

| COMMUNITY CALENDAR

September - December 2018



AT THE FOREFRONT
UChicago
Medicine
Ingalls Memorial

708-915-CARE (2273)

TTY# 1-800-526-0844

www.ingalls.org



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ACTIVITY	LOCATION	CONTACT	DATES & SCHEDULE INFORMATION
<p>Acupuncture</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor, Suite 2400 19550 Governors Highway</p>	<p>Wellness Center 708-915-8850</p>	<p>Call to schedule an appointment (Saturday appointments only) \$80 for first treatment and consultation \$60 follow-up appointments / \$50 for seniors follow-up appointments</p>
<p>Aphasia Conversation Group Socialize & Practice Communication Skills</p>	<p>UChicago Medicine Ingalls Memorial First Floor of the North Building One Ingalls Drive Harvey</p>	<p>Speech Pathologist Beth Heise 708-915-4232</p>	<p>First Tuesday of every month Sept. 4, Oct. 2, Nov. 6, Dec. 4 10:30 - 11:30 a.m. Free program</p>
<p>Bariatric Surgery "Solutions" Medically Supervised Diet for those awaiting bariatric surgery</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor, Suite 2400 19550 Governors Highway</p>	<p>Wellness Center 708-915-8850</p>	<p>Wednesdays, 6 -7 p.m. Sept. 5, Oct. 3, Nov. 7 Monday, 6 -7 p.m. Dec. 10 Registration is required</p>
<p>Breastfeeding Childcare Class</p>	<p>UChicago Medicine Ingalls Memorial 3rd Floor, L & D Conference Room One Ingalls Drive Harvey</p>	<p>Women's & Children's Services 708-915-5334</p>	<p>Saturdays, Sept. 22, Nov. 17 10 a.m. Fee: \$20 per class</p>



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Breast Cancer Forum Health Awareness	Odyssey Country Club 19110 S. Ridgeland Ave. Tinley Park	To register, call 708-915-6838 or visit www.ingalls.org/Forum	Saturday, 9 a.m. - 1 p.m. Oct. 27 Free program
Breast Cancer Support Group Encouragement & Comfort	UChicago Medicine Ingalls Memorial in Tinley Park Desser Breast Center 6701 West 159 th Street	Patient Advocate Diane Ross 708-738-0956	Second Tuesday of every month 7 - 8:30 p.m. Sept. 11, Oct. 9, Nov. 13, Dec. 11 Free program
Cancer Support Center To give strength, guidance and support to anyone living with a cancer diagnosis	Cancer Support Centers: Homewood, 2028 Elm Road Mokena, 19657 LaGrange Road	Cancer Support Center Homewood 708-798-9171 Mokena 708-478-3529	FREE Services: The Center provides an array of classes, support groups and other networking opportunities for you, whether you are a patient or a caregiver.
Cancer Survivorship Series Nutrition & Other Wellness Topics	UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Highway First floor conference room	Care Connection 708-915- CARE (2273)	Tuesdays, 6 - 7 p.m. Oct. 9 – Cancer & Nutrition: Before, During & After Nov. 6 – Fad Diets & Food Trends Free program



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ACTIVITY	LOCATION	CONTACT	DATES & SCHEDULE INFORMATION
<p>Center Steppers Walking Club Free Screenings & Health Lecture</p>	<p>River Oaks Mall 96 River Oaks Center Drive (Near Food Court) Calumet City</p>	<p>Care Connection 708-915-CARE (2273)</p>	<p>Tuesdays, 8 - 9 a.m., Blood Pressure 9 - 9:30 a.m., Free Health Lecture Sept. 18 - The Mind Diet Oct. 16 - Diabetes Nov. 13 - Stroke Smarts Dec. 18 - Holiday Party</p>
<p>Childbirth Preparation Labor & Delivery Class</p>	<p>UChicago Medicine Ingalls Memorial 3rd Floor, L & D Conference Room One Ingalls Drive Harvey</p>	<p>Women's & Children's Services 708-915-5334</p>	<p>Consecutive Thursdays 7 - 9 p.m. Oct. 4 & 11, Dec. 6 & 13 Fee: \$30 / 2 sessions</p>
<p>Childbirth Preparation Saturdays Labor & Delivery Class</p>	<p>UChicago Medicine Ingalls Memorial 3rd Floor, L & D Conference Room One Ingalls Drive Harvey</p>	<p>Women's & Children's Services 708-915-5334</p>	<p>Saturdays, 9 a.m. - 1:30 p.m. Sept. 29, Nov. 10 Fee: \$30 / 1 session</p>
<p>Diabetes Classes For Medicare Patients</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Highway</p>	<p>Diabetes Management Center 708-915-8850</p>	<p>Physician referral required. Please call for class schedule and make your appointment. Classes are held on consecutive Tuesdays for 3 weeks, 9 - 11:30 a.m. Fee: Insurance is billed</p>



