



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

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CALENDAR OF HEALTH EVENTS – January 2018

Healthcare Providers CPR Class

Morning classes:
January 10, 16
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:
January 8, 18, 22
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.

Grief and Loss Support Group

January 3
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.

Weight Loss Surgery Seminar

January 4

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

January 4

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.

COPD Education Program

January 9

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

January 9

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

January 10

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.

Cancer Survivorship Program

January 16

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

January 17

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.

Courage Caps Program

January 18

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.

Bariatric Support Group

January 22

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.

Lymphedema Support Group

January 23

4:00pm – 5:00pm

West Jefferson Rehab Connection

4519 Westbank Expressway - Marrero

Free support group for persons with lymphedema, their friends, family and caregivers. Future meetings are planned quarterly. Light snacks provided. For more information and to register (required), call (504) 349-6259. Hosted by West Jefferson Rehab Connection.

AARP Defense Driving Classes

January 30

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.