

BetterHEALTH

Promote.
Preserve.
Restore.

Kids love to play and have fun – regardless of the weather. This issue of Better Health shares a variety of ways to get – and keep – our youth active and healthy all year long.



TAKING AN ACTIVE ROLE IN A HEALTHIER YOUTH COMMUNITY

Healthier people make for stronger communities. This is most certainly true when it comes to a community's youth and young people – the healthier (mental, physical, emotional) they are, the stronger the foundation a community has upon which it can build its long-term future.

At DeKalb Health, we are big believers in the importance of developing and maintaining physically, mentally and emotionally healthy young people. And we put that belief into action every day, making available to the young people of our community and region a wealth of programs, services and events year-round – all delivered by skilled, experienced, expert medical professionals both on our campus in Auburn and at convenient locations throughout DeKalb County.

In fact, there are so many things available to young people through DeKalb Health, we're using this issue of Better Health to tell you more about a lot of them. Learn more about the programs, events, classes and services from DeKalb Health designed specifically to monitor, develop and strengthen the health of young people in our community. We hope you find one - or more - that would be valuable to a young person you know.

Because we all play a part in the developing and maintaining the health of our youth and young people.
BECAUSE WE ALL BENEFIT FROM IT.



DEDICATED CHILD REHABILITATION AND THERAPY

We believe every child has great potential. Unfortunately, not all children develop in a way that enables them to become independent in the skills necessary for life. And, as it is in other health programs and services, the needs of children when it comes to rehabilitation are different and unique from those of adults. This is why DeKalb Health offers dedicated and comprehensive pediatric rehabilitation services, consisting of occupational therapy, physical therapy and speech language pathology.

We provide each child a comprehensive assessment to determine how we can best help him or her. Working as a team along with the child's parents or caregivers, we then develop a custom, individual treatment plan to provide optimal interventions and rehabilitation components that will help bring about the greatest change in each child.

To learn more about how pediatric rehabilitation from DeKalb Health may help your child or one you know, call 260.920.2632 or visit DeKalbHealth.com.

WHAT CAN PEDIATRIC REHABILITATION TREAT?

DeKalb Health clinicians offer a range of experience and extensive expertise working with children dealing with numerous issues, including:

- Articulation and motor speech disorders
- Genetic disorders
- Craniofacial abnormalities
- Developmental disorders
- Feeding and swallowing difficulties
- Neurological disorders
- Orthopedic issues
- Phonologic disorders
- Receptive and expressive language difficulties
- Voice disorders





Lee Ann Pixley, MD, Pediatrician;
Naomi, Two-Year-Old Patient

PEDIATRICS

Staffed by a team of experienced and expert providers and support staff, our pediatrics department provides a comprehensive, holistic approach to healthy living for youth and young people. Our team delivers leading care and services backed by the most advanced and innovative technology available, making the pediatrics department at DeKalb Health one of the most accomplished and trusted anywhere in our region.

With three providers at DeKalb Health - Jodi Strock, MSN, FNP-C; Lee Ann Pixley, MD; and Jody Trent, MSN, CPNP - focusing their practice on pediatric medicine, you have access to leading and comprehensive care for young people in our community and beyond. "Beginning a proper health-living regiment for youth starts with a pediatrician," Dr. Pixley explains. "This enables us to assess the youth holistically and determine the best services and programs he or she may enjoy and benefit from."

To learn more about the capable pediatricians and support staff at DeKalb Health, call 260.925.3500 or visit DeKalbHealth.com.

ADOLESCENT PSYCHIATRY

It's tough being a kid. Many youth and young adults deal with anxiety, stress and emotional issues as a result of issues at home, at school, amongst friends and across their many peer networks.

We also know it can be tough trying to talk to a kid about these issues. Kids aren't just developing physically at this stage; they're still developing emotionally as well, so getting them to discuss any issues or challenges they may be having is a challenge itself. But it's of vital importance, too, as adolescents with a safe, supportive, non-judging atmosphere in which they can express themselves and discuss their feelings have been shown to help aid emotional development as they head toward adulthood.

