



BAY REGION

FOR IMMEDIATE RELEASE
DATE: December 16, 2016
CONTACT: JULIE KUKLA, (989) 894-3827
julie.kukla@mclaren.org

Support Groups offered by McLaren Bay Region

The **Breast Cancer Support Group** will meet on **Thursday, January 5** at 6:00 p.m. in the conference room at the Health Pavilion, 3175 W. Professional Drive in Bay City. **Brian Krause from the American Cancer Society will discuss the 2017 Relay for Life.** Tari Stull, MD, Breast Surgeon, and Colleen Woods, RN, Breast Health Navigator, host the support group meeting and are happy to answer individual questions from participants. RSVP by calling Colleen at (989) 667-6357.

The **Bay Area Cancer Support Group** meets on the first Thursday of each month (**January 5**) from 3:30 p.m.-5:00 p.m. at the Karmanos Cancer Institute, McLaren Bay Region West Campus, 3140 West Campus Drive, Bay City. This group provides an open discussion for patients, families, and friends who are dealing with cancer. A registered social worker facilitates this group. Participants can learn about the diagnosis and treatment of cancer, as well as learn new coping skills. For more information, please call (989) 894 3180.

Precious Reflections, a pregnancy and infant loss support group, will meet on **Tuesday, January 3** (first Tuesday of each month) from 7:00 p.m.-9:00 p.m. at the Lincoln Center, 820 South Lincoln, Bay City. The support group is open to parents and their support persons who have experienced a pregnancy loss through miscarriage, ectopic pregnancy, SIDS, or the death of a newborn. This support group is offered free of charge. For more information, call (989) 894 3015.

Caring for Others meets the second Wednesday of each month at the Center for Rehabilitation, McLaren Bay Region West Campus, 3190 E. Midland Road in Bay City. The next meeting is **Wednesday, January 11** at 6:00 p.m. This support group is designed for individuals who have the responsibility of taking care of others, whether it is a family member or friend, and is offered free of charge. For more information, please contact Karen Pabalís at (989) 667 6636.

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DIABETES EDUCATION CLASSES AT McLAREN BAY REGION

A **Diabetes Self-Care Education Program** is offered through McLaren Bay Region. A total of three 3-hour sessions and a follow-up class with certified diabetes education nurses and registered dietitians are offered weekly at various times, including evening hours. Topics include diabetes diagnosis and progression, meal planning and carbohydrate counting, goal setting, knowing your numbers, preventing complications, heart healthy eating and stress management.

Gestational Diabetes Classes are also offered. This class is 1 ½ to 2 hours.

Individual Classes are designed for adults, children and adolescents and discuss insulin pumps, insulin and injectable medication administration, glucose monitors, and continuous glucose sensors.

Our Diabetes Self-Care Education Program is certified by the State of Michigan Department of Community Health and has met the National Standards of the American Association of Diabetes Educators.

Classes are held at 400 S. Trumbull, Bay City. For more information, please call (989) 894 9528.

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About McLaren Health Care

McLaren Health Care, headquartered in Flint, Michigan, is a fully integrated health network committed to quality evidence-based patient care and cost efficiency. The McLaren system includes 12 hospitals, ambulatory surgery centers, imaging centers, the state's only proton therapy center, an employed primary care physician network, commercial and Medicaid HMOs covering more than 260,000 lives, home health and hospice providers, retail medical equipment showrooms, pharmacy services, and a wholly owned medical malpractice insurance company. McLaren operates Michigan's largest network of cancer centers and providers, anchored by the Barbara Ann Karmanos Cancer Institute, one of only 45 National Cancer Institute-designated comprehensive centers in the U.S. McLaren has 21,000 employees and more than 25,000 network providers. Its operations are housed in more than 300 facilities serving a 54-county market and 75 percent of Michigan's population. Learn more at mclaren.org.



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McLaren Bay Region Offers Prenatal Classes

McLaren Bay Region offers a variety of prenatal programs for expectant parents and parents of newborns. Classes include:

Childbirth 4-Week Series

Weekend Cram Session

Breastfeeding Class

Baby Class for BIG Kids (sibling preparation class)

Infant/Child CPR and First Aid Class

Infant/Child CPR and First Aid Class for Grandparents

Boot Camp for New Dads

For class descriptions, please visit our website at mclaren.org/bayclasses

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McLaren Bay Region Offers “Parkinson’s Exercise & Movement” Class

McLaren Bay Region’s Center for Rehabilitation is pleased to offer a comprehensive low-cost exercise class designed for individuals living with Parkinson’s Disease. **“Parkinson’s Exercise and Movement Class”** is held each Wednesday from 3 p.m.-4 p.m. at the Center for Rehabilitation, 3190 E. Midland Road, Bay City.

Parkinson’s disease is a chronic disorder of the brain that impairs a person’s ability to move. Parkinson’s causes damage to the part of the nervous system controlling movement, posture, and balance, resulting in stiffness, tremors, slowness, as well as difficulty with balance, walking and speaking. Exercise should be started as soon after diagnosis as possible. Inactivity results in muscle weakness and stiffness. Regular exercise helps to maintain quality of movement and muscle function.

The **Parkinson’s Exercise and Movement Class** consists of breathing exercises, stretching exercises, postural & balance exercises and proprioception exercises. The class is instructed by a specially-trained physical therapist assistant.

Participants must bring a signed physician’s approval before beginning the exercise program. A nominal fee of \$2.00 per session is payable at each class.

Please call the Center for Rehabilitation at (989) 667-6600 to register for the class or visit our website at mclaren.org/bayregion for more information.

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