

FOR YOUR Health

Featuring Margaret Mary's upcoming classes, screenings and events

DECEMBER 2019



PRENATAL CARE

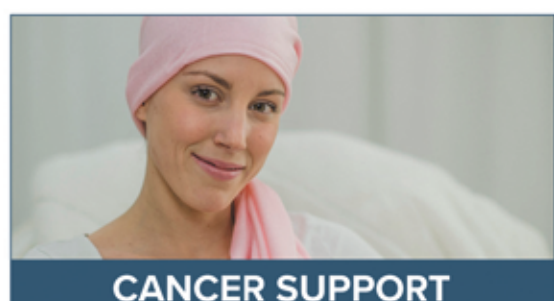
JAN 6 **FEB 5**
JAN 8 **FEB 3**
JAN 28 **MAR 24**

BREASTFEEDING CLASS: At MMH, we highly encourage new mothers to breastfeed. Taught by a certified lactation consultant, classes are offered monthly.

PRENATAL CLASS: Expectant mothers will learn about labor and delivery, postpartum care, newborn care and comfort techniques. *Please note - the February class will be held from 4 to 8 PM.

COMFORT TECHNIQUES FOR LABOR: Prepares families with the skills and confidence for a delivery with little or no medication.

Held at MMH's main campus, all prenatal classes are free and begin at 5:30 PM unless otherwise noted. Registration is required by calling 812.933.5298.



CANCER SUPPORT

DEC 12

CAREGIVER SUPPORT WORKSHOP: These workshops are for the caregivers of our patients. They are both supportive and educational and come complete with a delicious meal and free gifts. Workshops will be held at the Margaret Mary Outpatient & Cancer Center. RSVP is required by calling 812.933.3741.

JAN 23

NURTURE - SELF-CARE PROGRAM: This program is designed to nurture your mind, body and spirit. Our relaxing atmosphere will allow you to focus on your breathing, learn more about Comfort Touch, experience the benefits of gentle exercise, learn tips to fuel your body, and be taken on a journey through guided imagery. RSVP is required by calling 812.933.3741.



CLASSES & SCREENINGS

JAN 8

WELLNESS SCREENING: Held at the Occupational Health & Wellness Center, this free screening includes blood pressure and a cholesterol profile. Patients who have not been diagnosed with diabetes will have their fasting blood sugar levels tested. Appointments are required by calling 812.933.5583.

JAN 25

VASCULAR SCREENING: This 30-minute appointment determines a person's risk for heart disease, diabetes, stroke, aortic aneurysm and peripheral artery disease. Appointments are required and can be made by calling 812.933.5583. Cost: \$165



GIVE THE GIFT OF LIFE: GIVE BLOOD!

In conjunction with Hoxworth Blood Center, Margaret Mary's next blood drive will be held on Thursday, January 2, 2020. Donor buses will be parked in the hospital parking lot from 8 AM to 5 PM.

To schedule an appointment, call our Lab at 812.933.5274, or Hoxworth at 800.830.1091. Appointments can also be made online at hoxworth.org/groups/margaretmary.html.

All donors must be at least 17 years old and weigh a minimum of 110 pounds.

LIVE WELL NOW: NEW SESSION BEGINS JANUARY 7

Live Well Now was created based on the most current weight-loss research and encourages a self-care approach for bodies of all sizes. Lifestyle changes covered in the class include choosing wholesome foods, living an active life, mental health wellness and stress management – all critical components of preventing and treating both obesity and chronic disease. Participants will be given the tools to help with shopping, cooking and meal planning,

improving strength, flexibility and cardiovascular fitness, and tips on identifying stressors and how to manage stress.

Our next 10-week session will begin on **Tuesday, January 7** with classes being held at Noon and 5:30 PM. Cost is \$100.

Registration is required by calling **812.933.5602**.

