



life's

calling™

VOLUME 4, WINTER 2009

WELCOME TO OUR WINTER ISSUE OF LIFE'S CALLING, a quarterly newsletter designed to keep you up to date on all the wonderful things happening at St. Vincent Healthcare, along with the latest news and information you need to live your best life.

In each issue you will see the many ways we have made it our life's work to make a greater difference in the lives of the people who call this beautiful area home. Because, at St. Vincent Healthcare, we believe it's our fundamental responsibility to deliver the highest quality of care to every member of the community, and to give you the resources you need to live life to it's fullest.

LIFE'S CALLING. HOW WILL YOU ANSWER?

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Also in this issue: Calendar of classes available at St. Vincent Healthcare

Most Advanced CT in the World

Reduces need for multiple tests...lower radiation dose.

In November, St. Vincent Healthcare took ownership of one of the first 320 slice CT scanners in the country, the Aquilion ONE by Toshiba, the most advanced CT scan in the world. The Aquilion ONE provides a uniquely comprehensive exam, reducing diagnosis time from hours or days to minutes. In collaboration with the physicians of Eastern Radiological Associates, physicians have access to complete, accurate information to diagnose and treat patients resulting in healthier lives and reduced healthcare costs. The Aquilion ONE replaces the need for multiple diagnostic tests and invasive procedures, while reducing the amount of contrast material and radiation dose. The Aquilion ONE drastically improves patient care by comprehensive examinations for the treatment of patients with heart conditions, stroke, cancer, and other conditions faster, safer and more accurately, enabling healthier lives and lower healthcare costs.



Advanced technology, fewer patient tests, lower radiation dose, and increased and faster diagnosis... the Aquilion ONE 320 slice CT is medicine for the 21st century, and it's here, in Radiology Services at St. Vincent Healthcare. Ask your doctor about the Aquilion ONE.

Questions about the information in this newsletter? Call 406-237-8792.

Classes are filling up fast!

Call 406-237-3950 to register today.

www.svh-mt.org



Changing Pediatric Health Care across Our Region

Taking Pediatric Care to the Next Level: St. Vincent Children's Healthcare, with Montana's only Pediatric Intensive Care physicians is now in place. These physicians have taken the region's pediatric care to a new level, providing critical care for our very sick and injured children 24 hours a day, seven days a week.

St. Vincent Children's Healthcare – a commitment to the immediate and long-term health needs of the children in our region.

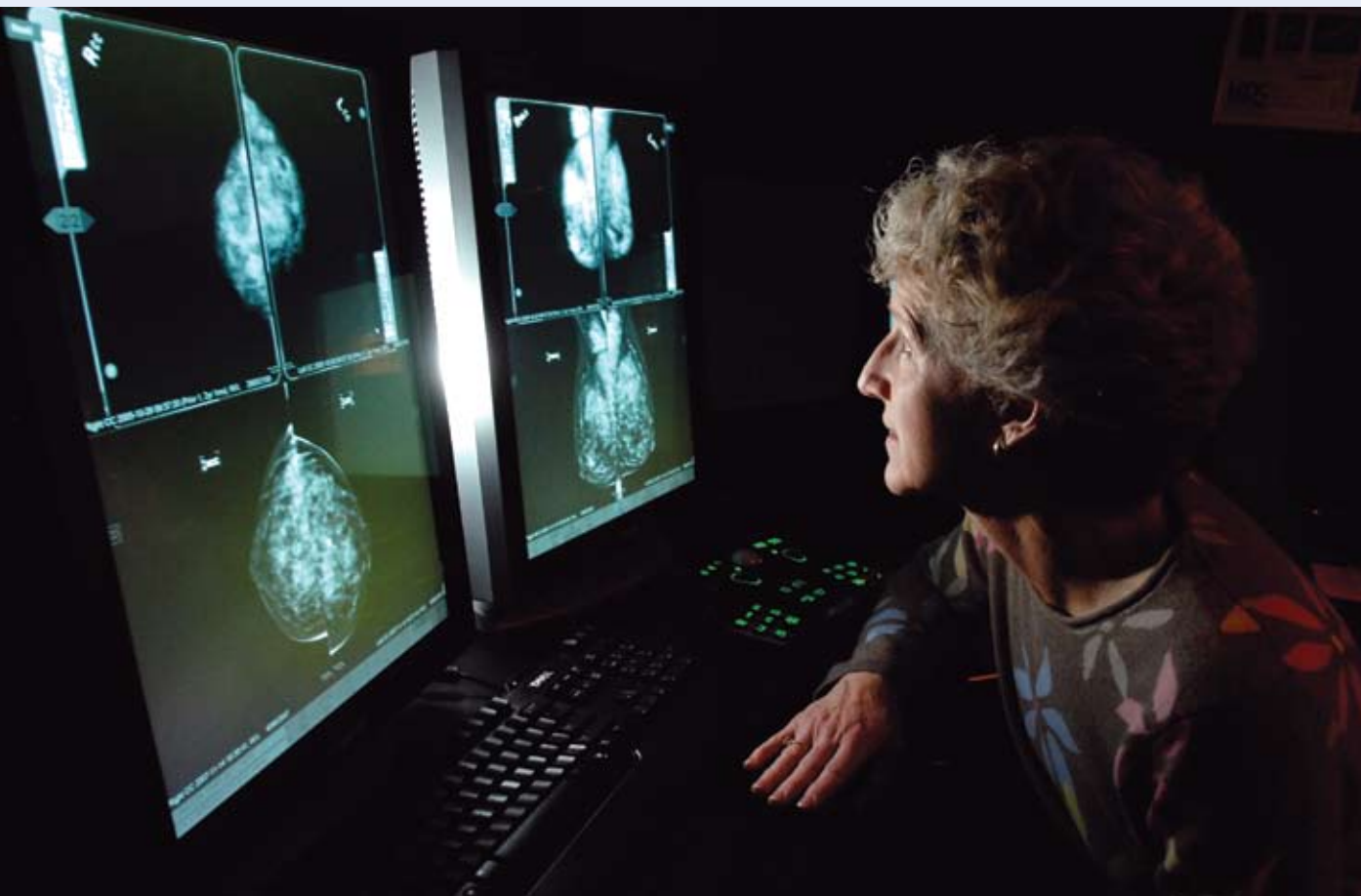
Working closely with our community and regional pediatricians and physicians as well as our pediatric experts in cardiology, gastroenterology, general and plastic surgery, neonatology, orthopedics, psychiatry, urology and pediatric outpatient rehabilitation, these specially trained

