

For a
physician 
referral:
231-720-1819

Visit 
us on the web:
www.mercy-healthpartners.org

summer community calendar



MERCY HEALTH PARTNERS

Access

Wednesdays, 1 to 5 p.m.
Westshore Professional Pharmacy, Health Pavilion, 1150 E. Sherman Blvd.
Receive assistance with prescriptions, Medicaid, MICHild and other services. The Muskegon Community Health Project, 231-672-3201.

Aesthetics

Get the latest in rejuvenation services with these monthly features:
June—25 percent off hair-removal package
July—25 percent off Botox
August—25 percent off permanent makeup
Call Lakeshore Laser and Aesthetic Center at **888-78LASER (888-785-2737)** to schedule an appointment.

Amputees

Amputee Support Group
Call **231-672-4886** for more information.

Special Events

Bladder Screening Clinic
Tuesday, June 23, 9 a.m. to noon & 2 to 5:30 p.m., Lakes Campus Bladder Clinic
Free
Registration required; call **231-727-7944**.

Walk for Diabetes
June 6; registration at 8 a.m.
Heritage Landing
Call The Muskegon Community Health Project at **231-672-3201** for more information or to get a walk packet.

Arthritis

Arthritis Pool Class

AquaTherapy Rehab Center, 100 Seaway Drive
\$4 per class
Work at your own pace with a professional instructor. Includes gentle stretching, endurance activities and strengthening exercises. Call **231-672-6940** for dates and times.

Bereavement

Finding Joy in the Mourning

Available in Muskegon, Whitehall and Shelby
Eight-week grief recovery group. Call VNS Homecare & Hospice at **231-726-5025** for dates and locations.

Grief Healing

Tuesdays, 7 to 8 p.m.
VNS Homecare & Hospice, 888 Terrace St., Muskegon
This weekly support group covers various topics and encourages participants to learn from others who have experienced a loss. Call **231-726-5025** to learn more.

Medical Camps

June 13, St. Jean Baptiste Catholic Church
Aug. 22, Bethel Full Life Church
Aug. 29, Crescent Avenue Family Day
Receive assistance with prescriptions, Medicaid, MICHild, blood pressure checks, diabetes and pulmonary function testing. Call **231-672-3201** for more information.

Blood Drives

Red Cross Blood Drive

■ **Wednesday, June 3, 10:30 a.m. to 4:30 p.m.**
Conference Rooms A/B/C, Mercy Campus
■ **Thursday, July 9, 10:15 a.m. to 4 p.m.**
Youngberg Auditorium, Hackley Campus
■ **Wednesday, July 29, 10:30 a.m. to 4:30 p.m.**
Conference Rooms A/B/C, Mercy Campus

Cancer

Breast Friends

Lakes Campus
First Wednesday of each month, 10 to 11:30 a.m.
Learn more about breast cancer. Call **231-672-3368**.

Living With Cancer

Tuesdays, 5:30 to 7:30 p.m.
Lobby of the former Hackley Cancer Center, Hackley Campus
An informational support group for cancer patients. Call **231-672-3368**.

Prostate Cancer Support Group

Last Wednesday of each month, 10 to 11:30 a.m.
Room 394, Hackley Campus
Call **231-672-3368**.

Cancer Support Group (Shelby)

Second Tuesday of each month, 7 p.m.
Conference Room, Lakeshore Campus
Call Phyllis Schlee at **231-861-4382** or **231-873-2723** or Sherry Lessens at **231-861-5150** for dates.

Diabetes

Certified Diabetes Program

Individual instruction and classes. Call **231-798-0369** (Hackley Campus).

Diabetes Support Group

Three special diabetes events per year.
Hackley Campus
Contact Kathy Workman at **231-798-7777**.

Diabetes Support Group (Shelby)

First Tuesday of each month, 7 p.m.
Conference Rooms Lakeshore Campus
Call **231-861-3018** for more information.

Having a Baby?

Aquatics for Two

AquaTherapy Rehab Center, 100 Seaway Drive
\$4 per class
Enjoy prenatal aquatherapy in a heated, indoor swimming pool. Call **231-672-6940** for dates and times.

*The following classes are at the Family Birthing Place—Hackley Campus. Call **231-728-4092** to register and for dates and times.*

Baby Signing

\$50
Teach your little one to communicate through sign language. Call **231-728-5691**.