DeKalb Health Medical Group provides adolescents that safe, supportive environment as well as highly trained and caring professionals like Dr. Manjinder Brar, our resident adolescent psychiatrist. Board-certified by the American Board of Psychiatry, Dr. Brar specializes in the diagnoses and treatment of a range of adolescent psychiatric issues, including depression, anxiety, and bipolar psychotic disorders. If you're dealing with an adolescent with emotional issues, you're not alone. And neither are they. Talk with a physician about a referral or call Dr. Manjinder Brar 260.920.2000 for more information.

MANJINDER BRAR, MD



TEEN WEIGHT MANAGEMENT/ EXERCISE PROGRAMS

Club Fit is our weight management program specifically designed for youth ages 10-15. The program's objective is to teach children and their parents proper exercise techniques, nutrition and coping skills to improve their overall health.

It's a six-week program with two sessions per week. Monday and Wednesday sessions are held in the DeKalb Health rehabilitation gym from 6-7pm. Each class will last one hour except for an initial evaluation session, which will last 1.5 hours. Each class will be split between a focus on a single type of exercise (dance, yoga, cycling, etc.) and education on important health topics (balance of energy, proper rest, nutrition, portion control, etc.).

A physician referral and a parental guardian are required for participation in Club Fit. Participants will be fully evaluated at the beginning and the end of the program. To learn more, please contact our cardiopulmonary rehabilitation staff with questions at 260.920.2571.



WOMEN'S HEALTH SYMPOSIUM JANUARY 31ST

TAKING CARE OF OUR MOTHERS, DAUGHTERS AND SISTERS

DeKalb Health will hold a Women's Health Symposium on Thursday, January 31, featuring speakers Lindsay Coda, D.O., OB/GYN, Kristi King, MSN, NP-C and Trina Chapman-Smith, M.D. The event will bring together a range of experts and local leaders to discuss the issues and challenges key to women when it comes to their health and wellness. In addition, gifts, food and door prizes will be handed out. The symposium will be held at the Judy A. Morrill (JAM) Recreation Center, 1200 E. Houston Street in Garrett, starting at 6:30pm. The JAM Center will offer complimentary childcare during the event – you must reserve a spot to take advantage. Reserve your spot and child care for the event by January 24, call 260.357.1917.

FEATURED ITEMS:

- Refreshments
- Daycare
- Door prizes
 - Small flatscreen TV
- Goodie basket

Compliments of



- Free 1 year membership to the JAM Center

Compliments of the JAM Center



LINDSAY CODA, D.O., SPEAKING ON
CERVICAL AND OVARIAN CANCER



KRISTI KING, MSN, NP-C, SPEAKING ON
PREVENTATIVE HEALTH FOR WOMEN



TRINA CHAPMAN-SMITH, M.D., SPEAKING ON
BREAST CANCER



ANNUAL SPECIAL EVENTS FOR KIDS

PROMOTING HEALTH & SAFETY

One of the most important components of healthy kids is an active lifestyle. Regardless of the season, even during the cold winter months, it's important for kids to get - and stay - active. In addition to our sponsorship of many organizations and events promoting active living among our community youth (see sidebar), we also hold two events each year geared towards getting kids in our community active.

Our **Play. Learn. Soar. Kids Fair**, held each June at the DeKalb County Fairgrounds in partnership with the Dekko Foundation's Before5 program, offers local families a unique chance to learn more about the many services and programs available through DeKalb Health that promote and inspire active living. Giveaways like free bike helmets for kids, fun games, an obstacle course, and the presence of numerous community organizations that serve DeKalb County all combine to provide a great summer fair with a big focus on health and wellness for kids.



As summer turns to fall, DeKalb EMS and Auburn Police and Fire Departments partner together to give kids a frightfully good time at our **Healthy Halloween Fair** - our fun, free event open to elementary children ages 11 and under. We counter the surge in sugary candy treats with some healthy alternatives, along with other fun games and activities.



