

## Community Health Education Programs

For more information please call (909) 580-2538, or visit [www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org)

### HEALTH & SAFETY



#### Heartsaver CPR

Heartsaver CPR - Participants will learn how to recognize and treat life-threatening emergencies, including cardiac arrest and choking in adults, children and infants. Individuals will receive a two-year certification card after successful completion of the skills demonstration.

***Class size is limited.***

***For more information, or to register call (909) 580-1200. Cost: \$40.***

#### CPR for family and friends

CPR for Family & Friends is designed to teach skills in CPR and relief of airway obstruction for adults, children and infants. This non-certifying class is ideal for family members and friends of high-risk individuals, parents, grandparents, and anyone interested in learning rescue skills for loved ones.

***Class size is limited.***

***For more information, or to register call (909) 580-1200. Cost: \$10.***



### HEALTH EDUCATION

#### “Quit Clinic”

##### A smoking cessation program

Quitting successfully is not just a matter of willpower, but also your willingness to try new ways of managing life without smoking. In this series of three two-hour sessions, individuals will learn how to be more aware of their own “triggers” and learn about the various tools that can help them be in better control. Physicians, nurses, and a pharmacist are part of the group counseling. Medication treatment is available depending on eligibility and by arrangement.

***Cost: Free. For more information, or to register, call (909) 580-6167.***

#### Diabetes self-management series

This four-hour class teaches self-management skills for the patient with diabetes. Topics covered in the class include the importance of diabetes control, monitoring blood sugars, how to plan meals according to food selections and serving size, the possible complications associated with diabetes and

why exercise will benefit your health. The class is taught by a Certified Diabetes Educator.

***Physician referral required.***

***For more information, call (909) 580-2701.***

#### Fall prevention class for seniors

Falls are a significant public health problem that affects one in three older adults. Falls may result in decreased function, fear of falling, limiting activities, increasing healthcare cost, and even death (CDC, 2012). The program’s goal is to reduce the fall risk for older adults, people aged 58 and older, through education, intervention, and community resources. ARMC has partnered with the Fall Prevention Center of Excellence, Fall Prevention Coalition.

***For more information, call (909) 580-1376.***

#### Youth violence prevention program

The Fountain of Life: Reflections Program is a community-based/hospital-based program. Its goal is to meet the needs of the community through Restorative Justice Practices, and to provide at-risk youth with a glimpse into true life and death situations as a catalyst to promote self-correction. The program seeks to ensure that victims, offenders, and the community receive guidance, mentoring, education, and skills to make better lifestyle choices. ARMC’s Trauma Center has partnered with the Fountain of Life and local schools to provide a once-a-month program (the last Saturday of each month) that consists of approximately 10-20 youths and their parents.

***For more information, call (909) 580-1376.***

### MATERNAL & CHILD PROGRAMS

#### Preparation for childbirth

This five-week class will prepare you for the most positive and rewarding birth experience possible. Learn about breathing and relaxation techniques, physical and emotional changes to expect, and types of medications sometimes used in labor. It is recommended that classes be started 10-12 weeks before your due date.

***Time: 9 a.m. -11:30 a.m. Sunday (English)***

***Time: 6:30 p.m. - 9 p.m. Monday (Spanish)***

***Cost: Free. For more information, or to register, call (909) 580-3400.***

## Maternity tour

Come and learn about delivering at ARMC. You will receive a guided tour of our labor and delivery and Mother-Baby units and learn about the many services available. Refreshments and raffles prizes will be provided. You may choose to stay for a breastfeeding introduction class following the tour.

**Time:** 10 a.m. – 11 a.m. every 3<sup>rd</sup> Wednesday.  
**Location:** 3<sup>rd</sup> Floor Mother-Baby Conference Room.  
**Cost:** None. Open to the Community. For more information, or to register, call (909) 580-3400.



## SUPPORT GROUPS

### Diabetes support group

This group offers support and education to persons with diabetes and their families. The group is taught by a certified diabetes educator. Come and learn the latest information on how to control your diabetes.

**Meets the last Tuesday of every month, except Dec.**  
**Time:** 6:30 p.m. - 8 p.m.  
**Location:** Oak Conference Room, 1<sup>st</sup> floor  
**For more information, call (909) 580-2701.**

### Stroke support group

This group is for stroke survivors and their caregivers. The group provides valuable information, speakers, a supportive environment and a chance to meet others experiencing similar life changes post stroke. Through discussions, participants will learn ways to help problem solve, cope, and understand more about stroke.

**Meets the first Wednesday of the month.**  
**Time:** 11 a.m. – 12 p.m.  
**Location:** Ponderosa Room, Medical Office Building  
**For more information, call (909) 580-4383.**

### Postpartum support group

This is a discussion group about the challenges of being a mom. This is a place where you can come to ask questions, receive helpful resources, referrals, support and educational counseling.

**Time:** 11 a.m. - 12 p.m. Meets 3<sup>rd</sup> Tues. each month.  
**Location:** Mother/Baby Conference Room - 3<sup>rd</sup> floor.  
**Cost:** Free (English & Spanish).  
**Contact:** (909) 580-3530.

### Burn support group

A support and education group for outpatients and relatives of burn inpatients. The group is designed to assist patients and families in understanding the process of recovering from a burn injury. The group

provides a forum for questions, information, and a chance to meet and share their experience with other individuals.

**Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month.**  
**Call for times.**

**Location:** Burn Unit Conference Room, 2<sup>nd</sup> Floor.  
**Cost:** Free. **Contact:** (909) 580-2100.

### Breast cancer support group

A support group for individuals with breast cancer and their families. A place to sort out fears and questions with other individuals who have had the same or similar experiences. Experts will be on hand at each meeting to speak about helpful topics.

**Meets on the third Monday of each month.**  
**Time:** 6 p.m. – 8 p.m.  
**Location:** ARMC Oak Conference Room, 1<sup>st</sup> Floor  
**Contact:** (909) 580-3546.

### Cancer support group

Facing the challenges of cancer can leave one feeling overwhelmed. ARMC has formed a cancer support group which is a place for patients, caregivers and family members of any cancer diagnosis to connect with one another and receive information, resources and support.

**Meets on the first Thursday of each month.**  
**Time:** 4 p.m. – 6 p.m.  
**Location:** ARMC Oak Conference Room, 1<sup>st</sup> Floor  
**Contact:** (909) 580-3546 or (909) 580-1712.

### Look Good...Feel Better

This program, offered through the American Cancer Society, is a free program that teaches beauty techniques to women with a cancer diagnosis who are in active treatment. Beauty professionals teach women how to cope with the appearance-related side effects of treatment.

**Time:** 3 p.m. – 5 p.m.  
**Meets every other month, 3<sup>rd</sup> Floor, MOB**  
**Cost:** Free. **Contact:** 1-800-395-5665 to register.

### Additional support groups

Two Ecumenical prayer service and support groups are now forming at ARMC. Those living with cancer and survivors will meet the second Saturday of each month at 1 p.m. Parents and families who experienced fetal demise will meet the second Saturday of the month at 10 a.m.

**Both groups meet in the ARMC chapel. For more information, contact: Father Miguel Urrea, at (909) 580-1019.**