



Mile Bluff Health

SPECIAL EVENTS

HEALTH FAIRS

You must have an appointment!

- **FREE** Blood Pressure screenings
- **FREE** Blood Sugar tests
- Cholesterol Testing
Total Cholesterol (no fasting required) for \$10
Lipid Profile (12-hour fasting required) for \$20
- Risk Factor Appraisals
- Refreshments & Door Prizes

NECEDAH FAMILY MEDICAL CENTER

- Call 565-2000 for appointments
- Thursday, August 16, 7-11 a.m.
 - Thursday, November 15, 7-11 a.m.

ELROY FAMILY MEDICAL CENTER

- Call 462-8466 for appointments
- Thursday, September 13, 7-11 a.m.

DELTON FAMILY MEDICAL CENTER

- Call 254-5888 for appointments
- Thursday, September 20, 7-11 a.m.

WONEWOC LEGION HALL

- Call 847-6161 x272 for appointments
- Thursday, October 11, 7-11 a.m.

HESS MEMORIAL HOSPITAL

- Call 847-6161 x272 for appointments
- Thursday, October 18, 7-11 a.m.

EARLY CHILDHOOD SCREENINGS

Offered in the fall. Watch for details.
Free physical and cognitive testing of children birth to 5 years of age.
Provided by Mile Bluff's Audiology, Speech Pathology and Rehabilitation departments.
Call 847-6161 x506 for info. and an appointment.

JUNEAU COUNTY FAIR

- Friday, August 17, 4 - 9 p.m.
 - Saturday, August 18, 12 - 5 p.m.
- Visit Mile Bluff's booth for free blood pressure and blood sugar screenings.
\$10 total cholesterol tests are also available.
No fasting required for these tests.

COMMUNITY BLOOD DRIVE

- Oct. 9 & 10; 9 a.m. - 2 p.m.
- Call the Blood Center at 1-888-310-7555 for information and to register. A sign-up sheet will also be in Mile Bluff's dining room the weeks prior to the drive. All are encouraged to participate in this life-saving event!

July 27 & 28
at the Mauston
High School
track



PROGRAMS FOR PARENTS

Call 847-6161 x352 to register

OB DEPARTMENT TOUR

Provided by the Mile Bluff OB staff
• Thurs., Aug. 30, Oct. 11 & Nov. 15
Meet in the hospital lobby at 6:30 p.m.

HAND-IN-HAND PROGRAM

Education and support for parents during the first year of their babies' lives.
Meets the second Monday of the month at 4:30.

- Aug. 13 - "Dealing with advice"
- Sept. 10 - "Infant massage"
- Oct. 8 - "Infant play"
- Nov. 12 - "Safety: First aid for children"

PREPARED CHILDBIRTH/FEEDING YOUR BABY/AFTER DELIVERY, WHAT THEN? CLASSES (five classes)

Taught by the Mile Bluff's OB staff at three area locations, 7:00-9:15 p.m.

- **Moundview Memorial Hospital**, Friendship, Mondays, starting Aug. 20, Oct. 1 & Nov. 12
- **Necedah Family Medical Center**, Tuesdays starting Aug. 14, Oct. 2 & Nov. 13
- **Hess Memorial Hospital**, Thursdays starting Aug. 23, Oct. 4 & Nov. 8

CLASSES

SMOKING CESSATION CLASSES

- Wed., Aug. 1, 8, 15 & 22 at Hess Memorial Hospital. Cost is \$25.
- Call 847-6161 x272 for information

BLOOD PRESSURE SCREENINGS

Bank of Mauston, Lyndon Station

- Fri., Aug. 3, Sept. 7, Oct. 5, Nov. 2
8:30 - 10:30 a.m.

Bank of Mauston, Downtown

- Fri., Aug. 3, Tues., Sept. 4, Wed., Oct. 3,
Fri., Nov. 2, 1-3 p.m.

Elroy Family Medical Center

- Fri., Aug. 3, Tues., Sept. 4, Wed., Oct. 3,
Fri., Nov. 2, 1-3 p.m.

Delton Family Medical Center

- Tues., Aug. 7, Sept. 4, Oct. 2, Nov. 6
10 a.m. - noon

Necedah Family Medical Center

- Wed., Aug. 22, Sept. 26, Oct. 24, Nov. 28
9-11 a.m.

SOCIAL SERVICES

OUTPATIENT COUNSELING

Group and individual counseling available.
For information, call 847-6161 x770 or x792

FREE SUPPORT GROUPS

FAMILY & FRIENDS SUPPORT GROUP

For family & friends of nursing home residents.
Meets quarterly the third Friday of the month from 3 - 4 pm at alternating locations.

- Sept. 21 at Fair View Home in Mauston
Topic - Monitoring quality care
 - Nov. 16 at Crest View Home in New Lisbon
Topic - Preparing for the holidays
- For information, call 608-562-7257 (Crest View) or 847-6161 x422 or x420 (Fair View)



DIABETES SUPPORT GROUP PRESENTATIONS

- Call 608-847-6161 x786 for information
- August 20 - **To carb or not to carb...**
Delton Family Medical Center, 2 pm
 - September 17 - **Diabetes foot care**
Hess Memorial Hospital, 6:30 pm
 - October 15 - **Dietary supplement facts**
Delton Family Medical Center, 2 pm
 - November is National Diabetes Awareness Month, watch for information on special events.

GRIEF SUPPORT GROUP

Thurs., Sept. 20, Oct. 11 & 25, Nov. 8 & 29
7 pm at Hess Memorial Hospital
Call Rev. Fairchild at 847-6161 x217 for info.

AUTISM SUPPORT GROUP

Tuesday, August 21, 7 pm at Hess Memorial Hospital. Call 608-847-6161 x217 for information

IBS SUPPORT GROUP

Thursday, September 20, 7 pm at Hess Memorial Hospital. Call 608-847-7355 for information.

STROKE SUPPORT GROUP

For stroke survivors, their family & caregivers
Held the third Tuesday of each month, 1:30 p.m.
Call 565-2209 for information

AA, AL-ANON & ALATEEN GROUPS

All three groups meet (separately) at Hess Memorial Hospital Mondays at 7: p.m.
Call Linda at 608-562-5611 for information