

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

## CALENDAR OF HEALTH EVENTS – July 2019

### Healthcare Providers CPR Class

*Morning classes:*  
July 10, 18, 23, 25  
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.

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### Healthcare Providers CPR Class

*Afternoon classes:*  
July 3, 11, 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.

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### Weight Loss Surgery Seminar

July 4 (no seminar due to holiday)  
July 16  
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 1<sup>st</sup> Thursday and 3<sup>rd</sup> Tuesday of every month. For more information and to register (requested), call (504) 349-6860. Hosted by the Center for Surgical Weight Loss at WJMC.

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### **Stroke Support Group**

*July 4 (no seminar due to holiday)*

6:00pm – 7:00pm

*WJMC Care Transition Clinic*

*Gretna Classroom*

*1101 Medical Center Blvd. - 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. To register (requested), call (504) 349-2564. Hosted by West Jefferson Neurosciences.

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### **Cooking for a Cure Program**

*July 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 2<sup>nd</sup> 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.

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### **Wig Clinic Program**

*July 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 2<sup>nd</sup> 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.

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### **Weight Loss Surgery Seminar**

*July 4 (no seminar due to holiday)*

*July 16*

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 1<sup>st</sup> Thursday and 3<sup>rd</sup> Tuesday of every month. For more information and to register (requested), call (504) 349-6860. Hosted by the Center for Surgical Weight Loss at WJMC.

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### **Grief and Loss Support Group**

July 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 3<sup>rd</sup> 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.

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### **Courage Caps Program**

July 18

5:00pm – 6:00pm

*Cancer Center at WJMC  
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 3<sup>rd</sup> 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 West Jefferson Medical Center and the West Jefferson Hospital Foundation.

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### **Bariatric Support Group**

July 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 4<sup>th</sup> Monday of each month. For information, call (504) 349-6164. Hosted by the West Jeff Fitness Center.

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### **Lymphedema Support Group**

July 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.

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## **AARP Defense Driving Classes**

*July 23*

5:00 PM – 9:00 PM

*West Jefferson Medical Center  
Marrero/Westwego Classroom  
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. For other locations in region, also visit the AARP website at [www.aarp.org](http://www.aarp.org). Hosted by West Jefferson Medical Center Guest Services with the Auxiliary to West Jefferson Medical Center and Community Relations.

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