pediatric intensivists and hospitalists are working with our pediatricians and pediatric specialists to keep Montana's sick kids, close to home.

While thousands of pediatric patients from an expansive three-state area are expertly treated at hospitals across Montana, in the past facility and clinical gaps forced us to send many small patients who required critical or long term health care out of state because pediatric critical care was not in place to monitor and deliver that important care. For the few children that must be transported out of state for specialty surgical services, the intensive care physicians will fill the gap to bring those kids home to our communities for rehabilitation and further healing.

Saving time, saving health care dollars, and most importantly, providing the care our kids need, close to home, that's St. Vincent Children's Healthcare.

Yellowstone Breast Center, Center of Excellence



The St. Vincent Healthcare Yellowstone Breast Center has been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR).

The only breast center in eastern Montana and all of Wyoming to achieve this honor, this designation signifies the Yellowstone Breast Center meets the highest standards set by the ACR. Kathleen Ryan, MD, Eastern Radiological Associates said, "we've worked hard for this designation and are proud to offer the highest quality breast imaging in the region." The Yellowstone Breast Center began offering digital mammography in 2007, and has continued to provide patients with this revolutionary imaging, adding to the comprehensive diagnostic services dedicated to breast health and the early detection of breast cancer.



Call and make your appointment today, 237-4373.

The American Cancer Society recommends the following schedule for screening mammograms:

AGE 40 AND OVER EVERY YEAR

Orthopedics The Anterior Approach

Dean Sukin, MD of Ortho Montana in the Yellowstone Medical Center has patients requesting the anterior approach when they need a hip replacement.



DEAN SUKIN, MD

This new technique allows the surgeon to perform the procedure from the front of the hip instead of the back. This way, the hip is replaced without having to detach or cut through the muscle of the pelvis or femur. Dr. Sukin describes it as being much less invasive and more of an outpatient surgery, with patients being up and around much sooner. The benefits are many; hospital stays are shorter, the incision is smaller, recovery time is faster and there is less muscle trauma. Dr. Sukin traveled to Switzerland last year for special training on anterior hip replacement surgery. As far as he knows just he and a doctor in Bozeman are performing the procedure. While not everyone is a candidate for the anterior approach, Dr. Sukin refers to the procedure as fail safe and revolutionary.

For more information call Ortho Montana, 237-5050.

A Generous Donation

Nancy White, the new St. Vincent Healthcare Cancer Program Coordinator brought with her a quarter of a million dollar gift that will improve mammography screening for women at the Crow Northern Cheyenne Hospital in Crow Agency.

