

Hospital Happenings!

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Marcus Daly Memorial Hospital Free Healthcare Education Series: Join us and learn how you can become a more active partner in your health care. The 2018 / 2019 health education series has cooked up a fabulous series for you! We have exciting new educators and partners this year. We are kicking off the series by celebrating National Diabetes Month with the Hamilton Lions Club. Save the dates and hope to see you at the classes!

Thursday, November 1st – Cooking Up Healthy Holiday Meals

November is National Diabetes Month, let's Celebrate! Holidays are coming, want to go healthy? Let us help you avoid the holiday pounds by learning how to create diabetic friendly and cholesterol conscience holiday meals. Once you have the cooking tips and recipes for cooking healthy holiday meals, sign up for the cooking class on November 8th at www.mdmh.org/events and put the tips to work. Let's go holiday healthy this year!

- Instructor: Providence Endocrinology Diabetes and Nutrition Group
- Time: 5:30pm to 6:30pm, doors open at 4:45pm
- Location: Marcus Daly Memorial Hospital, Blodgett / Canyon View Conference Room

Thursday, November 8th - Healthy Holiday Meals: Cooking Class

Put the holiday healthy cooking tips and recipes to work in this two-hour cooking class offered three times. You are sure to experience deceptively yummy dishes that will impress your family and friends!

- Instructor: Providence Endocrinology Diabetes
- Class Times: 10am to 12noon, 1pm to 3pm, and 5:30pm to 7:30pm
- Space is limited, up to 15 participants per class
- Registration required, www.mdmh.org/events
- Location: St Francis Pastoral Life Center, 411 S. 5th, Hamilton
- Thank You to St. Francis Parish for providing the supplies and ingredients

Thursday, December 6th – Baking Healthy Holiday Desserts

Health Baking classes that are diabetic and cholesterol friendly.

Take home a baking substitute list that creatively helps you avoid excessive sugar during the holidays. Your recipes will keep the fun and flavor in your sweet treats yet cut out some of the sugar, cholesterol and calories. Your desserts will be diabetic and cholesterol friendly – and only you will know. Join us in creating a healthy holiday season! Also, attend the healthy baking class on December 13th and put the substitutes to work, sign up at www.mdmh.org/events.

- Instructor: Providence Endocrinology Diabetes and Nutrition Group
- Time: 5:30pm to 6:30pm, doors open at 4:45pm
- Location: Marcus Daly Memorial Hospital, Blodgett / Canyon View Conference Room



Working together to build a healthier community!

Thank you to the Hamilton Lions Club and St. Francis Health Committee and Parish Center for sponsoring the November and December health classes.

1200 Westwood Drive • Hamilton, Montana
406.363.2211 • mdmh.org

**MARCUS DALY
MEMORIAL
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Quality Care Close to Home™

Free Health Education Series . . . continues!

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Thursday, December 13th - Healthy Holiday Baking class!

Put the holiday baking healthy substitutes to work in this two-hour baking class offered three times. Learn the tricks to baking healthy holiday goodies, then share and them as well!

- Instructor: Providence Endocrinology Diabetes
- Class Times: 10am to 12noon, 1pm to 3pm, and 5:30pm to 7:30pm
- Space is limited, up to 15 participants per class
- Registration required, www.mdmh.org/events
- Location: St Francis Pastoral Life Center, 411 S. 5th, Hamilton
- Thank You to St. Francis Parish for providing the supplies and ingredients

Thursday, January 10th – Reduce Pain and Gain Flexibility!

Feeling stiff, joints ache, waistline expanding? Have fun learning how to regain your flexibility, reduce arthritis pain and safely get moving to rid a few pounds. Get important stretching, diet and exercise tips that will help you jump start your commitment to a healthier new year!

- Instructors: Holly Jarvis, PT, cPT & Missy Frank, PTA, Marcus Daly Rehabilitation Services
- Time: 5:30pm to 6:30pm, doors open at 4:30pm, come early and test your flexibility
- Location: Marcus Daly Memorial Hospital, Blodgett / Canyon View Conference Room

Thursday, February 21st - Heart to Heart Talk

Celebrate Heart month with Dr. Navone. Learn about how to keep your heart in rhythm, if you at risk of heart disease, AFIB, heart murmurs and more!

- Instructors: Anthony Navone, MD, Marcus Daly Cardiology & International Heart Institute
- Time: 5:30pm to 6:30pm, doors open at 4:45pm
- Location: Marcus Daly Memorial Hospital, Blodgett / Canyon View Conference Room

March / April – Watch for the new Surgery Center Grand Opening

Details coming soon!

Thursday, May 9th – Mental Health Month, Whole Health Matters!

Learn the critical role that mind and health plays at every age. This class teaches the importance of a “village” – individuals, teachers, parents, and grandparents knowing and understanding the behaviors that create an unhealthy mind. At any age one can have mental health issues such as anxiety or depression, or behavioral problems like substance abuse. By attending this class you will be able to recognize the signs and symptoms of these disorders so we can get you early treatment.

- Instructor: Sarah Gabriel, PMHNP, Mental Health Nurse Practitioner, Bitterroot Physicians Clinic
- Time: 5:30pm to 6:30pm, doors open at 4:45 pm
- Location: Marcus Daly Memorial Hospital, Blodgett / Canyon View Conference Room

SAVE the dates:

Thursday & Friday, November 8th - 9th: Christmas Boutique at MDMH by the Auxiliary

Thursday, December 6th at 5pm: Marcus Daly Hospice Tree of Lights! Call 406-363-6503 for more information.