

## **Support and Educational Programs offered by Carteret General Hospital**

### **Arthritis Seminar**

Free one hour seminar for anyone who suffers from swollen, stiff, painful or immobile joints. Presented by a RN and Joint Care Coordinator. Call 808-6200.

### **AWAKE (Alert, Well and Keeping Energetic) Sleep Disorders Support Group**

Meets 3rd Thursday of January, April, July and October in Meeting Room at Carteret General Hospital. Call 808-6615.

### **Better Breathers**

Meets 3rd Tuesday of the month January – May and September - November at 3pm. Learn tips and techniques to better manage lung disease. Meets in Meeting Room B at Carteret General Hospital. Call 808-6616.

### **Childbirth Preparation and Breastfeeding Classes**

Five week class to prepare you for childbirth and breastfeeding. Call 808-6254 for more information and to register

### **Colorectal Support Group**

Meets 4th Thursday of the month at 5:30pm in Meeting Room A. Coordinated by the Raab Oncology Clinic. Call 808-6642 for more information.

### **Freedom From Smoking**

Seven week class to help you quit smoking. Cost is \$50. Meets in the Hospital. Call 808-6611.

### **Hospice Bereavement Group**

Meets 1st Wednesday of the month at 12 noon at the Leon Mann Enrichment Center. Lunch is provided. Call 808-6085 for more information.

### **Joint Surgery Class Prep Class**

Free for joint surgery patient and guest by physician referral. Educational class to prepare for surgery and return home. Meets every Tuesday October - April 19th and every other Tuesday beginning April 26th. Call 808-6673.

### **Leukemia/Lymphoma/Myeloma Support Group**

Meets 2nd Tuesday of February, May, August and November at 12 noon. Meets in the Hospital. Lunch is provided. Call 808-6642 to register.

### **Living after Loss**

Eight weekly sessions on Thursdays. Using instruction and discussion, the program helps participants understand sorrow and loss. Meets in Raab Clinic, 302 Medical Park. Call 808-6678 to register. Free.

### **Look Good Feel Better for Female Cancer Patients**

Learn tips for hairstyling, skin & nail care and make-up. Meets 2nd Monday, Jan, Mar, May, July, Sept, Nov at 2:00pm in the Hospital. Call 808-6642 to register.

### **Tickled Pink – Breast Cancer Support Group**

Meets 3rd Tuesday of March, June, September and December at 5:30pm. Call 808-6642.