



1101 Medical Center Boulevard
Marrero, LA 70072
(504) 347-5511

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CALENDAR OF HEALTH EVENTS – February 2018

Healthcare Providers CPR Class

Morning classes:
February 1, 6, 21
8:30am-12:30pm

This class is for healthcare providers only. For more information regarding the fee schedule and to register (required), call (504) 349-6688. Hosted by the American Heart Association and WJMC EMS.

Healthcare Providers CPR Class

Afternoon classes:
February 8, 15
12:30pm – 4:30pm

This class is for healthcare providers only. For more information regarding the fee schedule and to register (required), call (504) 349-6688. Hosted by the American Heart Association and WJMC EMS.

Weight Loss Surgery Seminar

February 1
6:00pm

*Center for Surgical Weight Loss-WJMC
WJMC Physicians Center
1111 Medical Center Blvd. – Suite S-860 - Marrero*

Free seminar for those considering weight loss surgery. Future meetings are planned for the 1st Thursday of every month. For more information and to register (requested), call (504) 349-6860. Hosted by the Center for Surgical Weight Loss at WJMC.

Stroke Support Group

February 1

6:00pm – 7:00pm

*WJMC Care Transition Clinic
4500 10th Street – Suite A - Marrero*

Free support group for survivors of stroke and their friends, family and caregivers. Gain support, education and encouragement from others who know what you are going through. Future meetings are planned for the 1st Thursday of every month. For more information and to register (requested), call (504) 349-2564. Hosted by West Jefferson Neurosciences.

Grief and Loss Support Group

February 7

6:00pm – 7:00pm

*West Jefferson Medical Center
Gretna Classroom
1101 Medical Center Blvd. - Marrero*

Free support group open to adults who have experienced the death of a loved one or other significant loss. Facilitated by a Licensed Therapist. Future meetings are planned for the 1st and 3rd Wednesday of each month. For more information and to register (requested), call the Grief Resource Center at (504) 418-0791. Hosted by The Akula Foundation.

COPD Education Program

February 13

10:00am

*WJMC Care Transition Clinic
4500 10th Street – Suite A - Marrero*

Free program that teaches participants to learn COPD risk factors, causes of exacerbations, symptoms, information about medications, oxygen usage, smoking cessation and exercise. Future meetings are planned for the 2nd Tuesday of each month. For more information and to register (required), call (504) 349-2340. Hosted by West Jefferson Pulmonary Rehabilitation.

Cooking for a Cure Program

February 13

5:00pm – 6:00pm

*WJMC Rehab Connection
4519 Westbank Expressway - Marrero*

Free program for patients, friends, family and caregivers that focuses on quick, easy and healthy recipes to help your body fight cancer and to give you more energy! No cooking experience required! Future meetings are planned for the 2nd Tuesday of each month. For more information and to register (required), call (504) 349-1232 so we can prepare enough samples. Hosted by the Cancer Center at WJMC and the West Jefferson Hospital Foundation.

Wig Clinic Program

February 14

1:00pm

Cancer Center at WJMC

Conference Room

4511 Westbank Expressway - Marrero

Free program for cancer patients. Patients can bring their wigs to be styled by a professional hair stylist or they can get a wig from our supply. Future meetings are planned for the 2nd Wednesday of each month. For more information and to register (required), call (504) 349-1232. Hosted by the Cancer Center at WJMC and the West Jefferson Hospital Foundation.

Courage Caps Program

February 15

5:00pm – 6:00pm

West Jefferson Medical Plaza

Cancer Center Waiting Area

4513 Westbank Expressway - Marrero

Free program made up of volunteer crafters making a difference through crocheting. Group participants, all volunteers, make hats and other crochet items to comfort cancer survivors especially during active treatment. If you don't know how to crochet, experienced crafters would enjoy teaching you how to do this wonderful skill to help others. The items made by group participants offer comfort and courage to persons fighting their battle with cancer. Group is comprised of novices and experienced crafters. Future meetings are planned for the 3rd Thursday of each month. For more information, to make a donation and to register (requested), call (504) 349-2181. Hosted by the Cancer Center at WJMC and the West Jefferson Hospital Foundation.

AARP Defense Driving Classes

February 19

5:00 PM – 9:00 PM

West Jefferson Medical Center

Fonseca Auditorium

1101 Medical Center Blvd. - Marrero

The AARP Smart Driver™ course is recognized as an approved Defensive Driving Course by the Louisiana Department of Public Safety and Corrections. Drivers age 55 and older may be eligible for an automobile insurance reduction discount up to 10% good for three years after successfully completing this course. Please check with your insurance company or agent for any additional requirements for eligibility. For more information and to register (required), call (504) 349-1134 or e-mail Brittney Schouest at brittney.schouestwjmc.org. For other locations in region, also visit the AARP website at www.aarp.org. Hosted by West Jefferson Medical Center Guest Services with the Auxiliary to WJMC and Community Relations.

Cancer Survivorship Program*February 20*

5:00pm – 6:30pm

*West Jefferson Medical Center**Gretna Classroom**1101 Medical Center Blvd. - Marrero*

A free education and networking series for people affected by a cancer diagnosis. A cancer survivor is someone living with, through or beyond cancer, from the moment of diagnosis. Future meetings are planned for the 3rd Tuesday of every month. Light dinner provided. For more information and to register (requested), call (504) 349-1232. Hosted by the Cancer Center at WJMC and the West Jefferson Hospital Foundation.

Grief and Loss Support Group*February 21*

6:00pm – 7:00pm

*West Jefferson Medical Center**Gretna Classroom**1101 Medical Center Blvd. - Marrero*

Free support group open to adults who have experienced the death of a loved one or other significant loss. Facilitated by a Licensed Therapist. Future meetings are planned for the 1st and 3rd Wednesday of each month. For more information and to register (requested), call the Grief Resource Center at (504) 418-0791. Hosted by The Akula Foundation.

Bariatric Support Group*February 26*

6:30pm

*West Jeff Fitness Center**1121 Medical Center Blvd. - Marrero*

Free support group for surgical weight loss patients as well as those considering weight loss surgery. Future meetings are planned for the 4th Monday of each month. For information, call (504) 349-6164. Hosted by the West Jeff Fitness Center.