Through Nancy's efforts and with help from the St. Vincent Healthcare Foundation and Nancy's previous hospital, St. Mary's Healthcare in Grand Rapids, Michigan, an analog mammography unit was donated to replace the more than 20 year old outdated and unreliable equipment currently in use at the Crow Northern Cheyenne Hospital. Nancy knew there was a need because her husband, Thomas White, MD works at the hospital there. Nancy asked St. Mary's in Grand Rapids who said yes immediately and then enlisted the help of the St. Vincent Healthcare Foundation who agreed to support the project.

30th Anniversary SAINTS Ball Thank You



L-R: Debbie Tierney, Linda Snider, Chris Dorr, Shirley Harr, Marilyn Wheeler, Gigi Sorensen, Julie Ebzery, Sandy Anderson, Patty Nelson, Melinda Middleton, Jani Morse, Stella Fong, Lora Schultz, Trisha Ryan, Kate Dringman

Thank You To Our Generous Community!

A sold-out crowd of 920 celebrated the 30th Anniversary SAINTS Ball with an elegant evening of dinner and dancing worthy of this milestone. Volunteers created a sophisticated atmosphere with yards of white gossamer, crystal chandeliers, thousands of twinkling white lights, and 500 fresh white roses. Guests enjoyed the beautifully presented dinner designed by a trio of chefs – Chef Neil Johnson (Holiday Inn), Chef Paul Villa (Aramark), Chef Lynn Paris (Sysco). Following dinner, the amazing horn section and powerful vocalists from the 10 piece showband, Sensations, wowed the crowd and left the dancers breathless. Log on to www.svfoundation.org to view pictures of the evening.



Following the lead of the Premier Challenge Sponsor, St. Mary Land & Exploration Company, donors were generous at the Live and Silent Auctions. After expenses, this year's SAINTS Benefit raised \$609,500 to support the Montana Pediatric Project. With the Montana Pediatric Project, Montana children will be given the chance to heal closer to home with their family and local healthcare professionals close at hand. We thank the community volunteers and donors for partnering with us to improve the lives of the most fragile kids in our region.

EVA-GRAM

Uninsured or underinsured and can't afford a mammogram? We can help. A special fund, The Eva Fund, has been set aside for women to have their annual mammogram.

Wondering if you qualify? Call 237-3203 or 237-3232.

EcoStar...Protecting the Environment



Tracy Neary and Kim Rees accept the EcoStar Award from Governor Brian Schweitzer.

St. Vincent Healthcare has been named as a 2008 EcoStar Award winner.

EcoStar is a pollution prevention program sponsored by Montana State University Extension Services, recognizing businesses and organizations taking environmentally friendly steps to reduce waste, maximize efficiency and create a safer work environment. Some of our activities include the daily recycling of nearly 500 newspapers, diversion of 2.9 tons of medical single use devices from the landfill in the last 12 months, and the recycling of 700 pounds of cardboard everyday. St. Vincent Healthcare is committed to enhancing ecological and environmental awareness by working to return to the earth what has been given to us.



Upcoming St. Vincent Healthcare Events

Diabetes Prevention Program

Are you at risk for developing Type 2 Diabetes? Risk for Type 2 Diabetes include:

- Being overweight
- Having high blood pressure, whether you are on meds for it or not
- A woman who had gestational diabetes
- A woman who had a baby over 9 lbs.
- Fasting blood glucose levels between 100-125

Join the free 16-week Diabetes Prevention Program. Participants meet weekly at the YMCA for 16 weeks with their Lifestyle Coach (Registered Dietitian), to learn about the balance between healthy eating and physical activity. The YMCA's Activate America program is introduced in the 6th week, and participants begin exercising twice a week.

New classes are starting soon, call 237-8599.

Control Your Diabetes January 5, 12, 19, 26; February 2, 9, 16, 23; March 2, 19, 16, 23

Learn how to achieve a healthy lifestyle and balance exercise, medication and meal planning during this four week comprehensive course recognized by the American Diabetes Association.

10am-Noon, Broadwater Clinic, 2019 Broadwater
Pre-registration is required, call 237-8500.

Spirit of Women Women and Sleep: A Mind/Body Approach to Ending Insomnia Thursday, January 22

Do you lay awake at night watching the hours go by on the clock? Does your mind race with all of the things you need to do? Or do you fall asleep only to awaken a few hours later? Join Rory Ramsey, MD to learn more about holistic approaches for helping women with insomnia. Cost \$10 for non-members (includes membership) and \$5 for SW members. Lunch is provided.

Noon, Mansfield Health Education Center
Call 237-8700 to register.

Day of Dance Saturday, February 28

Join us for the 3rd Annual Day of Dance for Health as we dance, walk and move our way to a healthier community. Bring your friends and family to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings. FREE.

10am-2pm, Rimrock Mall
Call 237-8700 for more information.

