

NOVEMBER 2009

Programs

Better You Lecture: Be Informed: Answers to Your Surgical Questions

Featuring **Keith Martin, MD**

Thursday, November 5th 7:00 p.m.

Museum of Arts and Sciences, 4182 Forsyth Road
From head to toe, find out what you need to know about the most common surgical procedures. General surgery is the surgical specialty that involves the skill and ability to care for many different surgical problems. Common surgeries done by a general surgeon include gallbladder surgery, surgery for appendicitis and hernia repair. Join us to hear Dr. Martin share the warning signs for diseased organs, surgical options, and answers to other surgical questions. Reservations required; call 746-4646.

Look Good...Feel Better

Tuesday, Nov 10th, 6:00 p.m.

Coliseum Medical Centers, Cancer Center, Bldg. C, Classroom. A free program given by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Sessions are taught by professional cosmetologist and are open to all women undergoing cancer treatment. Registration is required. For more information, call 765-4805.

Medicare Made Easy Program

Monday, Nov 16th, 9:00 a.m. - 10:00 a.m.

**Coliseum Northside Hospital -
Conference Center**

This program covers the Medicare deductibles, co-pay and premiums, as well as information on financial assistance to qualifying Medicare enrollees and the new Medicare Part D plan. Call 464-8171 for more information.

Classes

A-Z Diabetes Self-Management

November 12th, 9:00 a.m. - 5:00 p.m.

one day class - Let us teach you how to live with diabetes! Coliseum Diabetes Management Center, Bldg. C, Ste. 120. Please call 765-4338. Physician referral required.

Classes

"Gestational/Pre-existing Diabetes In Pregnancy" Class

Coliseum Diabetes Management Center, Bldg. C., Ste. 120.
Please call 765-4338. Physician referral required.

Family Ties Birthing Center at Coliseum Medical Centers

Offers the following FREE classes:

- Childbirth Prep
- Newborn Care
- Breast Feeding

Classes are taught by a certified childbirth educator. Call 765-4502 for dates and reservations. Classes fill very quickly. Please call by your sixth month of pregnancy.

Improving the Chemotherapy Experience

Coliseum Medical Centers, Cancer Center Classroom, Bldg. C.
Learn more about managing the side effects of chemotherapy. Call 765-4805 for more information and to schedule.

Joint Surgery Classes at Coliseum Northside Hospital Every Tuesday at 12 noon

Coliseum Northside Hospital,
400 Charter Boulevard - Conference Room
Classes are offered for patients who are going to have joint replacement surgery at Coliseum Northside Hospital's orthopedic Center. Please call 757-6085 for more information.

Joint Pre-Surgery Education November 19th, 10:00 a.m. to 11:00 a.m.

Coliseum Medical Centers, 1st Floor Classroom. Classes are offered for patients who are going to have joint replacement surgery at Coliseum Medical Centers. The class will help the patient know what to expect before and after surgery. For more information call 751-0189.

Focus on Healing

Mondays & Thursdays 8:00 a.m. - 9:00 a.m.

Tuesdays & Thursdays 11:00 a.m. - 12 noon

Coliseum Medical Centers Bldg. D \$34/ Month. Call 765-4413 to register.

H2U: Health, Happiness, You H2U Fitness Program

Mathews Athletic Center, Wesleyan College
Two programs are available to meet the fitness needs of adults 50+ priced at \$20 and \$26 per month. Call 757-3775 for more information.

H2U Monthly Meeting

Tuesday, November 24th

6:00 p.m.

Coliseum Medical Centers' dining room. Usually meets the 4th Tuesday of every month. Reservations are required. Call 765-4116 or 757-6092.

Support Groups

BIPOLAR SUPPORT GROUP

**1st and 3rd Thursdays of each month,
6:00-7:30 pm**

Coliseum Psychiatric Center,
340 Hospital Drive, Macon

For patients, family and friends who want to better understand how to live more productively with Bipolar Disorder. Hosted by Dr. Ali Ahmadi and Coliseum Psychiatric Center. For more information, call (478) 741-1355.

Bosom Buddies - A Support Group for Breast Cancer Survivors

Coliseum Cancer Center

Usually meets first Wednesday of each month, 12:00 noon
Refreshments provided. Coliseum Medical Centers, Bldg. C., Ste. 120. FREE! Call 765-4805 for information.

US Too Prostate Cancer Education & Support

3rd Monday of each month at 6:00 pm

Coliseum Medical Centers, Bldg. C, Suite 120

For **prostate cancer** survivors and caregivers. Facilitator: Dr. James Lewis, Southeastern Urology Associates. Call 765-4805 for more information.

Chronic Fatigue Syndrome/Fibromyalgia Support Group

First Saturday of every month

Location varies. Please call 475-4908.

Support Groups

Extending H.O.P.E.

Lymphedema Support Group

Meets first Wednesday of every month, 1:10 p.m.

Coliseum Medical Centers, Building C. Please join us for this important opportunity to give or receive support concerning Lymphedema. For more information, call 765-4805.

G.L.A.D. - Good Living Around Diabetes

Monday, Dec 7th - 5:30 p.m.

Meets Every Other Month

Special meeting off-site. FREE! Call 765-4338 for information on guest speakers & current information for anyone with diabetes. No reservations necessary.

Helping Hands

Grief Support Group

Meets every Monday at 2:30pm

Coliseum Medical Centers, Bldg. C., Cancer Center Classroom. Offers emotional support and help for someone who has experienced the loss of a significant member of their life. For more information, call 464-1401 or 765-4805.

Surviving of Suicide Support Group

2nd Wednesday of each month from 6:00-7:00 pm

Coliseum Psychiatric Center,
340 Hospital Drive

Support for family and friends of persons whose deaths were intentional. Call 741-1355 for more information.

Surviving Together...

Strive From Stroke Support Group

Meets third Thursday of every month,

11:10 a.m.-1:00 pm

Coliseum Medical Center's Cafeteria

Patients, families and caregivers whose lives have been touched by stroke. Lunch will be served. Reservations required. Call 765-4413.

United Ostomy Association Support Group

Meets every fourth Sunday of the month, 3:00 pm

Coliseum Medical Centers, Cafeteria. For people who have had colostomy, ileostomy or urostomy surgery. Call 765-4185.

Coliseum Medical Centers

**350 Hospital Drive, Macon, GA
(478) 765-7000**

Coliseum Psychiatric Center

**340 Hospital Drive, Macon, GA
Life-Line (478) 741-1355**

Coliseum Northside Hospital

**400 Charter Blvd., Macon, GA
(478) 757-8200**

Consult-A-Nurse/Physician Referral

**A Referral Service
(478) 746-4646**