



**FOR IMMEDIATE RELEASE**

## **Sharon Hospital announces fall community programs**

**Sharon, Conn. — October 8, 2019 —** Sharon Hospital will host several community programs this fall on the hospital campus, 50 Hospital Hill Road.

Programs range from prevention health talks and support groups to childbirth education, and from quitting smoking to weekly exercise for older adults aimed at preventing arthritis.

Due to limited seats, registration is requested for most offerings. To learn more about Sharon's community programs, visit [healthquest.org/events](http://healthquest.org/events).

Schedule:

### **Sharon Stork Club — new**

Saturday, Oct. 19, Nov. 16, Dec. 14; 10 a.m. to noon

Cost: No cost

Birthing Center ground floor lobby

To register: Call 860-364-4124 (TTY: 800-842-9710)

Once a month, Sharon Birthing Suites offers the Sharon Stork Club – a prenatal educational program for pregnant women at any point in their pregnancy and their partners. Small group sizes allow time for individual attention to answer questions about childbirth, post-partum recovery and more. Maternity unit tours are offered after the sessions for anyone interested.

### **Mental Health First Aid training program**

Sunday, Oct. 20, Monday, Dec. 16; 8 a.m.-5 p.m.

Cost: No cost

Board Conference Room 2

To register: Call 860-364-4493 (TTY: 800-842-9710)

The Mental Health First Aid training program aims to help communities with the knowledge and skills to help individuals experiencing a mental health problem or crisis. Participants will learn about common risk factors, warning signs of mental health issues, how to better assist someone experiencing a crisis, and offer answers to key questions such as "What do I do?" and "Where can someone find help?"

### **Lunch and Learn: Intro to Integrative Medicine for Women**

Tuesday, Oct. 22; noon-1:30 p.m.

Board Conference Room 2

To register: Call 845-554-1734 (TTY: 800-842-9710)

Integrative medicine can provide women with a personalized care plan that supports the whole person and addresses physical, emotional, mental and social aspects of well-being. Fellowship trained in integrative medicine, Dr. Susan Parisi, OB/GYN, will discuss complementary therapies that support women's health.

### **Medication Take-Back Day**

Saturday, Oct. 26; 10am-2pm

Connecticut State Police

Troop B Headquarters

463 Ashley Falls Road, Canaan, Conn.

Unused or expired prescription medications are a public safety issue and can lead to accidental poisoning, misuse and overdose. To address this crucial public safety concern, local law enforcement and Sharon Hospital will team up to help community members dispose of unwanted prescription, over-the counter and pet medications. The service is free and anonymous. Medications should be kept in original packaging with the patient information removed. Participants will receive a tote bag for participating while supplies last.

#### **Lunch and Learn: Painful Joints—Arthritis and Beyond**

Wednesday, Nov. 6; noon-1:30 p.m.

Board Conference Room 2

To register: Call 845-554-1734

Dr. Alexander Clark, Sharon Hospital Medical Practice orthopedic and sports medicine physician, will discuss different options for living with arthritis and other painful joint diseases.

#### **Freshstart Smoking Cessation program**

Monday, Nov. 18 and 25, Thursday, Nov. 21; 5:30 to 6:30 p.m.

Cost: No cost

Board Conference Room 2

To register: Call 860-364-4493 (TTY: 800-842-9710)

Quitting smoking can be difficult, but with the right tools smokers can learn how to eliminate their tobacco dependency. The American Cancer Society program is designed for individuals interested in learning successful tools and strategies for quitting smoking.

#### **Breastfeeding Support Group**

Every other Wednesday; 10 a.m. to noon

Sharon Hospital, Birthing Center main lobby

To register: Call 860-364-4124 (TTY: 800-842-9710)

Sharon Hospital's Breastfeeding Support Group is where moms share their experiences and receive support from lactation consultants.

#### **Community Exercise Program**

Wednesdays, 10:30-11:30 a.m.

Fridays, 1-2 p.m.

Cost: \$7/session, \$12/couple

Room 260N

To register: Call 860-364-4065 (TTY: 800-842-9710)

This class will help participants reduce pain and stiffness as well as increase overall muscle strength, coordination and endurance. A certified therapeutic recreation specialist trained by the Arthritis Foundation will help people manage arthritis symptoms, maintain mobility and safely improve fitness levels. Activities are appropriate for most and can be modified to match participant skill levels. Please come in sneakers and with water.

#### **Stroke Support Group**

Fridays, noon to 1 p.m.

Cost: No cost

Zelman Room

To register: Call 860-364-4065 (TTY: 800-842-9710)

Sharon Hospital provides ongoing stroke support for stroke survivors of all ages. This group welcomes spouses and caregivers to join in the conversation. The group discusses a variety of topics with a focus on life after stroke. Guest speakers highlight specific areas of interest, including physical therapy, pet therapy, massage therapy and diet/nutrition.

## **CONTACTS**

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## **About Nuvance Health**

Nuvance Health is a family of award-winning nonprofit hospitals and healthcare professionals in the Hudson Valley and western Connecticut. Nuvance Health combines highly skilled physicians, state-of-the-art facilities and technology, and compassionate caregivers dedicated to providing quality care across a variety of clinical areas, including Cardiovascular, Neurosciences, Oncology, Orthopedics, and Primary Care.

Nuvance Health has a network of convenient hospital and outpatient locations — Danbury Hospital, New Milford Hospital, Norwalk Hospital and Sharon Hospital in Connecticut, and Northern Dutchess Hospital, Putnam Hospital Center and Vassar Brothers Medical Center in New York — plus multiple primary and specialty care physician practice locations, including The Heart Center, a leading provider of cardiology care, and two urgent care offices. Non-acute care is offered through various affiliates, including the Thompson House for rehabilitation and skilled nursing services, and the Home Care organizations. For more information about Nuvance Health, visit our [website](#).

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