Go Red for Women Luncheon Wednesday, February 11

St. Vincent Healthcare Spirit of Women is a proud sponsor of the American Heart Association Go Red for Women Luncheon. Heart Disease is the #1 killer of women, but the good news is that heart disease is largely preventable.

11am-2pm, Crowne Plaza Hotel; 3rd Floor
Speaker: Jason Fitzgerald, MD, Cardiovascular and Thoracic Surgeons
Call 800-592-7821. Limited seating available.

Think Pink Night Wednesday, February 18

Early detection can make a difference. With early detection through a mammogram, breast cancer can be identified and successfully treated. St. Vincent Healthcare Eva Project and MSU-Billings Women's Basketball Team are teaming up for breast cancer awareness. The Think Pink initiative is a global effort of the Women's Basketball Coaches Association's (WBCA) nation of coaches to raise breast cancer awareness on the court, across campuses, in communities and beyond.

MSU-B Alterowitz Gym, 7pm

Montana Athletic Enhancement Program

A program offered by
St. Vincent Healthcare and
Ortho Montana
New sessions begin: January 12
and March 12

Athletes, 9th grade and older, are encouraged to participate. Male and female athletes of all skill levels will benefit.

Each week of the session consists of the following:

- High Speed Treadmill Workout
- Plyometric Session
- Functional Strength Training
- Agility Workout

Each session begins with a pre-test of speed (10 or 40 yard sprint), agility (pro-agility), lower body power (vertec), upper body power (medicine ball throw) and ends with the same evaluation. By utilizing these evaluation techniques, our staff is able to assess strengths and weaknesses, develop individualized programs and demonstrate improvements at the end of the session. Athletes are not advised to participate in this program when they are in season and should allow a 2-week recovery period prior to beginning a sport season.

Call 256-6325 or visit www.maep.info for more program information.

MATE Show February 19-20 (10am-6pm) February 21 (10am-5pm)

Visit St. Vincent Healthcare's booth in the Health & Fitness Expo:

- Free blood glucose screenings
- Valuable health information

MetraPark Expo Center

CPR Saturday Learn to be a Life Saver! Saturday, February 21

Free adult and infant/child CPR classes will be taught by trained professionals. Each class takes approximately two hours and includes practice on a mannequin.

8am-5pm, Mansfield Health Education Center
Call 238-6181 or visit www.cprsaturday.org to register.

World Water Day Saturday, March 21

Choose from a one mile or 5-K walk to raise awareness and support those without access to clean drinking water. View educational displays and discover the difference last year's funds made.

8:30am, MSU-Billings Campus

Educating Darfur Refugees: A Jesuit's Effort in Chad Saturday, March 21

Listen to a presentation by Fr. Patrick Samway, S.J., the author of *Educating Darfur Refugees: A Jesuit's Efforts in Chad*, as he speaks about his experiences.

7pm, Mansfield Health Education Center

St. Vincent Healthcare announces... **LAP-BAND®** Surgery

Weight Loss Success is Possible! Get on the waiting list now!

In the Spring of 2009, St. Vincent Healthcare, in conjunction with Surgical Associates, will begin offering LAP-BAND® Surgery.

What is LAP-BAND® Surgery?

Adjustable Gastric Banding (AGB) involves the surgical placement of a silicone band around the upper portion of the stomach. This creates a small stomach pouch at the top of the stomach with a smaller opening to the rest of the stomach. When this band is in place, there is a restriction in the amount of food that you can eat at any one time. You will also feel full more quickly after eating. The LAP-BAND® procedure is minimally invasive and does not permanently reduce stomach size.



You may be a candidate for LAP-BAND® Surgery if:

- You have a Body Mass Index (BMI) of 40 or greater
- You are between the ages of 21 and 65
- You have been overweight for 5 years or longer
- You do not have an underlying illness that caused you to gain weight
- You do not abuse drugs/alcohol
- You have been unable to sustain weight loss through diet and exercise
- You are committed to making changes in your diet and lifestyle
- You are willing to continue to work with and be monitored by your Adjustable Gastric Banding (AGB) team

Contact the Weight Management Clinic at St. Vincent Healthcare 248-4580 with any questions or to register to attend a free informational seminar.

GASTRIC BYPASS SURGERY (GBPS). St. Vincent Healthcare also offers gastric bypass surgery. GBPS is considered the gold standard for the surgical treatment of morbid obesity. This surgery results in weight loss by limiting food intake and decreasing some absorption of food. GBPS has been a proven and successful weight loss method for many severely obese people, leading to improved health, resolution of medical illnesses such as diabetes type 2, and an improved quality of life. The St. Vincent Weight Management Clinic works closely with the surgeons at Surgical Associates and offers a comprehensive pre- and post-operative program of care.