Breastfeeding Class

June 17, July 15 and August 19, 7 to 9 p.m.
Free
An introduction to breastfeeding.

Breastfeeding Support Group

Wednesdays, 5 to 7 p.m.

Free
Call 231-728-4930.

CPR for Infants and Children

Wednesdays, June 10, July 8 and Aug. 12, 7 to 9 p.m.

Free
Learn CPR techniques that can save a child's life.

Expectant Parents Class

\$40
A two-session evening course or a weekend course. Medicaid accepted.

The following classes are at the Special Delivery Birth Center—Muskegon General Campus. Call 231-672-4800 to register and confirm times and locations.

Breastfeeding Class

Mondays, June 1, July 6 and Aug. 3, 7 to 9 p.m.
Free

Breastfeeding Support Group

Wednesdays, 1:30 to 3:30 p.m.
Free
Taught by a certified lactation counselor.

New Brother/New Sister

Wednesdays, June 10 and Aug. 12, 6 to 8 p.m.
\$5 for the first child; \$2.50 for each additional child

Postpartum Depression Support Group

Tuesdays, 7 p.m.
Mercy Health Partners Life Counseling, 1352 Terrace St., Muskegon

Free
For more information, call Stephanie Dickinson at 231-726-3582.

Prenatal Classes

■ Tuesdays and Thursdays, 7 to 9 p.m.
Series starts June 2 and July 21.

■ Saturdays, 9 a.m. to 4 p.m., and Sundays, 1 to 5 p.m.
Series start June 20, July 25 and Aug. 22.
\$40 (no cost for Medicaid)

Prenatal Refresher Course

For those who have already delivered a baby. Weekday and weekend classes are available.

Mercy H.E.A.R.T. Center

The following are programs of the Mercy H.E.A.R.T. Center at 1212 E. Sherman Blvd., Muskegon.

Cancer Lifestyle Program

Tuesdays and Thursdays, 2 to 3 p.m.
Exercise, nutrition, counseling and spiritual support.
Call 231-672-3648.

Cholesterol, Lipid and Glucose Screening

Tuesdays, June 9, July 14 and Aug. 11, 7 a.m. to noon
Mercy H.E.A.R.T. Center
\$6 for cholesterol or glucose screenings, \$15 for a lipid profile and \$21 for both
No appointment needed.

Healthy Nutrition Class

Tuesdays and Thursday, 9 a.m., Tuesdays at 1:30 p.m.
\$20
A one-hour class taught by a registered dietitian. Call 231-672-3648 for dates and to register.

Heart Failure Support Group

Free
Call 231-672-3604 for dates and times.

Nutrition

Individual Nutrition Counseling

Comprehensive nutritional education for adults and children. Call 231-672-4940 for more information. To schedule an appointment, call 231-672-3648.

Healthy Weight

Medical Weight Management

Achieve healthy weight loss through this 26-week, medically managed weight-loss class. Call 231-672-3648.

Bariatric Surgery Seminar

Thursdays, June 4, July 9 or Aug. 6, 6 to 9 p.m.
Conference Rooms A/B/C, Mercy Campus
Learn about weight-loss surgery. Call 866-934-4465.

HMR Weight-Loss Class

Medically supervised, at-home weight-loss program. Call 231-798-2346 for a free orientation, or visit www.hackleyhealthmanagement.com.

Teens on the Move

\$100 (partial scholarships available).
A health and fitness program for 13- to 18-year-olds. Call 231-672-3648.

Free mammograms

For qualified applicants.
Call 231-724-1286.

Stroke

Stroke Support Group

Free
Open to stroke survivors and their caregivers, this group deals with stroke-related health topics with open discussion and caregiver support. Call 231-728-4698 for more information.

Support Groups

Caregiver Support Group

First Friday of the month, noon to 1 p.m.
North Ottawa County Council on Aging (NOCCOA), 422 Fulton, Grand Haven
Sponsored by Mercy Health Partners and NOCCOA. Call 231-728-5863.

Online health resource >>>>
Looking for reliable information about a specific health topic?
Go to our Health Library at www.mercy-healthpartners.org.



MERCY 
HEALTH PARTNERS