








August 2010

Hammond Clinic Wellness Plus Health Improvement Programs

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7 
Join Us For <u>FREE</u> Patient Education Classes!					
9 Weight Management 6:30 p.m.	10 	11	12 Diabetes Support: Shopping Smart For Diabetes 6: 30 p.m.	13 	14
16 	17 Sleep Disorders Presented By Dr. Zaitoon 6 p.m.	18 Blood Pressure/ Blood Sugar Screening Walgreen's 4 to 6 p.m.	19 	Visit Our Website www.hammondclinic.com	
23 	24	25	26 Alzheimer's Support Group 6 p.m.	27 	28

**Weight Management Class:
Monday, August 9th – 6:30 p.m.**

Are you considering weight reduction surgery? The Hammond Clinic has an ongoing weight management class for those interested in weight loss through bariatric surgery. The class meets each second Monday of the month and is free of charge to participants. A onetime fee of \$25 is accessed for the book and supplies. Physician referral is required.

**Diabetes Support Group:
Shopping Smart for Diabetes
Thursday, August 12th - 6:30pm**

Making healthy choices at your favorite grocery store can help you manage your diabetes. Join JoAnn Franczek, Certified Diabetes Educator, as she gives you an aisle-by-aisle presentation and tips on how to choose foods wisely. Register in advance to be eligible for door prizes. Sponsored by Insulet Corporation.

**Sleep Disorders
Tuesday, August 17th – 6 p.m.**

Need to learn more about sleep disorders? You will want to join Anass Zaitoon, MD, of the Hammond Clinic Internal Medicine department as he discusses sleep problems, including snoring, sleep apnea, insomnia, sleep deprivation, and restless legs syndrome.

**FREE Blood Pressure & Blood Sugar Screening:
Wednesday, August 18th -- 4 to 6 p.m.
22 US Highway 41 -Schererville, IN 46375
SWC of Indianapolis Boulevard & Main Street**

**Alzheimer's Support Group:
Thursday, August 26th — 6 p.m.**

Attend this seminar to learn more about how to work with loved ones afflicted by Alzheimer's disease. Affiliated With The Alzheimer's Association.

To register call (219) 836-3600 or 1-800-279-8700
Hours: Monday-Friday 8 a.m. to 6 p.m. Saturdays 8 a.m. to Noon.
Unless specified, all classes held in the 3rd floor meeting room
Hammond Clinic Specialty Center, 7905 Calumet Ave. – Munster, IN 46321
Or Register For Any Of Our Classes On Our Website: www.hammondclinic.com
Walk Ins Are Always Welcome!