Lose a Little, Lose a Lot – MEDICAL WEIGHT LOSS.

St. Vincent Healthcare Weight Management Clinic offers a comprehensive non-surgical medical weight loss program to help those that want to lose 10 pounds as well as 200+ pounds. Using a combination of medication, nutrition, and education, the clinic provides a safe, effective program designed to meet your needs and to help you on your weight loss journey.

Surgery for Weight Loss Seminar Dates:

January 8, January 29, February 19,
March 12, March 26, 6:30pm-8:00pm

Medical Weight Loss Seminar Dates:

January 20, February 17, 6:00-7:00pm

Weight Management Clinic

Cost: Free. Call 248-4580 to register.

Weight loss success is possible! Get on the waiting list now! We are here to help you reach that healthier weight — St. Vincent Healthcare Weight Management Clinic 248-4580.

St. Vincent Healthcare, in conjunction with Surgical Associates, will begin offering LAP-BAND® Surgery, also known as Adjustable Gastric Banding (AGB). AGB is an additional surgical tool that provides an opportunity for you to lose a significant amount of weight and to be able to maintain that healthy weight. The St. Vincent Healthcare Weight Management Clinic offers a comprehensive pre-and post-surgical program that provides you with the education and skills to ensure post-surgical success.



LAP-BAND® Surgery
Coming Spring 2009!

St. Vincent Healthcare  www.svh-mt.org

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St. Vincent Healthcare
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Billings, MT 59107-5200

