



Backus Calendar: Your Guide to Good Health – June 2007

sun	mon	tues	wed	thurs	fri	sat
<p>Bereavement Support Group (HSECT) - Call 848-5699</p> <p>Breast Feeding Prep - Call 425-3863</p> <p>Childbirth Preparation Classes - Call 425-3863</p> <p>Childbirth Refresher - July 11, 7 - 9 pm. Call 425-3863.</p> <p>HIV Education & Testing Site - Mon. & Wed.: 5 pm - 8 pm Tuesdays: 9 am - 4 pm. Call 823-6343.</p> <p>Infant Massage - Call 564-4753.</p>		<p>Look Good, Feel Better - 887-2547 press 3</p> <p>Mammograms & Pap Smear Screenings - Call 823-6318</p> <p>Relaxation & Restoration - Call 889-8331 ext. 2483</p> <p>Sexually Transmitted Disease (STD) Clinic - Mon. & Wed.: 5:30 pm - 7:30 pm. Call 823-6344 for more info.</p> <p>Teen Birthing - Tues. Aug. 7 & Thurs. Aug 9, 4:30 pm. Call 425-3863</p> <p>Rocky Neck Heart Walk - Sunday, Oct. 14 9 am. Call 889-8331 ext. 2312</p>			<p>Backus Car Seat Clinic 10 am - 1 pm</p> <p>Sail Through Surgery 4 - 4:30 pm</p>	<p>Healing Touch I 9 am - 6 pm</p>
<p>Healing Touch I 9 am - 6 pm</p>	<p>Begin/Cont. Yoga 6 - 7:15 pm</p> <p>Prepare for Surgery - Heal Faster 6 - 7:30 pm</p>	<p>Amputee Clinic 1 - 3 pm</p> <p>Begin/Cont. Yoga 4:30 - 5:45 pm</p> <p>Tai Chi 6:30 - 8:30 pm</p>	<p>Prep for Surgery - Heal Faster: 2 - 3:30 pm</p> <p>Total Care Program (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p>Prenatal Yoga: 6 - 7:30 pm</p> <p>Lymphedema Support Grp 5:30 - 7 pm</p>	<p>Brain Injury Supp Grp 1 - 2:30 pm</p> <p>Diabetes Supp. Grp. 7- 8 pm</p> <p>Healing from the inside out: Expressive Art Series 6 - 8 pm</p>	<p>Sacred Heart Parish Festival 5 - 9 pm</p>	<p>Childbirth Wknd. Prep 9:30 am - 1:30 pm</p> <p>Sacred Heart Parish Festival 3 - 7 pm</p>
<p>Childbirth Wknd. Prep 9:30 am - 1 pm</p> <p>Laryngectomy 2 - 4 pm</p>	<p>Begin/Cont. Yoga 6 - 7:15 pm</p> <p>Prepare for Surgery - Heal Faster 6 - 7:30 pm</p>	<p>Begin/Cont. Yoga 4:30 - 5:45 pm</p> <p>Tai Chi 6:30 - 8:30 pm</p> <p>Pregnancy & Infant Loss 7 - 8:30 pm</p>	<p>Heart Failure Supp Grp 6 - 7:30 pm</p> <p>Prep for Surgery - Heal Faster: 2 - 3:30 pm</p> <p>Sibling Class: 10 am</p> <p>Total Care Program (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p>Prenatal Yoga 6 - 7:30 pm</p>	<p>Healing from the inside out: Expressive Art Series 6 - 8 pm</p>	<p>Backus Car Seat Clinic 10 am - 1 pm</p>	<p>NAACP Juneteenth Day Festival 11 am - 5 pm</p> <p>Reiki Training Level I & II 9 am - 5 pm</p> <p>Sail Through Surgery 10 - 10:30 am</p>
<p>Healing Touch Level 3 9 am - 5 pm</p>	<p>Begin/Cont. Yoga 6 - 7:15 pm</p> <p>Prepare for Surgery - Heal Faster 6 - 7:30 pm</p>	<p>Begin/Cont. Yoga 4:30 - 5:45 pm</p> <p>Breast Cancer Supp Grp 7 - 8:30 pm</p> <p>Tai Chi: 6:30 - 8:30 pm</p> <p>Infant/Child CPR: 5 - 7:30 pm</p> <p>Mended Hearts 6:30 pm</p>	<p>Blood Press. Screen: 1 - 2 pm</p> <p>Prenatal Yoga: 6 - 7:30 pm</p> <p>Prep for Surgery - Heal Faster: 2 - 3:30 pm</p> <p>Total Care Program (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p>	<p>Healing from the inside out: Expressive Art Series 6 - 8 pm</p>	<p>Healing Touch Level 3 7 - 10 pm</p>	<p>Healing Touch Level 3 9 am - 6 pm</p> <p>Reiki Training Level I & II 9 am - 5 pm</p>
<p>Healing Touch Level 3 9 am - 5 pm</p>	<p>Begin/Cont. Yoga 6 - 7:15 pm</p> <p>Prepare for Surgery - Heal Faster 6 - 7:30 pm</p>	<p>Bereavement Support Group (TCF) : Call 468-0018</p> <p>Begin/Cont. Yoga 4:30 - 5:45 pm</p> <p>Expectant Grandparents Seminar 6:30 pm</p> <p>Tai Chi 6:30 - 8:30 pm</p>	<p>Cancer Supp. Grp 1:30 - 2:30 pm</p> <p>Prep for Surgery - Heal Faster: 2 - 3:30 pm</p> <p>Prenatal Yoga 6 - 7:30 pm</p> <p>Total Care Program (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p>	<p>Healing from the inside out: Expressive Art Series 6 - 8 pm</p> <p>Psychiatric Serv. Dept. Lectures 3 - 4:30 pm</p>		