

Arrowhead Regional Medical Center serves the surrounding communities with a number of free health education programs and support groups.



## COMMUNITY HEALTH EDUCATION PROGRAMS & SUPPORT GROUPS



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[www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org)

### You Can Help!

*Get involved with the Foundation*

ARMC's Foundation supports the medical center's mission by raising contributions to increase the margin of excellence in care delivered to patients at ARMC. You can direct your gifts to ARMC's capital needs, clinical department/programs, community health education or graduate medical programs. Your tax deductible gift can be directed to one of these areas generally, in memory of a loved one, or in honor of a doctor or nurse who served you or your family. Gifts can be made by cash, credit card, stock or through your will or trust. Donors are gratefully acknowledged through the Foundation's recognition programs.

**For more information, call 909.580.3167.**

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## Maternal and Child Programs

### Preparation for Childbirth

This five-week class will prepare you for the most positive and rewarding birth experience possible. Learn about breathing and relaxation techniques, physical and emotional changes to expect, and types of medications sometimes used in labor. It is recommended that classes be started 10-12 weeks before your due date. Please plan to attend both classes in a session, and bring a pillow and blanket to all sessions.

**6 – 9 p.m. Mondays (English)**

**2017 Classes to be held select Sundays**

**5 – 9 p.m.**

**For more information or to register, call 909.580.3174.**

### Maternity Tour

Come and learn about delivering your baby at ARMC. You will receive a guided tour of our Labor and Delivery and Mother-Baby units, as well as learn about the many services available. Refreshments and raffles prizes will be provided. You may choose to stay for a breastfeeding introduction class following the tour. Tours are open to the Community.

**First & Third Tuesday of each month.**

**Third Floor Mother-Baby Conference Room.**

**For more information or to register, call 909.580.3174.**

**For more information or to register for upcoming Lamaze Classes, call 909.580.3174.**



# Health Education

## **Drive: Diabetes Self-Management Program**

ARMC offers a Diabetes Self-Management Education Program that is accredited by the American Association of Diabetes Educators (AADE), a National Accredited Organization, and is certified by the Centers for Medicare & Medicaid Services. The program, called Drive, empowers patients to be in the 'Driver's Seat' as they strive to control their diabetes and achieve their wellness goals. According to the CDC, San Bernardino County has the highest rate of diabetes in Southern California (9.3 percent), affecting nearly 90,000 lives.

**For more information about ARMC's Drive Program, call Carol Farris, R.N., B.S.N., C.D.E., at 909.421.9497.**

## **Fall Prevention Class for Seniors**

Falls are a significant public health problem that affects one in three older adults. Falls may result in decreased function, fear of falling, limited activities, increasing healthcare costs, and even death. The program's goal is to reduce the fall risk for older adults, people aged 58 and older, through education, intervention and community resources. ARMC has partnered with the Fall Prevention Center of Excellence and the Fall Prevention Coalition.

**For more information, call 909.580.1376.**

## **Youth Violence Prevention Program**

The Fountain of Life: Reflections Program is a community-based as well as hospital-based program. Its goal is to meet the needs of the community through restorative justice practices, and to provide at-risk youth with a glimpse into true life-and-death situations as a catalyst to promote self-correction. The program seeks to ensure that victims, offenders and the community receive guidance, mentoring, education, and skills to make better lifestyle choices. ARMC's Trauma Center has partnered with the Fountain of Life and local schools to provide a once-a-month program (the last Saturday of each month) that consists of approximately 10-20 youths and their parents.

**For more information, call 909.580.1376.**

## **Healthy Living Class**

Adults with an on-going health condition (arthritis, heart disease, diabetes, high blood pressure or lung disease) and smokers should attend this class along with caregivers, family members, and/or friends of someone with an ongoing health condition. Attendees will learn how to:

- **Better manage their health**
- **Set goals and overcome challenges**
- **Communicate better with doctors, family, friends**
- **Manage medications**

**For more information, call 909.580.1200.**

# Support Groups

## **Quit Clinic: A Smoking Cessation Program**

Quitting successfully is not just a matter of willpower, but also your willingness to try new ways of managing life without smoking. In this series of three two-hour sessions, individuals will learn how to be more aware of their own "triggers" as well as various tools that can help them be in better control. Physicians, nurses and pharmacists are part of this group counseling. Medication treatment is available depending on eligibility and by arrangement.

**For more information or to register, call 909.580.6167.**

## **Stroke Support Group**

This group is for stroke survivors and their caregivers. It provides valuable information, speakers, a supportive environment and a chance to meet others experiencing similar life changes post-stroke. Through discussions, participants will learn ways to help problem solve, cope and understand more about stroke.

**Meets the first Wednesday of the month.**

**11 a.m. – 12 p.m.**

**Ponderosa Room, Medical Office Building**

**For more information, call 909.580.4383.**

## **Postpartum Support Group**

This is a discussion group about the challenges of being a mom. This is a place where you can come to ask questions, as well as receive helpful resources and referrals, support and educational counseling. Fathers and babies are welcome to attend.

**Meets the third Tuesday each month.**

**11 a.m. – 12 p.m.**

**Mother/Baby Conference Room, 3rd floor**

**For more information, call 909.580.3530.**

## **Burn Support Group**

This group meets to support and educate outpatients and relatives of burn inpatients. The group is designed to assist patients and families in understanding the process of recovering from a burn injury. The group provides a forum for questions, information and a chance to meet and share experiences with other individuals who've been affected by burns.

**Meets the second and fourth Thursdays of each month.**

**Burn Unit Conference Room, 2nd Floor**

**For more information and exact meeting times, call 909.580.2100.**

## **Breast Cancer Support Group**

The Breast Cancer Support Group is for individuals with breast cancer and their families. It's a place to sort out fears and questions with other individuals who have had the same or similar experiences. Experts will be on hand at each meeting to speak about helpful topics.

**Meets the third Monday of each month.**

**6 – 8 p.m.**

**ARMC Oak Conference Room, 1st Floor**

**For more information, call 909.580.3546.**

## **Look Good – Feel Better**

This program, offered through the American Cancer Society, is a free program that teaches beauty techniques to women with a cancer diagnosis who are in active treatment. Beauty professionals teach women how to cope with the appearance-related side effects of treatment.

**Meets every other month, 3rd Floor, MOB**

**3 – 5 p.m.**

**Call 800.395.5665 to register.**

## **Additional Support Groups**

Two ecumenical prayer services and support groups are available at ARMC.

- Those living with cancer (and survivors) meet the second Saturday of each month at 1:00 p.m.
- Parents and families who've experienced fetal demise meet the second Saturday of the month at 10:00 a.m.

**Both groups meet in the ARMC chapel.**

**For more information, contact Father Miguel Urrea at 909.580.1019.**