

Mark your calendar

Cambridge Medical Center (CMC) invites you to a health-promoting class or seminar. For more information, visit cambridgemedicalcenter.com or register by calling the CMC Education Department at 763-688-9923.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for patients and their loved ones. Call 763-688-8415 for hours and activities.

CPR AND FIRST AID

Two- and four-hour classes offered at various times

Basic life support recertification classes for health care providers are offered throughout the year. Call CMC's Education Department at 763-688-9923, for details about first aid or other basic life support class availability. Minimal charge.

DIABETES AND NUTRITION EDUCATION

For more information, call 763-688-7775.

Diabetes Self-Management Training

For people diagnosed with diabetes.

The Winning Weight Foundation Room

For people diagnosed with prediabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome. Cost is often covered by insurance. Check with your insurance company before registering.

CHILDBIRTH CLASSES

Prepared Childbirth

Wednesdays, 6-9 p.m.

- May 12, 19, 26; June 2
- Aug. 4, 11, 18, 25
- Sept. 15, 22, 29; Oct. 6

Using the Lamaze® approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. A tour of the Maternity Care Center is included. \$75 (\$50 if delivering at CMC).

Fast Track Prepared Childbirth

Saturdays, July 10 or Oct. 9
9 a.m. to 5:30 p.m.

\$75 (\$50 if delivering at CMC).

JOINT REPLACEMENT SURGERY

Monthly classes
Foundation Room

A class for CMC patients anticipating knee or hip replacement surgery. Learn how to get ready for surgery and how to prepare for a successful recovery. Class

Free Weight-Loss Surgery Seminar

Thursday May 13

6:30-8 p.m.

Allina bariatric weight-loss surgeons Jonathan Gipson, MD, Frederick Johnson, MD, and Laura July, MD, will discuss the health risks of excess weight. People who attend will learn how bariatric surgery changes the body and requirements for surgery.

For more information or to register, call 763-236-2029.

is taught by an orthopedic nurse. Call for dates and times. Free.

PARENTING CLASSES

Breastfeeding

Tuesdays, May 25, June 29, Aug. 3, or Sept. 14

6:30-7:30 p.m.

Dining Room B

Get your breastfeeding off to a good start. The course is taught by a certified lactation counselor. \$20 per couple (free if delivering at CMC).

New Baby Care

Wednesdays, June 9 or Sept. 1

6-9 p.m.

Foundation Room

Learn the basics of baby care,

such as bathing, diapering, swaddling, cord care, infant CPR and more. \$20 per couple (free if delivering at CMC).

Car Seat Safety

Tuesdays, May 25, June 29, Aug. 3, or Sept. 14

5:30-6:15 p.m.

Dining Room B

This class, taught by child-passenger safety technicians, will focus on how to safely position your child in the car seat, when to transition to a larger seat and tips for proper seat installation. \$15 per couple (free if delivering at CMC).



Medical center news is just a click away.

We are pleased to introduce House Call, a free e-newsletter for patients and friends of Cambridge Medical Center. Be among the first to hear about:

- flu shot availability
- new doctors
- new services
- updates (phone numbers, registrations)
- events, classes and programs.

Introducing
HOUSE CALL
E-newsletter of Cambridge Medical Center

SUBSCRIBE TODAY!

Stop by any reception desk, or go online to cambridgemedicalcenter.com.


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