

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

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## CALENDAR OF HEALTH EVENTS – January 2020

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### **Wig Clinic Program**

*January 8*  
1:00pm

*Cancer Center at West Jefferson  
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 West Jefferson and the West Jefferson Hospital Foundation.

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

*January 8*  
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 1<sup>st</sup> 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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### **Cooking for a Cure Program**

*January 14*  
5:00pm – 6:00pm

*West Jefferson 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 West Jefferson and the West Jefferson Hospital Foundation.

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## **Courage Caps Program**

January 16

5:00pm – 6:00pm

*Cancer Center at West Jefferson  
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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## **Weight Loss Surgery Seminar**

January 21 \*

6:00pm

*Center for Surgical Weight Loss-West Jefferson  
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 West Jefferson Medical Center.

\*No meeting on the first Thursday of the month due to the holiday.

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## **AARP Defense Driving Classes**

January - TBD

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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**Grief and Loss Support Group**

January 22

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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**Bariatric Support Group**

January 27

6:30pm

*West Jefferson 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 Jefferson Fitness Center.

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**Lymphedema Support Group**

January 28

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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