



August 2010

Registration required for all programs. Call (260) 672-6500.

Getting Safety Right Night – an Evening for Mothers and Teen Daughters

Wednesday, Aug. 18, 6 – 9 p.m.

(Members and family \$3/nonmembers and family \$5)

Financial assistance is available.

Parkview Corporate Office

10501 Corporate Drive, Fort Wayne, IN 46845

Located on the Parkview North Campus

As little girls grow up and gain independence, mothers are concerned about their well-being. Today, young women are more vulnerable and face increased levels of danger compared to yesteryear. Innocence is wonderful, but knowledge equips and protects. Join area experts to discuss sensitive topics for young adults, including:

- Building healthy relationships and preventing abuse
- Introducing safety awareness and self defense tips
- Eating well and eating disorder prevention — drastic weight gain as well as loss
- Understanding sexual health and disease prevention
- Managing money and understanding virtual banking
- Preventing drug and alcohol abuse

Women's Health Center hours: Monday – Thursday, 8 a.m. – 4:30 p.m. Friday and weekend hours by appointment only.

11123 Parkview Plaza Drive, Suite 200,
Medical Park 2, Entrance 2
Fort Wayne, IN 46845



PARKVIEW WOMEN'S HEALTH CENTER

This fun-filled, power-packed evening provides invaluable information for mothers and for daughters embarking on womanhood. Win prizes, enjoy refreshments and visit vendor booths. This event is recommended for individuals 16 years of age or older. Call (260) 672-6500 to register.

Healthy Earth, Healthy You – Inside and Out! (Rescheduled)

Thursday, Aug. 19, 6:30 – 8 p.m.

(Members \$10/nonmembers \$20)

Join registered dietitians Leigh Ann Brooks, RD, RN, CDE, Parkview Diabetes Treatment Center, and Kathy Wehrle, RD, Nutrition Services, Parkview Hospital, and discover healthful eating by choosing local and organic foods. Learn about composting, recycling and repurposing. Also learn about eco-friendly cleaning supplies and enjoy sampling flavorful new dishes.

World Breastfeeding Week 2010

August 1 – 7

World Breastfeeding Week is celebrated in more than 120 countries during the first week of August. To encourage breastfeeding, Parkview Women's Health Center is offering 20 percent off Medela and Bravado nursing bras, tanks and Medela breast pumps and accessories.

ENJOY A FREE MEMBERSHIP. FOR MORE INFORMATION, OR TO JOIN, CALL (260) 672-6500.

Osteoporosis Screening

Thursday, Aug. 17, 9 – 11 a.m.

(Members \$5/nonmembers \$10)

Foot Screenings

with Michael McManus, DPM,
Orthopaedics NorthEast

Wednesday, Aug. 18, noon – 1:30 p.m.

(Members free/nonmembers \$5)

Ask the Dietitian with Julia Just, RD

Wednesday, Aug. 18, 3:30 – 5 p.m. (Free)

Foot and Nail Care

with Linda Kerr, NP-C

Tuesday, Aug. 10, 9 a.m. – noon

and 1 – 3 p.m.

Thursday, Aug. 19, 9 a.m. – noon

and 1 – 3 p.m.

(Members \$20/nonmembers \$30)

Free Support Groups

at Parkview Women's Health Center

For more dates and times,
call (260) 672-6500.

Postpartum Pals – Breastfeeding Support Group

Meets every Thursday from 10 to 11:30
a.m. and the first and third Tuesdays from
6:30 to 8 p.m.

On Thursday, August 19, at 11 a.m., Linda
Schmenk, LMT, Parkview Women's Health
Center, will present Baby Back Rub.

Arthritis and Fibromyalgia Support Group

Meets the third Tuesday of every month
from 6:30 to 8 p.m.

Interstitial Cystitis Support Group

Meets the first Tuesday of every month
from 5:30 to 7 p.m.

Motherhood Connections – Postpartum

Depression Support Group

Meets the second and fourth Tuesdays
at 10 a.m.

When a Baby Dies:

Dealing with the loss of your baby

Meets the second and fourth Thursday of
every month from 7 to 8:30 p.m.

Women's AA Meetings

Meets every Sunday from 7 to 8 p.m.

Product of the Month

Receive 40 percent off all
Good Fortune Products

Schedule your massage today!

Do you need a massage, but you can't find
time right now? Schedule an appointment
today and secure your fall massage.
Appointment times fill quickly.

Registration required for all programs.

Call (260) 672-6500.



PARKVIEW WOMEN'S HEALTH CENTER

Parkview Health

10501 Corporate Drive

Fort Wayne, IN 46845

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