

# BetterHEALTH

Promote.  
Preserve.  
Restore.



## SWEET DREAMS

— AT THE

FAMILY  BIRTHPLACE  
*at DeKalb Health*

# EVERY BIRTH IS SPECIAL

AT THE

# FAMILY BIRTHPLACE

After a long, gray winter, spring has officially sprung. Flowers are in bloom, trees are budding and new life is all around—and nowhere is that truer than in the DeKalb Health Family BirthPlace.

Every birth is special, and it's the mission of the Family BirthPlace to make sure it feels that way. With that in mind, we strive to provide a labor and delivery experience that is both positive and personal.

First, we ensure seamless continuity of care guided by your doctor, from labor through delivery and recovery. Our entire staff—from board-certified ob/gyns and midwives to our pediatricians, family physicians and board-certified lactation consultant—is committed to providing expert, compassionate care and support in a welcoming environment.

Our facilities are another important piece of the maternity care experience. The Family BirthPlace offers beautiful and spacious all-private suites that can accommodate mom, baby and the entire family through the duration of their hospital stay. With home-like furnishings, private baths, showers and vanities, and a sofa or queen-size bed, the suites offer a comfortable, personal

environment for the birth experience. Free Wi-Fi, cable TV, and DVD/VCR access is available in every room, and a large Jacuzzi is accessible for hydrotherapy and relaxation during labor or for water births.

Family BirthPlace patients also have peace of mind knowing their infants are protected by advanced fetal monitoring and surveillance systems. Our newborns also receive the most modern and research-based approach to post-natal care, including a HALO sleep sack program that allows for the safest swaddling of babies born at DeKalb Health. Family BirthPlace also offers a Transitional Care Nursery equipped for baby's every need.

We look forward to welcoming you for a tour of the beautiful new Family BirthPlace at DeKalb Health. Please call 260.920.2510 to arrange a time to see for yourself how a better experience awaits you right here, close to home.

FAMILY  BIRTHPLACE  
*at DeKalb Health*



## EXTRA, EXTRA!

In addition to the “must-haves” of the birth experience, the Family BirthPlace at DeKalb Health also offers a wide array of “extra” services to help you celebrate your baby's arrival:

- **Gift Shop:** DeKalb Health makes it easy for well-wishers to send flowers or gifts in honor of the new little one.
- **Photography:** Our professional portrait studio by Shockney Photography is available to capture those precious first pictures and create lasting memories.
- **New Parent Care Packages:** Before heading home with their new bundle of joy, parents receive a gift bag filled with personal care items and a wealth of information and practical advice on caring for your newborn.





# WATER BIRTH

SHARED BY DANIELLE OWEN

It's easy for us to tell you about the amenities, programs and quality care the Family BirthCenter can provide, but you don't have to take our word for it. New mom Danielle Owen graciously shared her birth experience, and what made her delivery at DeKalb Health so special:



**DELANEY NICOLE**

Born May 1, 2015, 11:05 a.m.  
7 pounds, 7 ounces; 19.5 inches

*Photo courtesy of Diane Shockney Photography*



PICTURED LEFT:  
DANIELLE SHOWN WITH  
HUSBAND MATTHEW, SON  
DEACON AND DAUGHTER  
DELANEY NICOLE



We live an hour from DeKalb Health, so we had lots of options and locations to choose from when it came to planning our delivery. The ability to have a full water birth is what drew us in.

From our first visit, we were in awe of the love and tenderness we felt from our midwife, Michelle. As the months progressed, we calmly awaited the arrival of our baby girl. Being so far from our delivery location, I was very nervous to be one of those horror stories: "Woman delivers in the car on the side of I-69." But I was in constant contact with my midwife, and we had multiple scenarios planned out.

Our daughter took her time—on my ninth day overdue, I started having fairly consistent contractions. I had an appointment with Michelle the next day, so I contacted her to get her opinion. Her loving response was, "You're not leaving your appointment without a baby!" I was thrilled.

After a quick visit with Michelle, we walked (waddled) to the Family BirthPlace at DeKalb Health. I was thrilled to get to the room. HUGE is an understatement! We got settled in and started the waiting game. After a long day of inconsistent contractions, both Michelle and Marcie (a student midwife) came in to reassess our situation.