DEKALB HEALTH
PHARMACARE

Since 1992, DeKalb Health PharmaCare has been a tremendous asset to the community, providing complete pharmaceutical services on the DeKalb Health campus. PharmaCare is a full-service retail pharmacy, featuring over-the-counter items, vitamins and natural supplements, orthopedic supports and breastfeeding supplies. PharmaCare also offers prescription compounding and customized medications for those seeking to avoid sugar, preservatives, dye or lactose. Most insurance plans are accepted, including Medicare Part D and Medicaid.

PharmaCare is conveniently located on the 1st floor of DeKalb Health, within the Physician Office Building Entrance #1314 • 260.925.8000 • Free delivery in Auburn, Garrett and Waterloo

Monday – Friday: 9 a.m. – 6 p.m. | Saturday: 9 a.m. – 12 noon

ACTIVELY SUPPORTING YOUTH CAUSES

In addition to offering a range of programs and services promoting health and wellness for kids, we are active supporters of dozens of area programs, events and organizations that do the same. Just a few of the partners we support in promoting health and wellness among kids include:

- All Star Soccer Academy
- Auburn Little League and Girls Softball League
- Butler Youth League
- DeKalb Central Basketball League
- DeKalb Rocket Football
- Fort Wayne Mad Ants Fitness Challenge
- Garrett Youth Soccer
- JAM Recreation Center
- Kiwanis Bike Rodeo
- Le Tour D'Kalb bike race
- YMCA of DeKalb County

For a complete list go to our Annual Report at dekalbhealth.com.

CONTACT US

Send Inquires to info@dekalbhealth.com or call:

MEDICAL SERVICES AMBULANCE

Anticoagulation Clinic Services
Cardiopulmonary Rehabilitation Services
Diabetes Management Services
Home Health and Hospice Services
Imaging and Radiology Services
Laboratory Services Auburn - Main Hospital
Laboratory Services Butler
Laboratory Services Garrett
Nutrition and Dietitian Services
Obstetrical Services/Family BirthPlace
Occupational Therapy Services
Physical Therapy
Respiratory Services
Sleep Diagnostic Services
Speech Therapy
Surgical Services/Outpatient Surgery
Wellness Services

DIRECT LINE 911

260.920.2738
260.920.2571
260.920.2652
260.925.8699
260.920.2513
260.920.2602
260.868.0502
260.357.0380
260.920.2651
260.920.2510
260.920.2632
260.920.2632
260.920.2574
260.920.2574
260.920.2632
260.920.2639
260.920.2812

MAIN HOSPITAL

Administration
Admitting/Registration/Patient Access
Billing and Insurance
Community Services
CPR and First Aid Education
DeKalb Health Foundation
Gift Shop
Media Inquiries
Outpatient Clinic Scheduling
Patient and Guest Relations
Patient Condition
Physician Referral
Prenatal Breastfeeding Education
Release of Medical Information
Support Group Information

260.925.4600

260.920.2501
260.920.2603
260.920.2850
260.920.2518
260.920.2701
260.920.2048
260.920.2553
260.920.2555
260.920.2741
260.920.2518
260.920.2518
260.920.2556
260.920.2510
260.920.2749
260.920.2518

PARTNERING WITH AREA SCHOOLS

Our efforts to encourage healthy living among young people extends into many of our community's schools as well. Read below for some recent exciting examples of our partnerships with area schools to encourage a better understanding of health and wellness among adolescents.

PREPARING COLLEGE BOUND STUDENTS FOR A CAREER IN HEALTH CARE

It's no secret that health care is an industry featuring some of the strongest job growth and security, and it's only expected to get stronger over the next several years. To give area students a first-hand look at a variety of careers available in the health care field, DeKalb Health has partnered with several area schools to place students in temporary jobs around our campus. In the Health Occupations Education Program, students from area schools rotate through short-term stints in a variety of health care-related jobs in the DeKalb Health system.

ON-SITE SCHOOL CLINICS

Another way we seek out partnerships with area schools to make sure we are promoting health and wellness among young people in our community is through our on-site school clinics. This is why we provide regular on-site clinics at area schools for both students and teachers who may not be able to visit our campus or other locations easily. By bringing DeKalb Health physicians, nurses and trainers to them, we provide them convenient access to experienced medical professionals that can provide custom care.

