

FAMILY CENTERED CHILDBIRTH

Thursday evenings, 7 to 9 pm
KAH Ground Floor Conference Center
1600 Morgan Street - Keokuk, IA

May 6, 13, 20, 27 (no 5th class)

July 1, 8, 15, 22, 29

Sept 2, 9, 16, 23, 30

Nov 4, 11, 18 & Dec 2 (no 5th class)

5th class is make-up OR optional (for classmembers only)

Pre-registration is requested, call 319-526-8708

For individual counseling, call 319-526-8917

OSTOMY CLUB

3rd Thursday of every other month at 4 pm
KAME Conference Room
420 N 17th St
Keokuk, IA

June 17

August 19

October 21

December 16

CANCER SUPPORT GROUP

4th Tuesday of every month at 7 pm
KAH 1st Floor Classroom

POST STROKE SUPPORT GROUP

*For more information regarding
dates and times
call 319-526-8783*

ALZHEIMER'S SUPPORT GROUP

3rd Tuesday of every month at 6 pm
KAH 1st Floor Classroom

SLEEP APNEA SUPPORT GROUP

3rd Wednesday every other month at 1 pm
KAME Conference Room

June 16

Aug 18

Oct 20

Dec 15

BETTER BREATHERS SUPPORT GROUP

3rd Wednesday every other month at 1 pm
KAME Conference Room

May 19

July 21

Sept 15

Nov 17

BREAST FEEDING EDUCATION

1st & 3rd Tuesday of every month at 10 am
Registration is requested
Call 319-526-8917 or 526-8708

*Education provided by
International Board Certified Lactation Consultant
and Breast Feeding Educators*

LIFE FORWARD-GRIEF SUPPORT GROUP

Meets monthly in the
KAH Ground Floor Conference Center

*For more information
regarding dates and times
call 319-526-8684*

BLOOD PRESSURE CLINICS

Peeble's
1st Tuesday monthly 1 pm - 3 pm

HyVee - 1st Wednesday
County Market - 3rd Wednesday
monthly 11 am - 1 pm

God's Way Christian Center
4th Thursday monthly
11:30 am - 12:30 pm

*For more information call
KAH Home Health Care 319-524-6293*

2010



Keokuk Health Systems

Together We Can Make A Difference

www.keokukhealthsystems.org