



# Backus Calendar: Your Guide to Good Health – October 2007

sun	mon	tues	wed	thurs	fri	sat
	<p><b>Begin/Cont. Yoga</b> 6 - 7:15 pm</p> <p><b>Prepare for Surgery - Heal Faster</b> 6 - 7:30 pm</p>	<p><b>Amputee Clinic:</b> 1 - 3 pm</p> <p><b>Infant Massage</b> 9:30 - 11 am 6:30 - 8 pm</p> <p><b>Tai Chi:</b> 6:30 - 8:30 pm</p> <p><b>Teen Birthing</b> 4:30 - 7 pm</p>	<p><b>Meditation for Everyone</b> 6:30 - 7:30 pm</p> <p><b>Prep for Surgery - Heal Faster:</b> 2 - 3:30 pm</p> <p><b>Prenatal Yoga:</b> 6 - 7:30 pm</p> <p><b>Total Care Program</b> (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p>	<p><b>Brain Injury Supp Grp</b> 1 - 2:30 pm</p> <p><b>Diabetes Supp. Grp</b> 7- 8 pm</p> <p><b>New Moms Support Grp</b> 11 am - 12:30 pm</p> <p><b>Lighten Up!:</b> 4:30 - 6 pm</p>	<p><b>Backus Car Seat Clinic</b> 10 am - 1 pm</p> <p><b>Sail Through Surgery</b> 4 - 4:30 pm</p> <p><b>Humanizing Manhood: An Evening for Men</b> 7 - 9 pm</p>	<p><b>Cancer Survivors Day</b> 11 am</p>
<p><b>Laryngectomy Grp</b> 2 - 4 pm</p> <p><b>Remembrance Day</b> 1 - 2 pm</p> <p><b>Rocky Neck Heart Walk</b> 9 am</p>	<p><b>Begin/Cont. Yoga</b> 6 - 7:15 pm</p> <p><b>Nurturing your Newborn: Infant Care Class</b> 6:30 - 8:30 pm</p>	<p><b>Breast Feeding Prep</b> 6:30 - 8:30 pm</p> <p><b>New Moms:</b> 11 am - 12:30 pm</p> <p><b>Tai Chi:</b> 6:30 - 8:30 pm</p> <p><b>Infant Massage</b> 9:30 - 11 am 6:30 - 8 pm</p> <p><b>Pregnancy &amp; Infant Loss</b> 7 - 8:30 pm</p> <p><b>Teen Birthing:</b> 4:30 - 7 pm</p>	<p><b>Prep for Surgery - Heal Faster:</b> 2 - 3:30 pm</p> <p><b>Total Care Program</b> (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p><b>Prenatal Yoga:</b> 6 - 7:30 pm</p> <p><b>Heart Failure:</b> 6 - 7:30 pm</p> <p><b>Sibling Class:</b> 10 am</p> <p><b>Meditation for Everyone</b> 6:30 - 7:30 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 7 - 8:15 pm</p> <p><b>Cancer Supp. Grp:</b> 12 - 1 pm</p> <p><b>Continuing Yoga</b> 5:15 - 6:30 pm</p> <p><b>Gentle Yoga:</b> 3:30 - 4:30 pm</p> <p><b>Lighten Up!:</b> 4:30 - 6 pm</p> <p><b>New Moms:</b> 11 am - 12:30 pm</p> <p><b>Women to Women</b> 6:30 - 8 pm</p>	<p><b>Breast Feeding Prep</b> 10 - 11:30 am</p>	<p><b>Prostate Cancer Screening</b> 9 am - 1 pm</p> <p><b>Infant/Child CPR</b> 11:30 am - 2 pm</p>
<p><b>Childbirth Wknd. Prep</b> 9:30 am - 1 pm</p>	<p><b>Begin/Cont. Yoga</b> 6 - 7:15 pm</p> <p><b>Childbirth Prep</b> 7 - 9 pm</p> <p><b>Prepare for Surgery - Heal Faster</b> 6 - 7:30 pm</p>	<p><b>Birth Plan Seminar</b> 6:30 - 8:30 pm</p> <p><b>Breast Cancer Supp Grp</b> 7 - 8:30 pm</p> <p><b>New Moms:</b> 11 am - 12:30 pm</p> <p><b>Tai Chi:</b> 6:30 - 8:30 pm</p> <p><b>Infant Massage</b> 9:30 - 11 am 6:30 - 8 pm</p> <p><b>Mended Hearts:</b> 6:30 pm</p>	<p><b>Blood Press. Screen</b> 1 - 2 pm</p> <p><b>Prep for Surgery - Heal Faster:</b> 2 - 3:30 pm</p> <p><b>Total Care Program</b> (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p><b>Prenatal Yoga:</b> 6 - 7:30 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 7 - 8:15 pm</p> <p><b>Continuing Yoga</b> 5:15 - 6:30 pm</p> <p><b>Gentle Yoga</b> 3:30 - 4:30 pm</p> <p><b>Lighten Up!:</b> 4:30 - 6 pm</p> <p><b>New Moms Grp.</b> 11 am - 12:30 pm</p>	<p><b>Backus Car Seat Clinic</b> 10 am - 1 pm</p>	<p><b>Childbirth Wknd. Prep</b> 9:30 am - 1:30 pm</p> <p><b>Sail Through Surgery</b> 10 - 10:30 am</p>
