

Calendar of Events

April 2018

WAYNE
HEALTHCARE

Free Monthly Diabetes Education Class

This educational class is held on the 2nd Tuesday of the month and is designed to help you understand and manage diabetes. Join Karen Drosch, Certified Diabetes Educator, for a free class each month.

Diabetes: Diagnosis, Risk Factors, Prevention and Treatment

**Tuesday, April 10th
2:00pm-3:00pm**

Wayne HealthCare, 3rd Floor Conference Room

Diabetes Education Programs

Karen Drosch, RD, LD, CDE
Certified Diabetes Educator (CDE) will present and lead all diabetes education classes and programs.

Diabetic Group Classes

**April 9th, 16th, 23rd, 30th
10:00am-12:00pm**

Wayne HealthCare, Room 405
Insurance may cover the cost of the class.

Pre-Diabetic Group Class

**Thursday, May 17th
1:00pm-3:00pm**

Wayne HealthCare, Room 405
Cost to attend is \$10 per class.
Insurance may cover the cost of this class.

For more information or to RSVP contact Karen Drosch at (937) 547-5750 or karen.drosch@waynehealthcare.org

Better Breathers Support Group

This free support group is for Chronic Lung Disease patients and their families. Participants have the opportunity to learn ways to cope and live with Chronic Lung Disease, gain support from others who share similar struggles, and receive tools to help enhance the quality of life.

Exercise Modalities

Jordan Francis, MPH
Director of Wellness Services
Wayne HealthCare

**Tuesday, April 10th
1:00pm-3:00pm**

Wayne HealthCare, Lifestyle Enhancement Center

For more information or to register call (937) 547-5917

Special Beginnings

Classes are free to mothers who deliver at Wayne HealthCare. The cost is \$50 for mothers who deliver elsewhere.

3-Week Thursday Series Childbirth Class

**Thursday, May 3rd, 10th, 17th
6:00pm-8:00pm**

Wayne HealthCare,
3rd Floor Conference Room #2

Breastfeeding Class

**Tuesday, May 15th
6:00pm-8:00pm**

Wayne HealthCare, 3rd Floor Conference Room #2

For more information or to register call (937) 547-5755.

Diabetes Day Event

**Thursday, April 19th
6:00pm-8:00pm**

Wayne HealthCare, 3rd Floor Conference Room

Presentations: Diabetes Progression & Complications

Polly Baltes, NP-C
Transitional Care
Wayne HealthCare

Eating Healthy with Diabetes

Karen Drosch, RD, LD, CDE
Diabetes Educator
Wayne HealthCare

**RSVP by April 13th
Karen Drosch at (937) 547-5750 or karen.drosch@waynehealthcare.org**



Celebrate

National Volunteer Week

April 15-21, 2018

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www.waynehealthcare.org

To learn more about services, programs and events at Wayne HealthCare connect with us online or call (937) 548-1141