By that time, I felt like a failure. With our firstborn, I was induced and had a horrible labor and delivery at another hospital. This round (knowing it would be our last baby), I had my heart set

on a water birth. After a full day of not progressing, I began to question my "plan." Fortunately, not only were my husband and mother on the other side of this decision, my midwives were, too. They reminded me of all our hard work and planning to keep everything as natural as possible, and reassured me that it would be worth it. Our daughter wasn't in any harm and was doing great. I decided to give it the night and not jump on the epidural and induction train quite yet.

The next morning, we decided to break my water. The staff at the Family BirthPlace provided me with an aromatherapy oil diffuser, and I set up my Pandora to play ocean sounds. After they broke my water, it only took minutes before labor was in full swing. I quickly showered, and the staff drew my tub water. My contractions went from 10 minutes apart to less than a minute apart quickly.

My husband and I made our way to the tub. My mother was there with the camera, and a Healthcare Occupations high school student on rotation was able to join. (By now, I didn't care who was in the room.)

My nurse, Sara, made me feel extremely comfortable. At my next check, she felt the head. The Family BirthPlace contacted both midwives. Knowing there was staff for the baby, staff for me and most importantly, my husband right behind me in the tub, it was now or never.

I tried a few positions and found what was the least painful for me. I moaned, I whined, I'm pretty sure I may have whimpered and asked my mom to switch places with me! I also distinctly remember telling the high school student not to have premarital sex. The whole room laughed and kept cheering me on. Never once did I feel embarrassed or alone. My team of cheerleaders and coaches was in full force.

Unfortunately, our daughter was stuck. My pain wasn't labor pain but actual pain. My care team continued to monitor the baby and regrouped. After some discussion, they repositioned me and here she came. The final push felt like it took an eternity, but I heard someone say, "Reach down and grab her," and I did. There she was—our baby!

As I brought her to my chest we had a moment where she looked up at her daddy and me. Our eyes locked, and the room was silent. Our family was complete. Our stubborn and ornery little girl had arrived. They quickly checked her (never taking her from me) as we let the cord pump. My husband exited the tub, rinsed off and got dressed so he could cut the cord. With assistance, we exited the tub next, and I dried off and delivered the placenta. Our daughter was wrapped in fresh warm towels and handed right back to me. Within minutes the room was empty. It was just our family, together. They didn't rip her away from me, wash her off, weigh her and dress her. Instead, they let us have quiet time with our little girl.

About 30 minutes later they came in again to check on us, to see if we wanted the lactation consultant to visit or needed anything. Roughly four hours later, we asked for her to be bathed so we could get her dressed and take some pictures. She was born with a lot of hair, and I wanted it to look pretty. Sara took the utmost care when she gave her a bath. It brought tears to my eyes to see how gentle and loving she was with our baby. You could have sworn it was her own infant. My husband had planned to help, but we actually stood back together, hugging, just admiring how tender Sara was.

I couldn't believe how great I felt. I was up, moving around, doing everything I wanted to do. I felt wonderful! When we were walking out to our car from being discharged, I was skipping and jogging down the hallway with our son, who was almost two. I didn't tear or need any extra attention. It was amazing.

If you've ever considered or wanted to know more about water birth, I highly suggest you contact the Family BirthPlace. I didn't want to leave my room; the food was amazing, the staff was incredible and our birth experience was one in a million. I'm so thankful that, even when I wanted to give up, everyone there knew my heart, my dream and my hopes for our delivery. They didn't give up on me!



## GET READY FOR THE BIG DAY:

### EDUCATION AND SUPPORT SERVICES AT THE FAMILY BIRTHCENTER

Today, a family's birth experience isn't confined only to the Big Day. It begins months in advance with preconception planning and extends years after a child's birth with post-natal and pediatric care.

Although moms and newborns take center stage in the birth experience, they aren't the only players. We treat childbirth as a family experience. A host of events, classes and activities are available at DeKalb Health to help ensure that families are fully supported before, during and after the arrival of a new little one.



## Prenatal Classes

Start smart with our infant care experts. DeKalb Health's Prenatal Classes assist new mothers and their families in the preparation for the changes they will experience. Our infant care experts develop and instruct classes about nutrition, labor/delivery, newborn care, first-year growth and development, newborn safety and much more. Please note that our classes fill up quickly, and we suggest you complete them before you reach 38 weeks. A \$20 fee applies; need-based financial assistance is available to those who qualify (call to arrange).

