

Community Calendar

March-May 2020

SUPPORT GROUPS

Ostomy Support Group

Third Tuesday, 6:30 p.m., Roswell Room. Open to anyone who has or will have an ostomy and any friends, family or supporters. Call John Dorso at 404-630-3293 to register or for more information.

Stroke Support Group

Last Wednesday, 6:30 -7:30 p.m., ACE Dayroom. Join stroke survivors, caregivers and families for sharing and support. Facilitated by the Stroke Program Coordinator and a Licensed Clinical Social Worker. RSVP to Edna Kennedy at edna.kennedy@wellstar.org or 770-751-2708.

Epilepsy Support Group

Third Wednesday, 7-9 p.m., Roswell Room. For people with epilepsy, families and care providers. The meetings provide time for attendees to share helpful information and resources from their own experiences. Contact Tim for more information at 770-667-9363.

Lupus Support Group

Fourth Saturday, 11 a.m.-1 p.m., Roswell Room. Informal meetings to share experiences and learn from others. Guest speakers occasionally present and we also participate in some Lupus Foundation of America events. Contact Julie for more information at 404-626-2394 or lupusgroup4roswell@gmail.com.

Alzheimer's Association Caregiver Support Group

Fourth Saturday, 10-11 a.m., Roswell Room. Join our monthly support group for caregivers and family members of individuals diagnosed with Alzheimer's or related disorders. We offer a place to share information, support each other and learn about community resources. **Call Christine at 404-786-3433 for more information.**

COMMUNITY EDUCATION

Diabetes Self-Management Workshop

Saturday, 3/14, 4/11, and 5/9, 9 a.m.-4 p.m. The Diabetes Association of Atlanta (DAA) offers classes at Wellstar North Fulton Hospital to teach diabetes self-management skills. Call 404-527-7180 for more information and to register. Free.

PRENATAL CLASSES

Maternity Tours

Join one of our Women's Health nurses in the hospital atrium on alternating Tuesdays and Thursdays at 5:30 p.m. for a tour of the L&D Suites, Mother/Baby Unit and Neonatal ICU.

Water Birth

Thursday, 3/12, 3/26 4/9, 4/30, 5/7 and 5/21 7-9 p.m. This class is for couples exploring the option of a water birth delivery. Completion of the class is required to be considered for water birth at North Fulton Hospital. Registration is required; \$30 per couple.

Understanding Birth

Bring your partner along on a four-week night or weekend journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. A birthing center tour is included when class location is inside of a Wellstar hospital.

Understanding Your Newborn

Your personal journey through newborn care - Before you hold your new baby, you'll get hands-on experience using newborn-like dolls. Topics include newborn traits, newborn behaviors, crying and comforting, feeding, diapering, newborn health, safety and dressing your baby.

Understanding Grandparenting

Enter grandparenthood with confidence with this preparation class covering generational differences for parenting, common family adjustment issues and the latest American Academy of Pediatrics recommendations for newborn care and safety. A birthing center tour is included when class location is inside of a Wellstar hospital.

Breastfeeding Basics

Taught by a certified Lactation Consultant, this breastfeeding class helps you understand the basics of breastfeeding covering the benefits, skills and techniques to ensure a successful experience for mother and baby.

Contact **770-956-STAR (7827)** for prenatal classes dates, times and prices.

Active Adult Health & Wellness Fair

Wednesday, 3/25, 9 a.m.-1:30 p.m. Adult Recreation Center, 830 Grimes Bridge Rd. Join us for free health information and screenings.

Medication Take Back Day

Saturday, 4/25, 10 a.m.-2 p.m. Roswell Recycling Center
Drop off unused medications or sharps for safe disposal.

For more information on classes, to register or to find a physician, call 770-956-STAR (7827) or visit www.wellstar.org.

All classes are held in the hospital classrooms, unless otherwise indicated.

