

BUILDING
BETTER
HEALTH

Monthly Health Calendar

MARCH

Cancer Care Support Group

- Monday, March 2
- 5:15—6:15 pm
- Cancer Care Center | Medical Office Building East, Lower Level
- FREE to attend
- *Join us for our new Cancer Care support group. Our support group will meet the first Monday of every month to provide information and support for those who have been affected by or diagnosed with cancer.*

SBMF Blood Drive

- Wednesday, March 4
- 11 am—3:30 pm
- Market Conference Room
- *Sign up at www.GiveBloodNow.com using Sponsor Code: LMH.*

Pink Zebra Fundraiser

- Wednesday, March 4
- 9 am—4 pm
- Sycamore Conference Room
- *Sponsored by: Logansport Memorial Hospital Volunteers*

Bariatric Support Group

- Monday, March 9
- 6:30—8 pm
- "Senior Room" in Area Five Agency located at 1801 Smith Street (Please enter through side door)
- Open to BOTH pre-operative and post-operative bariatric patients, free of charge

LOGANSPORT Memorial HOSPITAL



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Diabetes Support Group

- Wednesday, March 11
- 1—3 pm
- Sycamore Conference Room

Prepared Childbirth Class

- Saturday, March 14
- 9 am—3 pm
- Broadway Conference Room
- Department Teaching: The Family Birth Center

Men's Health Seminar

- Monday, March 16
- 6—7 pm
- Sycamore Conference Room
- *Join us for this FREE seminar to take the first step in tackling tough health issues. Board-certified urologist Dr. Stephen Beck will share practical information about the surgical and non-surgical options available to you for erectile dysfunction and bladder leakage.*

Breastfeeding Class

- Tuesday, March 17
- 6—8 pm
- Broadway Conference Room
- Department Teaching: The Family Birth Center

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1101 Michigan Avenue, Logansport ▪ (574) 753-7541 ▪ LogansportMemorial.org



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Living with Lymphedema

- Wednesday, March 18
- 9—10 am
- LMH Cafeteria
- *Join our Certified Lymphedema Therapist, Erica Heater, PT, DPT, CLT-LANA, as she discusses the symptoms of lymphedema and the various treatment options available to you. Erica earned her Doctorate of Physical Therapy from Indiana University and has practiced in both inpatient and outpatient settings.*

Diabetes Alert Day

- Wednesday, March 25
- 11 am—3 pm
- Sycamore Conference Room
- *Join our Diabetes Educator Jill Weese in a diabetes discussion for Diabetes Alert Day.*

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