

BUILDING
BETTER
HEALTH

Monthly Health Calendar

NOVEMBER

Cancer Care Support Group

- Monday, November 4
- 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.*

South Bend Medical Foundation Blood Drive

- Wednesday, November 6
- 11 am—3:30 pm
- Market Conference Room

The public is encouraged and welcome to come to the hospital to participate in this blood drive. Please bring a photo ID with you. To sign up, call (574) 753-1483 or visit GiveBloodNow.com and enter code "LMH."

Holly Bazaar

- Thursday, November 7 from 3—6 pm
- Friday, November 8 from 8 am—4 pm
- Medical Office Building East
- Unique gifts and home décor, one-of-a-kind raffles, holiday music, home-baked goods, and more.

Bariatric Support Group

- Monday, November 11
- 6:30—8 pm
- "Senior Room" in Area Five Agency, located at 1801 Smith Street; please enter through the side door
- Open to BOTH pre-operative and post-operative bariatric surgery patients, free of charge
- *Sponsored by: St. Vincent Bariatric Center of Excellence*

LOGANSPORT Memorial HOSPITAL



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Business After Hours

- Tuesday, November 12
- 4:30—6 pm
- Main Lobby | 1101 Michigan Avenue, Logansport
- Meet our NEW PHYSICIANS who have joined the Logansport Memorial Physician Network in 2018 and 2019
- ***Primary Care:*** Dr. Olusina Akande (Family Medicine) + Dr. Eren Cetin (Pediatrics)
- **Specialists:** Dr. Stephen Beck (Urology), Dr. Steven Behrendsen (Rheumatology) + Dr Kral Varhan (Orthopedics)
- *Sponsored by: Logansport Memorial Hospital + Logansport-Cass County Chamber of Commerce*

Diabetes Support Group

- Wednesday, November 13
- 1—3 pm
- Sycamore Conference Room

Women's Wellness Seminar Series

- Thursday, November 14
- 6—7 pm
- Sycamore Conference Room
- Join board-certified OB/GYN Dr. Timothy Hall for a FREE seminar discussing pelvic health concerns and pelvic floor disorder. He will share practical information about the surgical and non-surgical options available to you.

Prepared Childbirth Class

- Saturday, November 16
- 9 am—3 pm
- Broadway Conference Room
- Department Teaching: The Family Birth Center

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Infant CPR Class

- Monday, November 18
- 6—8 pm
- Broadway Conference Room
- Department Teaching: The Family Birth Center

Bariatric Info Seminar

- Tuesday, November 19
- 6—7 pm
- Sycamore Conference Room
- For people interested in having Bariatric Surgery

Breastfeeding Class

- Tuesday, November 19
- 6—8 pm
- Broadway Conference Room
- Department Teaching: The Family Birth Center

Senior Series

- Wednesday, November 20
- 9 am—10 am
- LMH cafeteria
- Guest Speaker: Jan Hoover, NP

Join Jan Hoover, NP, as she discusses the importance of skin care and aging. Learn what changes to look for, how to maintain healthy skin, and why regular check-ups are important. Jan will also be providing FREE skin checks, as well as answering any questions you may have about your skin.

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