"Having access to proper care and treatment helps ensure we can keep students and teachers healthy," explains Bret Kueber, M.D., DeKalb Health Medical Group Family Medicine. "We don't want inconvenience to be a reason why area residents, especially young people, aren't getting the care they need."

KEEPING 1,400 STUDENT ATHLETES ON THE FIELD OF PLAY

Even active young people can become inactive. Indeed, young athletes in just about every sport face any number of aches, pains, sore muscles, twisted ankles and other minor injuries that can keep them from competition. This is why DeKalb Health offers 5 area schools, DeKalb Central, Hamilton, Prairie Heights, Lakewood Park and Garrett, its own talented and experienced team of athletic trainers who work closely with area student athletes.

Through this partnership, DeKalb Health has its four athletic trainers on-site on a weekly basis to attend to injured student athletes in schools in DeKalb, Noble and Steuben counties. Each year several schools also take advantage of DeKalb Health's on-site physicals for student athletes.





JOIN A CLASS

The DeKalb Health Wellness Center offers a host of affordable fitness classes from beginner to advance, including:

- **TURBOKICK®** – TurboKick is the hottest cardio kickboxing class around for fitness training. A fusion of hip hop and kickboxing, this class is sure to get your heart pumpin'! Class held in Wellness Center.
- **PILATES** – Using body weight as your primary source of resistance, you'll learn how to strengthen your abs, lower back, glutes and thighs. Enjoy this slower paced, yet challenging form of exercise. All fitness levels welcome. Class held in Wellness Center.
- **FITNESS YOGA AND YOGA CORE** – This mind-body exercise strengthens and stretches the entire body. Relaxing music and challenging poses are highlights of this class held in the Wellness Center.
- **BASIC YOGA** – Perfect for the individual looking to begin a yoga practice. This class will introduce you to basic yoga moves with a goal of making poses more challenging as the individual gains strength. Give this class a try!
- **ZUMBA, ZUMBA TONING AND ZUMBA GOLD** – The Zumba® program routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class!
- **TOTAL BODY BLAST** – Similar to PM Power, this evening class will accommodate all fitness levels. Uses hand weights, stability balls, and resistance bands to work all major muscle groups. Especially good for beginners. Class held in Wellness Center.
- **CYCLING/F'AB RIDE** – Sweat it out in these cardio cycling classes held in the Wellness Center. Get your heart rate up while going through different cycling routines and intervals. F'Ab Ride includes 15 minutes of ab workouts. No previous cycling experience required.
- **PM POWER** – Charge up your afternoons with this total body workout using bands, balls and weights for resistance. This effective class will work each major muscle group. All fitness levels welcome! Class held in Wellness Center.
- **15-MINUTE FLEX** – Total body workout in the quickest time possible. Appropriate for all fitness levels. No need to change clothes. Class held in Wellness Center.
- **SENIOR STRETCH AND FLEX** – Designed with the needs of the older adult in mind, this class focuses on improving balance, strength and flexibility with simple, easy-to-follow, non-impact moves.
- **AND MANY MORE**

Classes are open to all adults and youth ages 12-15 with parent/guardian participation. For more information, call Kasie Milk at 260.920.2812 or visit dekalbhealth.com.

PUBLIC WELLNESS AND FITNESS CLASSES

Wellness Works Center | 1316 E. 7th St., Auburn



OUR ANNUAL IMPACT

As we put the finishing touches on our annual report recently, we couldn't help but think about everything we've done as an organization over the past year. And that certainly includes examining in numbers our economic activity and community impact in 2012. Some highlights:

\$37.1 million – our total impact on DeKalb County and northeast Indiana in 2012 (an increase of \$4.9 million over 2011)

- **83,451** – total visits between clinics, physician practices and home health and hospice
- **20,138** – X-rays performed
- **5,656** – mammographies performed
- **\$874,279** – total value of charity care services provided
- **20,432** – Total combined emergency room visits and EMS ambulance service trips made

As you can see, 2012 was an exciting and busy year for us, full of growth, continued expansion and additional enhancements of the services we provide you right here in DeKalb County. And we are very excited about what 2013 holds.