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WINTER 2009 CALENDAR OF CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY				1 New Year's Walk N Talk with the Doc	2 Caring Connections Cancer Support Group	3
	4	5 Mother-Newborn Tour Getting Ready for Baby: Having a Baby Diabetes Self-Management	6 Walk-N-Talk With the Doc Cancer Survivorship Circle Slice of Life Exercise Twelfth Night Crawfish Boil Coffee and Conversation CPAP Clinic	7 Medical Weight Loss and Maintenance Topics Post Op Gastric Bypass Support Group	8 Medical Weight Loss and Maintenance Topics Slice of Life Exercise Surgical Weight Loss Seminar	9 Caring Connections Cancer Support Group
11	12 Breast Cancer Support Joint Replacement Class Diabetes Self-Management Getting Ready for Baby: Car Seat and Exercise Info Montana Athletic Enhancement Program Session Begins	13 Walk-N-Talk With the Doc Slice of Life Exercise Heartsaver CPR/First Aid	14 Medical Weight Loss & Maintenance Topics Pre/Post Op Gastric Bypass Support Group	15 Medical Weight Loss and Maintenance Topics Slice of Life Exercise Cholesterol Screening	16 Caring Connections Cancer Support Group	17
18	19 Diabetes Self-Management Getting Ready for Baby: It's a Birthday Medical Weight Loss and Maintenance Topics	20 Walk-N-Talk With the Doc AARP Drivers Safety Program Slice of Life Exercise CPAP Clinic Medical Weight Loss Seminar	21 Medical Weight Loss & Maintenance Topics AARP Drivers Safety Program New Baby Camp	22 Medical Weight Loss and Maintenance Topics Man to Man Prostate Cancer Support Group Slice of Life Exercise Women and Sleep	23 Caring Connections Cancer Support Group	24
25	26 Diabetes Self-Management Getting Ready for Baby: Cesarean Delivery Joint Replacement Class Gold Advantage Book Club Medical Weight Loss Topics	27 Walk-N-Talk With the Doc Slice of Life Exercise	28 Medical Weight Loss and Maintenance Topics Pre/Post Op Gastric Bypass Support Group	29 Medical Weight Loss and Maintenance Topics Slice of Life Exercise	30 Caring Connections Cancer Support Group	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY	2 Mother-Newborn Tour Getting Ready for Baby: Pain Management During Delivery Diabetes Self-Management Medical Weight Loss and Maintenance Topics	3 Walk-N-Talk With the Doc Cancer Survivorship Circle Coffee and Conversation Infant Massage CPAP Clinic	4 Medical Weight Loss & Maintenance Topics Post Op Gastric Bypass Support Group Slice of Life Exercise	5 Medical Weight Loss & Maintenance Topics Slice of Life Exercise	6 Caring Connections Cancer Support Group	7
	8	9 Breast Cancer Support Group Joint Replacement Class Diabetes Self-Management Getting Ready for Baby: When Baby Goes Home Medical Weight Loss and Maintenance Topics	10 Walk-N-Talk With the Doc	11 Medical Weight Loss and Maintenance Topics Pre/Post Op Gastric Bypass Support Group Slice of Life Exercise Go Red for Women Luncheon	12 Medical Weight Loss and Maintenance Topics Slice of Life Exercise	13 Caring Connections Cancer Support Group
15 Celebrating Womanhood	16 Diabetes Self-Management Getting Ready for Baby: Breastfeeding Medical Weight Loss and Maintenance Topics	17 Walk-N-Talk With the Doc AARP Drivers Safety Program CPAP Clinic Medical Weight Loss Seminar	18 Medical Weight Loss and Maintenance Topics AARP Drivers Safety Program New Baby Camp Slice of Life Exercise Think Pink Night	19 Medical Weight Loss and Maintenance Topics Man to Man Prostate Cancer Support Group Slice of Life Exercise MATE Show Surgical Weight Loss Seminar	20 Caring Connections Cancer Support Group MATE Show	21 CPR Saturday MATE Show
22	23 Diabetes Self-Management Getting Ready for Baby: Having a Baby Bootcamp for New Dads Joint Replacement Class Gold Advantage Book Club Medical Weight Loss and Maintenance Topics	24 Walk-N-Talk With the Doc Mardi Gras Montana	25 Medical Weight Loss and Maintenance Topics Pre/Post Op Gastric Bypass Support Group Slice of Life Exercise	26 Medical Weight Loss and Maintenance Topics Slice of Life Exercise	27 Caring Connections Cancer Support Group	28 Spirit of Women Day of Dance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH	2 Mother-Newborn Tour Getting Ready for Baby: Car Seat and Exercise Information Diabetes Self-Management Medical Weight Loss and Maintenance Topics	3 Walk-N-Talk With the Doc Cancer Survivorship Circle Slice of Life Exercise Coffee and Conversation CPAP Clinic	4 Medical Weight Loss and Maintenance Topics Post Op Gastric Bypass Support Group	5 Medical Weight Loss and Maintenance Topics Slice of Life Exercise	6 Caring Connections Cancer Support Group	7
	8	9 Breast Cancer Support Group Joint Replacement Class Diabetes Self-Management Getting Ready for Baby: It's a Birthday Medical Weight Loss Topics	10 Walk-N-Talk With the Doc	11 Medical Weight Loss & Maintenance Topics Pre/Post-Op Gastric Bypass Support Group	12 Medical Weight Loss and Maintenance Topics Slice of Life Exercise Surgical Weight Loss Seminar	13 Caring Connections Cancer Support Group
15	16 Diabetes Self-Management Getting Ready for Baby: Cesarean Delivery Medical Weight Loss and Maintenance Topics	17 Walk-N-Talk With the Doc AARP Drivers Safety Program Slice of Life Exercise CPAP Clinic	18 Medical Weight Loss and Maintenance Topics AARP Drivers Safety Program New Baby Camp	19 Medical Weight Loss and Maintenance Topics Man to Man Prostate Cancer Support Group Slice of Life Exercise Natural Family Planning	20 Caring Connections Cancer Support Group	21 World Water Day
22	23 Diabetes Self-Management Getting Ready for Baby: Pain Management During Delivery Joint Replacement Class Medical Weight Loss and Maintenance Topics	24 Walk-N-Talk With the Doc Slice of Life Exercise	25 Medical Weight Loss and Maintenance Topics Pre/Post Op Gastric Bypass Support Group	26 Medical Weight Loss and Maintenance Topics Slice of Life Exercise	27 Caring Connections Cancer Support Group	28
29 Becoming a Man Gold Advantage Sunday Dinner: Sleeping well in your Golden Years	30 Getting Ready for Baby: When Baby Goes Home Gold Advantage Book Club Medical Weight Loss and Maintenance Topics	31 Walk-N-Talk With the Doc Slice of Life Exercise				

HEALTH EDUCATION

Learn to Control Your Diabetes

Learn how to achieve a healthy lifestyle and balance exercise, medication and meal planning during this four week comprehensive course recognized by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs. January 5, 12, 19, 26; February 2, 9, 16, 23; March 2, 19, 16, 23 10:00am-Noon

Broadwater Clinic, 2019 Broadwater Avenue
Financial Assistance is available.

Pre-registration is required, please call 237-8500.

Preoperative Joint Replacement

For people scheduled to have joint replacement surgery. Learn about what to expect prior to surgery, after surgery and during recovery.

January 12, January 26, February 9, February 23, March 9, March 23

Noon to 2:00pm

Mansfield Health Education Center

Cost: Free. **Call 237-7590 for more information.**

CPAP Clinic

Meet with a respiratory therapist to have your CPAP mask, tubing, chin strap and filters inspected and replaced if needed.

January 6, January 20; February 3, February 17;

March 3, March 17, 9:00am-6:00pm

St. Vincent Healthcare HOME, 16th Street West, Suite 6

Call 237-8900 for an appointment.