**For more information, contact Julie Wagoner at 260.920.2780.**

## Breastfeeding Classes

Led by a board-certified lactation consultant, our breastfeeding classes are geared toward first-time expectant moms and dads, new parents and veteran parents who need a refresher. Designed to promote successful breastfeeding, the program will discuss the benefits of breastfeeding and provide practical tips and examples to improve nursing success.

## Breastfeeding Support Group

Breastfeeding has many benefits for mother and baby, but it doesn't always come naturally. To help, DeKalb Health facilitates a breastfeeding support group led by our certified lactation consultant. Any breastfeeding mother who is having problems with nursing, or has questions related to breastfeeding, pumping, maintaining milk supply after going back to work, or just wants to meet other breastfeeding moms to share experiences can participate.

The group meets every Monday from 1 to 2 p.m. in the OB conference room on the second floor of the hospital.

**For more information, contact Julie Wagoner at 260.920.2780.**



## Birth Planning

At 34 to 36 weeks, you'll want to schedule a private session with our Birth Planner. A birth plan is a simple process to define your preferences for the birth of your child: in short, a road map for your ideal birth experience.

We encourage expectant mothers to include their practitioner in the planning process from the beginning. This will help their ob-gyn or midwife better understand the patient's goals, and give them the opportunity to resolve issues before the big day.

**For more information, contact Julie Wagoner at 260.920.2780.**



## Healthy Expectations

Healthy Expectations is designed to help ensure the development of healthy babies by arming pregnant women with the tools they need to prevent birth defects.

First, the program ensures that any woman that is considering pregnancy, is pregnant or is breastfeeding has access to free prenatal vitamins. Prenatal vitamins have twice the amount of folic acid and more calcium than over-the-counter vitamins and are critical to the health of a developing fetus. Unfortunately, the cost of prenatal vitamins—from \$15 to \$30 for a three-month supply—can be prohibitive to low-income women.

In addition to providing free prenatal vitamins, Healthy Expectations also connects health professionals with women who may need services from other agencies, such as WIC, a nutritional program or Better Beginnings.

**For more information, contact Julie Wagoner at 260.920.2780.**

## Car Seat Safety Inspection Program

Call 260.920.2551 to schedule your FREE appointment today. You will have your child seat checked by a specially-trained and certified Child Passenger Safety Technician.

## INTRODUCING ClaimAid A New Partnership

DeKalb Health recently partnered with ClaimAid to offer eligibility screening and enrollment services to our patients and community. Patients can now meet with a ClaimAid advocate on-site and receive assistance in completing applications for Hospital Presumptive Eligibility (HPE), Medicaid and HIP applications, as well as Marketplace applications.

Michael Glover is our ClaimAid Advocate. His office is located near the registration lobby on the second floor, adjacent to the laboratory. Michael is available Monday through Friday, 8 a.m. to 4:30 p.m. and may be reached by calling 260.920.3115.

## A New Support Group for Autism

This support group will meet the third Tuesday of each month at 6 p.m. The first meeting will be held on April 19. The support group is for parents and caregivers of children with autism. During the first few sessions, the group will discuss sensory issues, participation in the community for kids with autism and safety concerns. The group will be a starting point for caregivers to meet other parents and build a support network.

**For more information, contact the DeKalb Health Physical and Occupational Rehabilitation Department at 260.920.2632.**

## Swing into Summer at the DeKalb Health Foundation Golf Classic

Mark your calendars for Tuesday, June 7. Sign up and plan to join us on the links at Bridgewater for our annual outing which helps to provide scholarships for DeKalb County residents pursuing a degree in healthcare.

**More information and a registration form are available on-line at DeKalbHealth.com.**



## MEET THE CLINICAL CARE TEAM AT THE HEART OF THE FAMILY BIRTHPLACE

At DeKalb Health, we're proud of our facilities, our state-of-the-art patient care technologies and our modern amenities. But what truly sets us apart is our ability to provide our patients with access to the most comprehensive and qualified physicians, nurses and midwives in our region, close to home.



### Scott Armstrong, DO

Dr. Scott Armstrong practices through DeKalb Health Medical Group. Call 260.927.0400 to learn more about Dr. Armstrong, or to schedule a new patient visit.



### Kenneth Chaffee, MD

Dr. Chaffee is board certified in ob-gyn and practices through Women's Health Advantage-Obstetrics. Call 260.432.4400 to learn more about Dr. Chaffee or to schedule a new patient visit.