WOMEN'S HEALTH SYMPOSIUM

Speakers and topics include: Lindsay Coda, D.O., OB/GYN – Cervical and Ovarian Cancer, Pelvic Health, Trina Chapman-Smith, MD – Breast Cancer, Breast Health, Kristi King, MSN, NP-C – Preventative Health for Women. In addition to door prizes, goodie bags and refreshments, attendees will receive valuable information about programs and services specific to women including, OB/GYN, prenatal classes, screenings, diagnostics, nutrition, exercise and wellness. RSVP to attend and to schedule complimentary childcare by calling the JAM Center at 260.357.1917.



Promote. Preserve. Restore.

1316 East Seventh Street · Auburn, Indiana 46706

Better HEALTH is a publication of DeKalb Health Marketing Department. Please call 260.920.2555 with your comments or questions. The information in this publication is not intended for the purpose of personal medical advice, which should be obtained directly from a physician. *Better HEALTH* may not be reproduced without written authorization from the Marketing Department of DeKalb Health, 1316 East Seventh Street, Auburn, Indiana 46706. Copyright ©2012. All rights reserved.

JANUARY

JAN. 7, 14, 21, 28

Community Grief and Loss Support Group
Every Monday 6:30 p.m. to 8 p.m., Sponsored in part by DeKalb County Council on Aging, Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact DeKalb Health Home Care and Hospice 260.925.8699

JAN. 8, 10, 15, 17, 22
Adult Smoking Cessation (Five-session class)

American Lung Association's "Freedom from Smoking" 4:30 p.m. – 5:30 p.m., Fee \$55 Medical Arts Center East, Conf. Rm. 303, 1314 E. 7th St., Auburn, Registration required, call 260.920.2571

JAN. 9

Shots For Tots (Free Infant / Child Immunization Clinic)
Wednesday, 1 p.m. – 4:30 p.m. DeKalb County Health Depart. 220 E. 7th St., Auburn Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian. Contact DeKalb County Health Department at 260.925.2220

JAN. 14, 15, 16

Prenatal Education
Monday, Tuesday, Wednesday 1 p.m. – 4:30 p.m., Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn, Fee \$20. Need-based financial assistance available. Registration required, contact Julie Wagner at 260.920.2780

JAN. 15

CPR/First Aid
Tuesday, 6 p.m. - 10 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

JAN. 16

Healthcare Provider CPR
Wednesday, 7:30 a.m. – 11:30 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

JAN. 16, 23, 30, FEB. 6
Dining with Diabetes (4-session series)

Wednesdays, 10:00 a.m. to 12 noon, County Office Building (lower level), 215 E. 9th St., Auburn Registration deadline January 14th Limited space available, Cost: \$30 (per person) or \$45 (per couple) Contact Ann Williams (260) 925-2562 or at williams5@purdue.edu

JAN. 18

ACLS Provider Class
Friday, 8 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Jerry Schwartz at 260.920.2766

JAN. 18

Hip on Hep Support Group
Friday, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Christie Soaper at 260.927.8180

JAN. 21

Multiple Sclerosis Support Group
Monday, 7 p.m. Program: Happy 9th Anniversary Party DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

JAN. 22

Breastfeeding Education
Tuesday, 4 p.m. – 6 p.m. Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn Fee \$5. Need-based financial assistance available Registration required, contact Julie Wagner 260.920.2780

JAN. 28

"Have You Been Carded?" Medication List Program
Free program offering assistance to fill out medication card or update listings Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month) Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux, RN, CDE, WCC at 260.920.2652



JAN. 31

Women's Health Symposium
Sponsored in part by Garrett State Bank, Thursday, 6:30 p.m. – 8:30 p.m. Judy A. Morrill (JAM Recreation Center) 1200 Houston Street, Garrett IN RSVP Required (See feature inside for more information)

