



Upcoming Events

American Red Cross Blood Drive

Wed., February 8 11:00 AM-5:30 PM Comm. Ctr. Del. Co. Fairgrounds
For an appointment call 1-800-RED-CROSS or visit www.redcrossblood.org.

Children's Immunization Clinic

Wed., Mar. 1 3:00-7:00 PM RMC—East Office Bldg, 613 W Main St, Manchester
For infants, children, and teens. Appointments required. Call 563-927-7551.

Diabetes Education

Pre-Diabetes Self-Management Classes

Mon., Feb. 6 & 27 4:00-6:00 PM Sheppard Rm. (1st Floor)
FREE program. Learn methods to manage pre-diabetes. Individuals should plan to attend both classes. Pre-registration required. Call 563-927-7526.

Family Fun Night—Dad's Night

Wed., Feb. 29 6:00-7:00 PM Manchester Recreation Center
Delaware County Fairgrounds

Dad or other male support person invited for a night out with your child/children to enjoy indoor activities for children 2 years and older. Call 563-927-7599 for more information.

February Heart Month Events

Heart Healthy Lipid Screening

Tues., February 14 6:00-8:30 AM Veterans Education Ctr. (3rd Floor)
Cholesterol, HDL, LDL, Triglycerides, Blood Sugar, Blood Pressure. 12-hour fast required.
Cost: \$23. No appointment necessary. For more information call 563-927-7434.

Heart Month Program

Tues., February 28 4:30-6:30 PM Veterans Education Ctr. (3rd Floor)
4:30—"Warning Signs of Heart Disease" by Cam Campbell, MD, FACC, Cedar Rapids Heart Center.
5:30—"Heart Smart Eating" by Cara Deutmeyer, RD, LD, CNSC, CDE, RMC Dietitian.
FREE Program. For more information call 563-927-7526.

Grief Support

Wed., Mar. 1 4:00-6:00 PM Sheppard Rm. (1st Floor)
Anyone grieving the loss of a loved one is invited to attend.

Hospice of Comfort Presents

Sounds of Healing: Therapeutic Music's Benefit in the Healthcare Setting

by Tami Briggs, Therapeutic Harpist, begins each session with the benefits of integrating therapeutic music into the medical environment to improve quality of care. **"Music: Therapeutic or Entertainment"** by Debra Brockington, MA, MT-BAC and Stephanie Johnson, NMT, MT-BC will close each session discussing the difference between therapeutic and recreational music.

Tues., Mar 20

Session 1 1:00-4:00 PM Veterans Education Ctr. (3rd Floor)
Registration 12:30-1:00 PM

Session 2 6:00-9:00 PM Veterans Education Ctr. (3rd Floor)
Registration 5:30-6:00 PM

FREE program provided by Hospice of Comfort. Open to the Public. Nursing Cen's provided. Pre-registration required by March 19. Call 563-927-7526.

OB and Family Health Classes

Breastfeeding

Tues., March 6 6:30-8:00 PM Sheppard Rm. (1st Floor)
FREE for expectant mothers. Pre-registration required. Call 563-927-7318.

Prepared Childbirth

Mon., March 5, 12, 19 6:30-8:00 PM Veterans Education Ctr. (3rd Floor)
FREE for expectant parents. Preparation for labor and delivery, newborn care, and OB and Family Health Department tour. Pre-registration required. Call 563-927-7318.

Sibling

Mon., Feb. 6 6:30-8:00 PM OB and Family Health Dept. (1st Floor)
FREE for expectant families. For children age 3-10 preparing to welcome a new sibling to the family. Pre-registration required. Call 563-927-7318.

Pediatric First Aid/CPR Class

Sat., Feb. 25 7:00 AM-12:00 PM Veterans Education Ctr. (3rd Floor)
Program cost: \$50. Class size is limited. Pre-registration required. Call 563-927-7526.

Yoga Classes

Thurs., Feb. 9, 16, 23, Mar. 1 5:00-6:00 PM Veterans Education Ctr. (3rd Floor)
\$5/class. Experience the abs and toning benefit. Bring mat & wash cloth. 563-927-7311.