### Lars Langschwager, MD

Join us in welcoming Lars Langschwager, M.D. FACOG to our incredible team of ob-gyn practitioners. Dr. Langschwager practices through Women's Health Advantage-Obstetrics. Call 260.432.4400 to learn more about Dr. Langschwager, or to schedule a new patient visit.



### Thaddeus Weghorst, MD

Dr. Weghorst is a board certified obstetrician-gynecologist (ob-gyn) and practices through Auburn OB-Gyn, P.C. Call 260.927.0035 to learn more about Dr. Weghorst, or to schedule a new patient visit.

## CERTIFIED NURSE-MIDWIVES



### Kori Engdahl, CNM, MSN

Kori has practiced at DeKalb Health through Auburn OB-Gyn, P.C. since 2010. Call 260.927.0035 to learn more about Kori or to schedule a new patient visit.



### Michelle Hileman, CNM, MSM

Michelle joined and Auburn OB-Gyn, P.C. in 2005. Call 260.927.0035 to learn more about Michelle or to schedule a new patient visit.



### Stephanie VanderHorst, CNM, MSN

In 2003, Stephanie became the first certified nurse-midwife credentialed at DeKalb Health. She practices at Auburn OB-Gyn, P.C. Call 260.927.0035 to learn more about Stephanie or to schedule a new patient visit.

**In addition to these top-notch midwives and obgyns, DeKalb Health also offers access to some of the best pediatric, primary care and family medicine practitioners in the region. For a complete list of our providers, visit DeKalbHealth.com.**

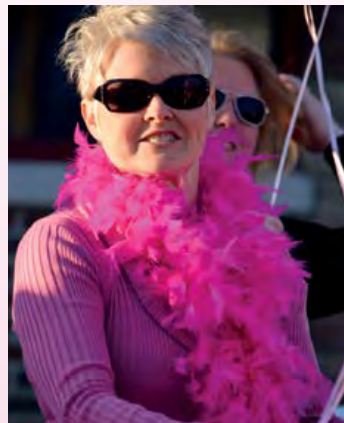






TRI KAPPA PRESENTS  
**PINK OUT**  
DEKALB COUNTY TRIKAPPAAUBURN.ORG

**DEKALB HEALTH IS PROUD TO ANNOUNCE ITS PLATINUM TITLE SPONSORSHIP AND PARTNERSHIP WITH TRI KAPPA OF AUBURN FOR THE SECOND ANNUAL PINK OUT DEKALB COUNTY.**



The mission is to help further the awareness in our community, educate about early detection and save lives. The Auburn chapter of Tri Kappa is a philanthropic sorority which promotes charity, culture and education in our community.

One in every eight women will develop breast cancer in her lifetime, and 85 percent of breast cancer occurs in women that do not have a history of breast cancer in their family. According to the American Cancer Society, there were 229 new cases of cancer in DeKalb County last year and 91 mortalities. Unfortunately, there is no known prevention for breast cancer, however, cancer found in early stages has a 98 percent cure rate. These statistics are staggering.

Participants will have the opportunity to gain valuable information, schedule a life-saving mammogram and participate in several fundraising and awareness events.

**For more information, visit [Facebook.com/pages/Tri-Kappa-of-Auburn](https://www.facebook.com/pages/Tri-Kappa-of-Auburn).**

## PINK OUT PARTICIPATING EVENTS AND HIGHLIGHTS

### MAMMOGRAMS IN MAY AT DEKALB HEALTH

Receive a free Pink Out gift when you schedule an appointment during the month of May with DeKalb Health Women's Imaging and Diagnostic Suite at 260.333.7710.

### WOMEN'S IMAGING CENTER OPEN HOUSE

**Sunday, May 15, 2 to 4 p.m. at DeKalb Health.** DeKalb Health will host a free open house of the Women's Imaging Center. Take a guided tour, meet with medical providers and staff, enjoy refreshments and a special gift bag. Park in lot A and enter door #5. For information, contact Cheryl Clark at 260.920.2518.

### HEALTH AND WELLNESS FAIR, CRUISE-IN, PARADE, SPEAKERS AND BALLOON RELEASE

**Thursday, May 19, 4 to 8 p.m. at 6th Street in Downtown Auburn.** Experience a health and wellness street fair with information booths from various local businesses, organizations, cancer resources and opportunities to schedule a mammogram with DeKalb Health or Francine's Friends. A Cruise-In will take place on the courthouse square for the entertainment of attendees. Pink Out will conclude with Eckhart Public Library's Pink Parade to 6th Street, a tribute ceremony and balloon release. Cancer survivor Amy Nann will speak, and the ceremony will be emceed by Dr. Trina Chapman Smith (shown above), a family practitioner at DeKalb Health and breast cancer survivor.