FEBRUARY

FEB. 4, 11, 18, 25

Community Grief and Loss Support Group
Every Monday 6:30 p.m. to 8 p.m., Sponsored in part by DeKalb County Council on Aging, Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact DeKalb Health Home Care and Hospice 260.925.8699

FEB. 7

Celiac Support Group
Thursday, 6:30 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Anna Hartman at 260.925.6058 / nutritionlover@gmail.com

FEB. 12, 13, 14

Prenatal Education
Tuesday, Wednesday, Thursday, 6 p.m. – 9 p.m. Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn Fee \$20. Need-based financial assistance available. Registration required, contact Julie Wagner at 260.920.2780

FEB. 13

Shots For Tots (Free Infant / Child Immunization Clinic)
Wednesday, 1 p.m. – 4:30 p.m. DeKalb County Health Depart., 220 E. 7th St., Auburn Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian. Contact DeKalb County Health Department at 260.925.2220

FEB. 14

Diabetic Support Group
Sponsored in part by DeKalb County Council on Aging Thursday, Time TBA Program: TBA, Heimach Senior Activity Center 1800 E. 7th St., Auburn

FEB. 15

Hip on Hep Support Group
Friday, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Christie Soaper at 260.927.8180

FEB. 18

Multiple Sclerosis Support Group
Monday, 7 p.m. Program: TBA DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

FEB. 19

CPR/First Aid - Tuesday, 6 p.m. – 10 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

FEB. 19

Breastfeeding Education
Tuesday, 4 p.m. – 6 p.m. Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn Fee \$5. Need-based financial assistance available. Registration required, contact Julie Wagner at 260.920.2780

FEB. 20

Healthcare Provider CPR
Wednesday, 7:30 a.m. – 11:30 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

FEB. 25

"Have You Been Carded?" Medication List Program
Free program offering assistance to fill out medication card or update listings, Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month), Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

MARCH

MAR. 4, 11, 18, 25

Community Grief and Loss Support Group
Every Monday 6:30 p.m. to 8 p.m., Sponsored in part by DeKalb County Council on Aging, Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact DeKalb Health Home Care and Hospice 260.925.8699

MAR. 5

Breastfeeding Education
Tuesday, 4 p.m. – 6 p.m. Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn Fee \$5. Need-based financial assistance available. Registration required, contact Julie Wagner at 260.920.2780

MAR. 13

Shots For Tots (Free Infant / Child Immunization Clinic)
Wednesday, 1 p.m. – 4:30 p.m. DeKalb County Health Depart., 220 E. 7th St., Auburn Requirements: Infant to age 18. Shot record. Must be accompanied by parent or legal guardian. Contact DeKalb County Health Department at 260.925.2220

MAR. 15

ACLS Provider Class
Friday, 8 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Jerry Schwartz at 260.920.2766

MAR. 15

Hip on Hep Support Group
Friday, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Christie Soaper at 260.927.8180

MAR. 16

Prenatal Education
Saturday, 9 a.m. – 4:30 p.m. Family BirthPlace at DeKalb Health Conf. Rm., 2nd Floor 1316 E. 7th St., Auburn Fee \$20. Need-based financial assistance available. Registration required, contact Julie Wagner at 260.920.2780

MAR. 18

Multiple Sclerosis Support Group
Monday, 7 p.m. Program: DeKalb Game Night DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Contact Neal Esselburn at 260.637.3820

MAR. 19

CPR/First Aid
Tuesday, 6 p.m. – 10 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

MAR. 20

Healthcare Provider CPR
Wednesday, 7:30 a.m. – 11:30 a.m., DeKalb Health Office Building #1314, Conf. Rm. 303 1314 E. 7th St., Auburn Registration required, contact Doug Taylor at 260.920.2701

MAR. 25

"Have You Been Carded?" Medication List Program
Free program offering assistance to fill out medication card or update listings Monday, 8:30 a.m. to 10 a.m. (4th Monday of every month) Heimach Senior Activity Center 1800 E. 7th St., Auburn Contact Vickie Faux, RN, CDE, WCC at 260.920.

Visit DeKalbHealth.com for a complete schedule.

