youthtopia" 10:30am - 4pm 30	