### SHOW YOUR SUPPORT WITH THE PURCHASE OF A COMMEMORATIVE PINK OUT T-SHIRT. ENJOY SOME OF THE MANY PARTICIPATING EVENTS SCHEDULED IN APRIL AND MAY:

- |                       |                                          |
|-----------------------|------------------------------------------|
| • Zumbathon           | • 5K Run                                 |
| • Cruise-In           | • Girls' Night Out                       |
| • Mother's Day Brunch | • Downtown Shop Pink                     |
| • Tribute Ceremony    | • Wine and Canvas Painting for a Purpose |
| • And more            |                                          |

**For more information, visit:**  
[www.TriKappaAuburn.org](http://www.TriKappaAuburn.org)  
[www.facebook.com/pages/Tri-Kappa-of-Auburn](https://www.facebook.com/pages/Tri-Kappa-of-Auburn)



**Visit [DeKalbHealth.com](http://DeKalbHealth.com) for a complete schedule.**

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## FAMILY BIRTHPLACE *at DeKalb Health*

All classes are held at the DeKalb Health Family BirthPlace Conference Room located on the 2nd Floor, 1316 E. 7th St., Auburn. For more information or to register for a class, please contact Julie Wagoner at 260.920.2780.

### BREASTFEEDING CLASSES

Let us help you with all of your questions concerning breastfeeding or bottle feeding.  
4 p.m. - 6 p.m. Fee \$5. Free to Family BirthPlace Patients. Registration required.  
**APR: 4 | JUN: 6**

### BREASTFEEDING SUPPORT GROUP

Are you new to breastfeeding? Trying to figure out how to maintain your milk supply when returning to work? Just want to meet other breastfeeding moms? Join us! Every Monday, 1 p.m. - 2 p.m. FREE to all.

### CHILDBIRTH CLASSES

Fee \$20. Free to Family BirthPlace patients. Each class consists of three 2 hour sessions. Registration required. 6 p.m. - 8 p.m.  
**APR: 5, 12, 19 | JUL: 5, 12, 19**

### PRENATAL CLASS BLAST

Saturday. One day class with an hour lunch break on your own. Fee \$20. Free to Family BirthPlace patients. Registration required. 9 a.m. - 4 p.m.  
**JUN: 4 | AUG: 6**

### HEALTHY EXPECTATIONS

Come to DeKalb Health's Family BirthPlace to pick up your FREE prenatal vitamins. Free vitamins available to all women of childbearing age.

### SCHEDULE A PRIVATE TOUR

Family BirthPlace tours are available any time. We recommend an advance call so we can ensure there are rooms available to view.

### DEKALB HEALTH CAR SEAT CLINIC

DeKalb Health Central Business Office, 1700 E. 7th St., Auburn. Certified technicians on-site to check proper installation and safety. Contact DeKalb Health Car Seat Hotline at 260.920.2551.

### MARCH FOR BABIES - DEKALB, NOBLE AND STEUBEN COUNTY 2016

Saturday, 1:00 p.m., Registration Time: 12 p.m. Commons Park, 299 S John St, Angola, IN 46703  
**APR: 23**

## SPRING 2016 CALENDAR OF EVENTS (APR, MAY, JUN, JULY)

### ADVANCED LIFE SUPPORT TRAINING

- **ACLS (Advanced Cardiac Life Support)**  
3rd Fri. of every odd month 8 a.m. - 4 p.m., DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the AHA Training Coordinator Office at 260.333.7683.  
**MAY: 20 | JULY: 15**
- **PALS (Pediatric Advanced Life Support) in Association with Parkview Health**  
2nd Wed. and Thurs. of every even month (except August), 8 a.m. - 4 p.m. Registration required, contact the EMS Training Office at 260.333.7683.  
**APR: 13, 14 | JUN: 8, 9**

### ADULT HEALTH FAIR

Co-sponsored with DeKalb County Council on Aging, Thursday, 8 a.m. - 11 a.m. Contact Meg Zenk at 260.925.3311 or [mzenk@dccoa.net](mailto:mzenk@dccoa.net)  
**APR: 21**

### ALCOHOLICS ANONYMOUS. NO FEE

For more information, call 260.927.8902 or visit [www.serenityhouseinc.org](http://www.serenityhouseinc.org).