<p><b>Childbirth Wknd. Prep</b> 9:30 am - 1 pm</p>	<p><b>Begin/Cont. Yoga</b> 6 - 7:15 pm</p> <p><b>Childbirth Prep</b> 7 - 9 pm</p> <p><b>Community Coalition for Children</b> 7 pm</p> <p><b>Prepare for Surgery - Heal Faster</b> 6 - 7:30 pm</p>	<p><b>Bereavement Support Group (TCF) :</b> Call 468-0018</p> <p><b>Community Coalition for Children:</b> 9:30 am - 12:30 pm</p> <p><b>Expectant Grandparents</b> 6:30 - 8:30 pm</p> <p><b>New Moms:</b> 11 am - 12:30 pm</p> <p><b>Tai Chi - :</b> 6:30 - 8:30 pm</p> <p><b>Infant Massage</b> 9:30 - 11 am 6:30 - 8 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 4:30 - 5:45 pm</p> <p><b>Prep for Surgery - Heal Faster</b> 2 - 3:30 pm</p> <p><b>Total Care Program</b> (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p><b>Prenatal Yoga:</b> 6 - 7:30 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 7 - 8:15 pm</p> <p><b>Celiac Grp:</b> 6:30 pm</p> <p><b>Continuing Yoga</b> 5:15 - 6:30 pm</p> <p><b>Gentle Yoga:</b> 3:30 - 4:30 pm</p> <p><b>New Moms Grp.</b> 11 am - 12:30 pm</p> <p><b>Lighten Up!:</b> 4:30 - 6 pm</p>	<p><b>Bereavement Support Grp. HSECT:</b> Call 848-5699</p> <p><b>Childbirth Refresher:</b> Wednesday, Nov. 14, 7 - 9 pm</p> <p><b>HIV Education &amp; Testing Site - Mon. &amp; Wed.:</b> 5 pm - 8 pm <b>Tuesdays:</b> 9 am - 4 pm. Closed on 10/8/07. Call 823-6343.</p> <p><b>HyponoBirthing Class:</b> Nov. 3, 4, 10 - 9:30 am - 1 pm, Nov. 8, 15, 29, Dec. 6, 13 - 6:30 - 9 pm</p> <p><b>Labor Comforts:</b> Thursday, Nov. 1, 6:30 - 9 pm</p>	<p><b>Look Good, Feel Better:</b> Call 887-2547, press 3.</p> <p><b>Mammograms &amp; Pap Smear Screenings - Mon - Fri,</b> 8 am - 4 pm. Call 823-6318</p> <p><b>Sexually Transmitted Disease (STD) Clinic - Mon. &amp; Wed.:</b> 5:30 pm - 7:30 pm. Closed on 10/8/07. Call 823-6344 for more info.</p> <p><b>Stepping Stones:</b> Second Wednesday of each month, 5 - 6:30 pm. Call 848-5699.</p>
<p><b>Childbirth Wknd. Prep</b> 9:30 am - 1 pm</p>	<p><b>Begin/Cont. Yoga</b> 6 - 7:15 pm</p> <p><b>Childbirth Prep</b> 7 - 9 pm</p> <p><b>Prepare for Surgery - Heal Faster</b> 6 - 7:30 pm</p>	<p><b>New Moms Grp.</b> 11 am - 12:30 pm</p> <p><b>Tai Chi -</b> 6:30 - 8:30 pm</p> <p><b>Infant Massage</b> 9:30 - 11 am 6:30 - 8 pm</p> <p><b>Medicine, Miracles and the Art of Healing</b> 6 - 9 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 4:30 - 5:45 pm</p> <p><b>Prep for Surgery - Heal Faster</b> 2 - 3:30 pm</p> <p><b>Total Care Program</b> (joint replacement) 11:45 am - 1:30 pm (spinal fusion): 9 - 11 am</p> <p><b>Prenatal Yoga:</b> 6 - 7:30 pm</p>	<p><b>Beginning &amp; Continuing Yoga</b> 7 - 8:15 pm</p> <p><b>Celiac Grp:</b> 6:30 pm</p> <p><b>Continuing Yoga</b> 5:15 - 6:30 pm</p> <p><b>Gentle Yoga:</b> 3:30 - 4:30 pm</p> <p><b>New Moms Grp.</b> 11 am - 12:30 pm</p> <p><b>Lighten Up!:</b> 4:30 - 6 pm</p>	<p><b>Bereavement Support Grp. HSECT:</b> Call 848-5699</p> <p><b>Childbirth Refresher:</b> Wednesday, Nov. 14, 7 - 9 pm</p> <p><b>HIV Education &amp; Testing Site - Mon. &amp; Wed.:</b> 5 pm - 8 pm <b>Tuesdays:</b> 9 am - 4 pm. Closed on 10/8/07. Call 823-6343.</p> <p><b>HyponoBirthing Class:</b> Nov. 3, 4, 10 - 9:30 am - 1 pm, Nov. 8, 15, 29, Dec. 6, 13 - 6:30 - 9 pm</p> <p><b>Labor Comforts:</b> Thursday, Nov. 1, 6:30 - 9 pm</p>	<p><b>Look Good, Feel Better:</b> Call 887-2547, press 3.</p> <p><b>Mammograms &amp; Pap Smear Screenings - Mon - Fri,</b> 8 am - 4 pm. Call 823-6318</p> <p><b>Sexually Transmitted Disease (STD) Clinic - Mon. &amp; Wed.:</b> 5:30 pm - 7:30 pm. Closed on 10/8/07. Call 823-6344 for more info.</p> <p><b>Stepping Stones:</b> Second Wednesday of each month, 5 - 6:30 pm. Call 848-5699.</p>