Walnut St Variety, Gift, and Toy Store
33 N. Main St; Batesville, IN 47006; 812-932-2666

Bring in this ad for **10% off** your first purchase at our new, and very much enlarged location. Expires 12/15/19
We are right next door to the Bird in a Tree Boutique and Southeastern Indiana Dance

1,000s of GIFTS for children, adults, & pets.
Melissa & Doug, Leanin' Tree, & Burt's Bees, are just some of the great names of merchandise in stock, as well as a premier brand of **Hemp CBD oil** products for humans & pets.
Toys, games, puzzles, activity books and pads, arts & craft supplies, candles, antiques, vintage, and collectables, incense, essential oils, crystals & gemstones, & so much more

VISIT AMISH COUNTRY

COUNTRY CREATIONS
Bake Shop & Deli

20% OFF ALL IN-STOCK POLY FURNITURE! NOW THRU DEC. 31!

- Bakery
- Deli
- Jams/Jellies
- Candies/Spices
- Hickory Rockers
- Lighthouses
- Wind Chimes
- Gourmet Flavored Popcorn
- Custom Gift Baskets & More!

HOLIDAY SPECIALS
Mincemeat Pies, Cheeseballs, Fruitcakes, Coating Chocolate, candles and more!

DO YOUR CHRISTMAS SHOPPING HERE!
WE HAVE GREAT GIFTS FOR EVERYONE!

MEAT & CHEESE TRAYS TO ORDER.

Why Spend the holidays in the kitchen? Spend it with friends & family!
LET US DO YOUR HOLIDAY BAKING!
Apple, Pecan, Pumpkin and Cream Pies, Breads, Cakes, Cookies, Pumpkin Rolls, Dinner Rolls, Fried Pies, Whoopie Pies, & A Lot More. Noodles, Jams/Jellies, Honey, Maple Syrup, Roll Butter.

BULK, ORGANIC, & GLUTEN FREE FOODS NOW AVAILABLE

Mon - Fri | 8AM - 5PM
Sat | 8AM - 4PM
6851 S. US 421, Versailles, IN
7 miles south of Versailles
(812) 689-4243
CASH OR CHECK ONLY. WE CANNOT ACCEPT DEBIT OR CREDIT CARDS.

The 35th Annual Hunter & Minta Memorial
RIPLEY COUNTY COMMUNITY CHRISTMAS DINNER
Christmas Day - Wednesday, December 25th
Hosted at St. John's Catholic Church in Osgood located at 331 S. Buckeye St.

Anyone who is alone or in need of a meal on Christmas day can have a meal delivered to their home OR you can dine with us in the parish hall starting between 11:30 a.m.

To place your name on the list, please call Keri Johnson at 812-689-3322.

Be sure to leave your complete name, phone number, physical address and number of meals needed. If you will be dining with us in the hall, please give us your name, phone number and the number that will be attending.

Deadline to order meal is Monday, December 14 at 5:00 p.m.
To volunteer call Keri at 812-689-3322 or email ripleycountycommunitychristmasdinner@hotmail.com. To make a charitable donation, please make check or money order payable to the **Hunter & Minta Memorial Ripley County Community Christmas Dinner, Inc.** and mail to:
P.O. Box 82 • Osgood, IN 47037

We are a 501.3c charitable organization for tax purposes. Receipts provided upon request.

The Schuerman Law Firm

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BREAKFAST WITH SANTA
AT CRICKET RIDGE
Sunday, December 22nd
from 8 a.m. to Noon

Santa will be here from 9-11:30 a.m.

Buffet Adult: \$10.95
Children 10 & Under: \$5.95

Call for reservations.

22087 Pocket Rd. Batesville, IN 812-934-6348

Santa Day

The Napoleon State Bank
Not your typical bank!

Saturday, December 14, 2019
8:30a - Noon
ALL LOCATIONS

Register for prizes, enjoy refreshments and get your picture taken with Santa!

812.852.4002 | www.napoleonstatebank.com

We know what it took to build this business.

And we know what it takes to protect it.

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