### OPEN MEETINGS

Weekdays, Mon. - Fri. at 12 noon  
Weekends, Sat., Sun. at 10 a.m.  
Speaker Meeting Wed. and Sat. at 7 p.m.  
Serenity House (Barn), 2438 CR 50, Auburn

### WOMEN ONLY

907 South Main St., Auburn  
Every Fri. 9 a.m., Sun. 5 p.m.

### AUTISM SUPPORT GROUP

(See Information Inside)  
**APR: 19 | MAY: 17 | JUN: 21 | JUL: 19**

### BLOOD DRIVE (WALK-INS WELCOME)

DeKalb Health Employee Parking Lot F  
1316 E. 7th St., Auburn, 12:30 p.m. - 6 p.m.  
Sign up at [GiveBloodNow.com](http://GiveBloodNow.com) (Sponsor code: DeKalb).  
For more information, contact Brenda at 260.920.2612 or Ashley at 260.920.2609.  
**MAY: 4 | JUN: 29**

### CELIAC SUPPORT GROUP

6:30 p.m. at DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn.  
Contact Anna Hartman at 260.925.6058.  
**APR: No meeting | JUN: 2**

### CPR/FIRST AID CLASSES

DeKalb Health Central Business Office Training Room, 1700 E. 7th St., Auburn. Registration required, contact the EMS Training Office at 260.333.7683.

- **Adult** - 3rd Tuesday of every even month, 6 p.m. - 10 p.m.  
**APR: 19 | JUN: 20**
- **Pediatric** - 3rd Tuesday of every odd month, 6 p.m. - 10 p.m.  
**MAY: 17 | JUL: 19**
- **Healthcare Provider** - 3rd Wed of every month, 7:30 a.m.  
**APR: 20 | MAY: 18 | JUN: 15 | JUL: 20**

### DEKALB HEALTH FOUNDATION GOLF CLASSIC (See Information Inside) JUN: 2

### DIABETES SELF-MANAGEMENT EDUCATION

PATIENT REFERRAL NEEDED. Contact Vicki Faux, RN, CDE at 260.920.2652. One-day session, offered monthly, 8 a.m. - 3:30 p.m. DeKalb Health Office Building #1314, Board Room, 1314 E. 7th St., Auburn.  
**APR: 4 | MAY: 2 | JUN: 6 | JULY: 11**

### DIABETIC SUPPORT GROUP

2nd Thur. of even months. Sponsored in part by DeKalb County Council on Aging, 1:30 p.m. Heimach Senior Activity Center, 1800 E. 7th St., Auburn. Contact Vickie Faux, RN, CDE at 260.920.2652 or Meg Zenk at 260.925.3311.  
**APR: 14 | JUN: 9**

### HIP ON HEP C SUPPORT GROUP

3rd Fri. of every month, 6 p.m., DeKalb Health Office Building #1314, Conf. Rm.303, 1314 E. 7th St., Auburn. Contact Christie Soaper at 260.927.8180.  
**APR: 15 | MAY: 20 | JUN: 17 | JUL: 15**

### 17TH ANNUAL KIWANIS BIKE SAFETY EVENT

Sat, 9 a.m. - noon.  
North side of the DeKalb County Jail. Corner of 8th and Union Streets, Auburn. Bring your own bike; bike safety course, free bike helmets provided by DeKalb Health and more.  
**MAY: 21**

### MULTIPLE SCLEROSIS SUPPORT GROUP

3rd Mon. of every month, 7 p.m. DeKalb Health Office Building #1314, Conf. Rm. 303, 1314 E. 7th St., Auburn. Contact Neal Esselburn at 260.637.3820 or [1234neal.ms1@frontier.com](mailto:1234neal.ms1@frontier.com).  
**APR: 18 | MAY: 16 | JUN: 20 | JUL: 18**

### SMOKING CESSATION

#### "FREEDOM FROM SMOKING"

Tues./Thur., 5 p.m. - 6 p.m., DeKalb Health Cardiopulmonary Rehabilitation Department. Park in Lot A, enter Door 3. To preregister, contact Cardiopulmonary Department at 260.920.2571. \$55  
**MAY: 3, 5, 10, 12, 17**

Find us on

facebook

Or visit us at [DeKalbHealth.com](http://DeKalbHealth.com)