Cholesterol Screening

You must fast for at least 8 hours prior to the test. You will have your results within 5-7 minutes.

January 15 • 7:15-9am

Yellowstone Medical Center West, 2900 12th Ave. N Ste 10W
Cost: \$27.00, no credit cards.

Registration required, call 238-6428.

WEIGHT MANAGEMENT CLINIC CLASSES

Medical Weight Loss and Maintenance Topics

Learn more about topics relevant to your weight loss success. Topics vary each week.

Every Wednesday and Thursday 12pm-1pm

Mondays 5:30pm, beginning January 19

Weight Management Clinic

Cost: Free to patients of Weight Management Clinic; \$10 for general public. **Call 248-4580 for more information.**

Medical Weight Loss Seminar

Do you need to lose weight? Looking for a healthy solution? Attend this free Medical Weight Loss Seminar and find out more about our medically supervised weight loss program.

January 20, February 17, 6:00-7:00pm

Weight Management Clinic

Cost: Free. **Call 248-4580 to register.**

Surgery for Weight Loss Seminar

Open to anyone interested in learning about the surgery. This informational session educates about the procedure, risks and complications, criteria for surgery, our pre and post surgical program, costs and insurance, etc. One of the surgeons attends as well, so potential patients and family members/support people have an opportunity to ask the surgeon questions directly.

January 8, January 29, February 19, March 12, March 26

6:30pm-8:00pm

Weight Management Clinic

Cost: Free. **Call 248-4580 to register.**

CANCER SUPPORT GROUPS

Cancer Survivorship Circle

The journey of people diagnosed with cancer does not end at the completion of treatment. This is a place where survivors can come together and share their stories, voice concerns about the future, and learn about physical, social, psychological and spiritual well being.

January 6, February 3, March 3

6:30-8:00pm

Northern Rockies Radiation Oncology Center, 1041 N. 29

Cost: Free. **Call 248-2212 for more information.**

Caring Connections Cancer Support Group

Free support group open to patients, families and friends of those experiencing and surviving cancer.

Every Friday, 10:30am-Noon

Northern Rockies Radiation Oncology Center, 1041 N. 29

Cost: Free. **Call 237-3084 for more information.**

MORE CANCER SUPPORT GROUPS

Breast Cancer Support Group

Support group for women in all stages of breast cancer, featuring guest speakers with presentations.

January 12, February 9, March 9

6:30pm, 90 Poly Drive

Cost: Free. **Call 237-3115 for more information.**

Man-to-Man and Side-by-Side Prostate Cancer Support Groups

Man-to-Man support groups provide knowledge, hope and fellowship for men who have been diagnosed with prostate cancer. Side-by-Side is a support group for women whose husbands or significant others have prostate cancer.

January 15, February 19, March 19, 7:00-8:30pm

Northern Rockies Radiation Oncology Center, 1041 N. 29

Cost: Free. **Call 248-2212 for more information.**

OTHER SUPPORT GROUPS

Discovery Circle Stroke Support Group

For stroke survivors, families and caregivers, led by a survivor.

January 15, January 29, February 12, February 26,

March 12, March 26

3:00-4:00pm, Mansfield Health Education Center

Cost: Free. **For more information call 237-3950.**

Gastric Bypass Surgery Support Groups

Support for patients planning on gastric bypass surgery, and post-operative support for those who have had it.

Pre/Post Op,

January 14; February 11; March 11, Noon-1:30pm

January 28; February 25; March 25, 6:00-7:30pm

Post-op Only,

January 7; February 4; March 4, 6:00-7:30pm

Cost: Free. **For more information, call 248-4580.**

GOLD ADVANTAGE

Coffee and Conversation with Sterling

You may qualify for extra help paying for prescription drugs. Learn more about Medicare Part D and Medicare Advantage. Need a supplemental insurance plan? Sterling Health Plan will discuss how they can help you.

January 6; February 3; March 3

2pm, Mansfield Health Education Center

Cost: Free. **Call 896-9151 to register.**

AARP Driver Safety Program

Learn ways to drive safely as an older driver including safety tips, handling adverse conditions, and traffic hazards. This is a 2 year certification.

January 20 & 21; February 17 & 18; March 17 & 18

1:00-5:00pm, Mansfield Health Education Center

Cost: \$10/\$5 discount is offered to people 65 and older.

Call 237-8787 to register. Space is limited.

Gold Advantage Book Club

January 26; February 23; March 30

2pm, Billings Community Center

Cost: Free. **Call 237-8787 for more information.**

Gold Advantage Sunday Dinner: Sleeping Well in Your Golden Years

As we age our sleep becomes lighter and interrupted which impacts our ability to get good sleep. Join Karen Allen, CRT, RPSGT, St. Vincent Healthcare Sleep Center and learn what could be causing your sleep problems and how it can be improved.

