



# Shawnee Mission Health

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## OVERLAND PARK

*Much more than medicine.*



### **COMMUNITY HEALTH & WELL-BEING CLASSES @ SHAWNEE MISSION HEALTH – OVERLAND PARK**

#### **Break Through Your Clutter in 5 Steps**

**Friday, June 1, 1:30 - 3:00 pm**

Feel overwhelmed by the clutter in your home? Feel unsure of where to even start? Afraid you'll never dig out? Join Nikki Crawford, of Your Peaceful Space, for a 90-minute session where together we will: Get clear about your barriers to living clutter-free; Dig into the health impacts of living in clutter; Create a helpful mindset to break through your clutter; and Commit to the next, easy steps to start dealing with clutter. Cost: Complimentary

#### **Mindful, Aware and Considerate Pest Control**

**Saturday, June 9, 1:30 - 3:00 pm**

Yes, it's possible! Come listen to the fun and interesting vignettes of Cat Heisler, seasoned pest control professional. Learn how healthy living habits impact the ability of bugs to establish an infestation. Know that not all pest control is healthy. Learn how pest control impacts your home, yard and garden. Learn how to ask informed questions of your pest control provider and choose the systems best suited for your family and environment. Cost: Complimentary

#### **Basic Self Defense**

**Saturday, June 23, 2:00 - 4:00 pm**

Self-defense is more important than ever considering recent events in our community. Please join Darryl Moore, retired police Sergeant and currently doing private security, and a Black belt in martial arts, in learning 3-4 simple techniques to defend yourself from would-be attackers. Techniques taught include how to escape from being grabbed from the front, side, and rear and how to take control of these sudden attacks. These simple and effective techniques could save your life. Invite your mothers, daughters and friends to join you. Cost: Complimentary

#### **Basics of Essential Oils**

**Saturday, July 7, 1:30 – 3 pm**

The daily use of essential oils can have a healing effect mentally, physically and emotionally. Learn about the origins of their plant components and how they can help you relax or sleep, improve your skin or digestion. Discussion will include general tips for using essential oils. Join Jaclyn Naster, consultant, in this informational session. Cost: \$5/person

#### **Babysitting, A Serious Business (2 sessions)**

**Sundays, 1 – 5 pm & 1 – 4:30 pm, July 8 & 15, August 12 & 19**

For the serious babysitter, 11 years and older. Learn infant and child care, first aid, general safety, emergency action principles while caring for infants and children, accident prevention, parent communication and general child development. Certificate is presented at the end of the completed 2-session dates. Cost: \$48

#### **Essential Oils – Part 2, Make and Take**

**Saturday, July 28, 1:30 – 3 pm**

The daily use of essential oils can have a healing effect mentally, physically and emotionally. In this Make and Take class you will be guided through the steps to blend your own oils for everyday uses. A brief overview of essential oils and their benefits will be reviewed. You will be provided all the materials necessary to make three different essential oil items. Essential oils will also be provided; however, you are welcome to bring your own. Please join Jaclyn Naster, consultant in this informational session. Cost: \$25.00

#### **Family & Friends CPR for Adolescents (ages 10 - 15)**

**Sundays, 1 – 3 pm, August 5 & 26**

This CPR course is designed with adolescents in mind. Perfect for young babysitters or youth who want to learn CPR but do not need a CPR course completion card. This course complements our Babysitting: A Serious Business course, but participants are not required to take a babysitting course to attend. A certificate of participation will be provided at the end of the course. Any participant in a 2018 Babysitting, A Serious Business class is eligible to receive a discount on the Family & Friends® CPR for Adolescents. Cost: \$35

All classes listed here will be held at SMH – Overland Park Campus, in **Suite #280**. Enter through the Emergency Department entrance.

**7820 W. 165<sup>th</sup> Street, Overland Park, KS**

**Seating is limited.**

Please reserve your space by calling the Shawnee Mission Health NurseLine at 913-676-7777, option 2.