

DELNOR COMMUNITY EDUCATION

LYMPHEDEMA EDUCATION AND SUPPORT

Learn what lymphedema is, how to prevent it, and treatment options available. Support will also be provided during this session for those who are currently dealing with diagnosis.

Wednesday, September 7

7-9 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

DELNOR COMMUNITY EDUCATION

STOP SMOKING, CLEAR THE AIR

This one-hour workshop will provide you with strategies and tools to help you become a nonsmoker forever. The workshop is followed by a half-hour support group.

Wednesday, September 7

7-8:30 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

DELNOR COMMUNITY EDUCATION

GET A MOVE ON

Learn to create a realistic and sustainable fitness plan to get your heart in prime condition.

Thursday, September 8

7-8 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

CENTRAL DUPAGE HOSPITAL'S FREE DINNER WITH THE DOC SERIES:

HEADACHES AND MIGRAINES IN CHILDREN

David Sperry, MD, pediatric neurologist from Central DuPage Physician Group, who participates in the Children's Memorial at Central DuPage Hospital Pediatric Program will discuss how to differentiate between headaches and migraines, which tests have proven useful in diagnosis, and how treatment options can bring relief. Intended for parents and professionals working with children younger than 18.

Wednesday, September 14

6-7:30 pm Dinner Program

Arrowhead Golf Club, Wheaton

FREE -- call now, seating is limited

Free registration required, please call 630-933-4234/ TTY 630-933-4833 for the hearing impaired

DELNOR COMMUNITY EDUCATION

FEEDING A SMART HEART

Learn how to plan, shop for and cook delicious heart healthy meals, and get tips for heart-healthy eating on the go.

Thursday, September 15

7-8 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

DELNOR COMMUNITY EDUCATION

MOMMY SMILES, BABY SMILES

Few things are more precious than the glow of a pregnant woman or the first smile a baby makes. Keeping both mom and baby's mouths healthy are an important part of overall health. Elizabeth Sacrey, D.D.S. and Scott Capper, D.D.S. from Sacrey and Sacrey Dentistry will provide information on how to prevent disease and create healthy smiles through good oral health habits. Food/drinks will be provided.

Tuesday, September 20 or Wednesday, September 21

6-7 pm

Delnor Hospital, Geneva

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

CNS HOME HEALTH & HOSPICE PROGRAMS

AN INNOVATIVE APPROACH TO PAIN MANAGEMENT

Palliative Care is a form of care dedicated to symptom management and pain control. This informative and comprehensive overview of Palliative Care will focus on treatment options and improving the quality of life for persons with a life-limiting illness.

Wednesday, September 21

6-7 pm

CNS Home Health & Hospice, 690 E. North Ave., Carol Stream

DELNOR COMMUNITY EDUCATION

UNDERSTANDING YOUR HEART NUMBER

Now that you know your numbers, what do they mean and what can you do about them? Join us for an overview of other risk reduction strategies, family history/genetics, medications, diabetes and cholesterol management.

Thursday, September 22

7-8 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

DELNOR COMMUNITY EDUCATION

DIABETES AND EXERCISE: THE GUIDELINES EXPLAINED

Join Josh McKinney, MS, exercise physiologist, for an in-depth look at exercise recommendations for people with diabetes. He will also discuss safety precautions when exercising with diabetes.

Wednesday, September 28

7-8:30 pm

Delnor Health & Wellness Center

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired

DELNOR COMMUNITY EDUCATION

GUY TALK

Join a Delnor staff member for a discussion on the physical and emotional changes that occur during puberty for boys and girls along with information about reproduction. This class is designed for fathers and sons (boys 10-14 years of age).

Thursday, September 29

7-8:30 pm

Delnor Hospital, Geneva

Free registration required, please call 630-208-3999/TTY 630-208-4399 for the hearing impaired