March 29, 5:30-7pm, Mansfield Health Education Center

Cost: \$5 for Gold Advantage Members (includes dinner).

Call 237-8787 to register.

EXERCISE CLASSES

Walk-n-Talk with the Doc

Join Cheryl Cook, MD and ask questions while you exercise.

Every Tuesday, 5:30pm, St. Vincent Healthcare Fortin Lobby

Cost: Free. **For more information, call 248-1685.**

Slice of Life Senior Exercise Classes

Tuesdays and Thursdays, Billings Community Center

Aerobic Class: 9:30-10:30am, Seated Class 10:45-11:45am

Cost: \$12 for ten weeks. **Call 657-3050 for information.**

NORTHWEST EDUCATION AND RESEARCH INSTITUTE

Participate in Clinical Trials

NWREI Research Center is now enrolling participants in clinical trials: Rheumatoid Arthritis, Orthopedics, Neuroscience, Cardiovascular Disease, Diabetes.

For information, call 237-5302 or visit www.nwrei.org.

SPIRIT OF WOMEN CLASSES

Getting Ready for Baby Prenatal Classes

We encourage you, along with the baby's father or support person, to attend these classes early in pregnancy. Attend all 8 classes or choose only those of special interest to you.

January 5, 12, 19, 26, February 2, 9, 16, 23

March 2, 9, 16, 23, 30, April 6, 13

Mondays, 7:00-9:00pm

Mansfield Health Education Center

Cost: Free. **Call 237-8700 to register.**

Mother-Newborn Tours

Free tours of the mother newborn unit are offered the first Monday of every month.

January 6, February 2, March 2

6pm, Perinatal Conference Room, 4th Floor

Cost: Free. **Call 237-8700 to register.**

New Baby Camp for Big Brothers and Big Sisters

Help children prepare for the arrival of a new brother or sister at this camp.

January 21; February 18; March 18, 6:30-7:30pm

Perinatal Conference Room, 4th Floor

Cost: Free. **Call 237-8700 to register.**

Infant Massage

Join Sheri Rausch, BS, AMTA, NCTMB, and gain greater knowledge and understanding of your baby through massage. The circulatory system, heart rate, breathing and digestion can be stimulated by massage. Many parents find baby massage helps with fussiness and gassiness. Bring your baby with you.

February 3, 6:00pm, Mansfield Health Education Center

Cost: Free. **Call 237-8700 to register.**

Bootcamp for New Dads

Men only! Attend a free 3-hour workshop taught by other dads who bring their own babies to practice with, and leave more confident in your ability to be a great dad.

February 23; April 13

7:00pm, Mansfield Health Education Center

Cost: Free. **Call 237-8700 to register.**

Natural Family Planning

Join Daphne Sutton and learn ways to plan your family naturally through the Creighton Method.

March 19, 7-9pm, Mansfield Health Education Center

Cost: Free. **Call 237-8700 to register.**

Celebrating Womanhood:

A workshop for a mother and daughter

An opportunity for mothers and daughters ages 9-11 to spend time together talking about puberty and the changes it brings. Sharon Christensen, RN, facilitator.

February 15, 1:15-4:30pm, Mansfield Health Education Center

Cost: \$35 per pair, \$30 for Spirit of Women members.

Call 237-4280 to register or for more information.

Becoming a Man: A workshop for a mother and son

Your son will go through many physical and emotional changes in early adolescence. Sharon Christensen, RN, presents this workshop for mothers and sons ages 10-12 that will help set the tone for future talks.

March 29, 1:15-4:30pm, Mansfield Health Education Center

Cost: \$35 per pair, \$30 for Spirit of Women members.

Call 237-4280 to register or for more information.

SAFETY CLASSES

Heartsaver CPR and First Aid Classes

Learn to save a life and receive your certification.

January 13; March 14, 7:30am-1pm

Boulder Room, Marillac Hall, St. Vincent Healthcare

Cost: \$75 which includes book. **Call 238-6182 to register.**

Pediatric Heartsaver First Aid/CPR Course

Learn to save a child's life and receive your certification.

February 14, 7:30am-1pm

Boulder Room, Marillac Hall, St. Vincent Healthcare

Cost: \$75 which includes book. **Call 238-6182 to register.**

Car Seat Safety Check

8 out of 10 kids in safety seats are not buckled up properly. Have our trained technicians teach you how to ensure that your child rides safely.

January 10; February 14; March 14, 10:00am-2:00pm

American Medical Response, 711 4th Ave N. Cost: Free.