

Balance Class

It's never too early to start thinking about improving your balance and preventing falls!



Megan Albee, DPT, Stoughton Hospital Physical Therapist, will lead this class for older adults who have balance problems or a fear of falling. Participants will improve balance, strength and reduce their risk of falling. Standing exercises will help participants stand tall and feel more confident when walking.

Participants will take pre and post self-assessments to measure progress.

**Monday, Sept 9th to Friday, Nov 1st
(Two Days Per Week)**

Mondays from 1:45-2:30 p.m.

Fridays from 10:45-11:30 a.m.

Oregon Area Senior Center

219 Park St, Oregon

The cost is \$5 per class. To register please call the Oregon Senior Center at 835-5801.



Disclaimer: This activity is organized and solely sponsored by a recognized parent or community organization in support of the Stoughton Area School District and not by the school district itself. It is recognized that the intent of this activity is to ultimately support students and families served by the Stoughton Area School District. Permission to distribute this material has been granted by the Superintendent.

stoughtonhospital.com





Shoulder Pain Relief



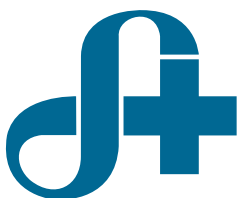
Ashish M. Rawal, M.D.
Board Certified in
Orthopedic Surgery &
Sports Medicine

Join Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options. Dr. Rawal is board certified in both Orthopedic Surgery and Sports Medicine. He specializes in shoulder surgery and finding the right option to relieve pain and getting his patients back to their active lives.

Tuesday, September 10th, 2019 at 5:30 p.m.
Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."

Questions? Please contact the OrthoTeam Clinic at
(608) 877-3419.



OrthoTeam Clinic
Excellence in Orthopedics

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orthoteam.com



Stop Suffering from GERD

There's Help for Your Acid Reflux



Aaron Schwaab, M.D.
Board Certified
General Surgeon
Stoughton Hospital
General Surgery Clinic

Antacids and other medication may reduce GERD symptoms, however studies suggest long-term use of GERD medication might be risky. Dr. Aaron Schwaab now offers the minimally invasive LINX procedure which is an effective solution for reflux and may end your long-term dependence on medication. Learn more by joining us for this free talk!



The LINX device is approximately the size of a quarter.

Thursday, October 3rd, 2019 at 5:30 p.m.
Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)

To register for this free talk, please go to
stoughtonhospital.com and click on "Classes & Events."
Questions? Please contact Sonja at 873-2356.



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8th Annual Stoughton Wrestling Golf Outing

Door Prizes, Auction and Food to Follow

Raffle tickets will be available to purchase for the basket raffle, and special auction items will also be available followed by dinner.

Date: Saturday, September 14, 2019

Location: Coachman's Golf Resort

Registration: 9:00-9:30 AM

Cost:

Dinner Only \$20/person

18 Holes + Lunch +Dinner \$80/person

SCHEDULE

TIME	EVENT
10:00AM	Shotgun Start
3:00PM	Social Hour/Auction
4:30PM	Dinner/Program/Raffle

To RSVP, email bob.empey@stoughton.k12.wi.us (608-212-5485) OR complete the form and mail (with payment made out to Stoughton Wrestling Club) to:

Stoughton Wrestling Club

2364 Jackson St, #145

Stoughton, WI 53589

Name(s): _____

18 holes: _____ # Dinner only: _____

Email Address: _____

Phone Number: _____

Mailing Address: _____

If you prepay for a foursome by September 2nd, save \$20 (\$300 instead of \$320). One pre-paid foursome will be drawn to receive an additional 40 raffle tickets.