



# Backus Calendar: Your Guide to Good Health - March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Prepare for Surgery – Heal Faster</b> 5-6:30pm <b>1</b>	<b>Diabetes Support Group</b> 10-11am <b>New Moms' Support Group</b> 11am-12:30pm <b>Amputee Clinic</b> 1-3pm <b>Lymphedema Support Group for Breast Cancer Patients</b> 4-5:30pm <b>2</b>	<b>Total Care (spinal fusion)</b> 9-11am <b>Total Care (joint replacement)</b> 11:30am-1:30pm <b>Prepare for Surgery – Heal Faster</b> 2-3:30pm <b>3</b>	<b>Brain Injury Support Group</b> 1:30-3pm <b>Lyme Disease Support Group</b> 6:30-7:30pm <b>Breast-feeding Preparation Class</b> 6-8pm <b>4</b>	<b>Backus Car Seat Clinic</b> 10am-1pm <b>Sail Through Surgery</b> 4:30pm <b>5</b>	<b>Childbirth Preparation Class (Weekend)</b> 9:30am-1:30pm <b>6</b>
<b>Childbirth Preparation Class (Weekend)</b> 9:30am-1:30pm <b>Sibling Class</b> 2-3pm <b>7</b>	<b>Prepare for Surgery – Heal Faster</b> 5-6:30pm <b>8</b>	<b>New Moms' Support Group</b> 11am-12:30pm <b>Cancer Support Group</b> Noon-1pm <b>Teen Birthing</b> 4:30-7pm <b>Pregnancy and Infant Loss Support Group</b> 7-8:30pm <b>American Cancer Society's Prostate Support Group</b> 7-8:30pm <b>9</b>	<b>Total Care (spinal fusion)</b> 9-11am <b>Total Care (joint replacement)</b> 11:30am-1:30pm <b>Prepare for Surgery – Heal Faster</b> 2-3:30pm <b>United Community and Family Services monthly Caregiver Support Group</b> 4-5pm <b>Cardiac Support Group</b> 6-7pm <b>Childbirth Refresher Class</b> 7-9pm <b>10</b>	<b>Sharing and Caring: Stroke Support and Conversation Group</b> 1-2pm <b>Teen Birthing</b> 4:30-7pm <b>Family Matters Health Talk: "Strains, Sprains, and Pains in the Back"</b> 6:30-8pm <b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>Prepare for Surgery – Heal Faster</b> 5-6:30pm <b>15</b>	<b>New Moms' Support Group</b> 11am-12:30pm <b>Head and Neck Cancer Support Group</b> 5-6pm <b>Breast Cancer Support Group</b> 7-8:30pm <b>16</b>	<b>Total Care (spinal fusion)</b> 9-11am <b>Total Care (joint replacement)</b> 11:30am-1:30pm <b>Free Community Blood Pressure Screening</b> 1-2pm <b>Prepare for Surgery – Heal Faster</b> 2-3:30pm <b>Illness Management &amp; Recovery for the Family/Natural Supports</b> 5:30-6:30pm <b>17</b>	<b>Nurturing Your Newborn – An Infant Care Class</b> 6-8pm <b>18</b>	<b>Backus Car Seat Clinic</b> 10am-1pm <b>19</b>	<b>Sail Through Surgery</b> 10am <b>20</b>
<b>Laryngectomy Support Group</b> 1-3pm <b>21</b>	<b>Prepare for Surgery – Heal Faster</b> 5-6:30pm <b>22</b>	<b>New Moms' Support Group</b> 11am-12:30pm <b>23</b>	<b>Total Care (spinal fusion)</b> 9-11am <b>Total Care (joint replacement)</b> 11:30am-1:30pm <b>Prepare for Surgery – Heal Faster</b> 2-3:30pm <b>24</b>	<b>Psychiatric Department Lectures</b> 3-4:30pm <b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>Prepare for Surgery – Heal Faster</b> 5-6:30pm <b>29</b>	<b>New Moms' Support Group</b> 11am-12:30pm <b>30</b>	<b>Total Care (spinal fusion)</b> 9-11am <b>Total Care (joint replacement)</b> 11:30am-1:30pm <b>Prepare for Surgery – Heal Faster</b> 2-3:30pm <b>31</b>	<b>Bereavement Support Group HSECT:</b> Call 848-5699 <b>HIV Education &amp; Testing Site:</b> Mon. & Wed.: 5pm - 8pm; Tues.: 9am - 4pm. Call 823-6343 <b>Infant Massage:</b> Call 564-4753 <b>31</b>	<b>Mammograms and Pap Smear Screenings:</b> Mon - Fri, 8am - 4pm. Call 823-6318 <b>Relaxation &amp; Restoration:</b> Call 889-8331 ext. 2483 <b>Sexually Transmitted Disease (STD) Clinic:</b> Mon. & Wed.: 5:30pm - 7:30pm; Call 823-6344 for more info	