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<p>Diabetes Forum Support and Education</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Highway 1st Floor Conference Room</p>	<p>Diabetes Management Center 708-915-8850</p>	<p>Monday, Sept. 24, Oct. 29 6 - 7 p.m. Free program</p>
<p>Diabetes Management Center</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Highway</p>	<p>Diabetes Management Center 708-915-8850</p>	<p>Individual Assessment Self-Management Skills Physician referral is required Please call to schedule an appointment</p>
<p>Driver Safety AARP Program</p>	<p>UChicago Medicine Ingalls Memorial Professional Office Building Lower Level 2 71 W 156th Street Harvey</p>	<p>Senior Life 708-915-6885 Please call to schedule your appointment</p>	<p>Wednesdays, 8:30 a.m. - 4:30 p.m. Sept. 19 or Nov. 7 Fee: \$15 for AARP members (must have AARP card on the first day) \$20 for non-members Please bring check or money order on the first day of class payable to AARP Also, please bring sack lunch or money for hospital cafeteria</p>
<p>Grief Awareness Day for Children 5-12 Morning workshop full of activities including a craft to take home</p>	<p>UChicago Medicine Ingalls Memorial Location to be determined</p>	<p>Hospice Bereavement Services 708-915-4675</p>	<p>Saturday, Nov 10 10 - 11:30 a.m. Please register by Monday, Nov. 5 Free program</p>



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Grief During the Holidays One-evening workshop	UChicago Medicine Ingalls Memorial Location to be determined	Hospice Bereavement Services 708-915-4675	Thursday, Nov. 1 6:30 - 8 p.m. Please register by Monday, Oct. 29 Free program
Grief Support Group Living with Loss	UChicago Medicine Ingalls Memorial One Ingalls Drive North Building, 2 nd Floor Harvey	Hospice Bereavement Services 708-915-4675	Consecutive Thursdays, Oct. 4 - Nov. 8 10:30 a.m. - 12 p.m. Please register by Monday, Oct. 1 Free program
Healthy Baby Network Resource Assistance for Expecting Moms	UChicago Medicine Ingalls Memorial 3 rd Floor, L & D Conference Room One Ingalls Drive Harvey	Healthy Baby Network Coordinator Shanice Graham 708-915-3825	Educational support along with Medical and WIC assistance. Monday - Friday 8 a.m. - 4:30 p.m. Free program
Heart Walk Fundraiser for American Heart Association	Soldier Field - Friday *1410 Museum Campus Dr., Chicago Saturday Morning **1400 Kensington Road, Oak Brook	Join our team or support an Ingalls walker at metrochicagoheartwalk.org/Ingalls	* Friday, Sept. 21 11 a.m. - 1 p.m. **Saturday, Sept. 22 8 - 11 a.m.



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ACTIVITY	LOCATION	CONTACT	DATES & SCHEDULE INFORMATION
<p>Hip and Knee Replacement Modern medical management and invasive surgical options</p>	<p>UChicago Medicine Ingalls Memorial in Calumet City Medical Office Building 1600 167th Street <i>(Located behind the Family Care Center)</i></p>	<p>Ingalls Express 708-915-PAIN (7246)</p>	<p>Tuesday, Sept. 11 6 - 7 p.m. Speaker: Dr. Phillip Nigro Light supper provided with pre-registration Free seminar</p>
<p>Hip and Knee Replacement Modern medical management and invasive surgical options</p>	<p>UChicago Medicine Ingalls Memorial in Tinley Park 6701 W 159th Street</p>	<p>Ingalls Express 708-915-PAIN (7246)</p>	<p>Monday, Oct. 15 6 - 7 p.m. Speaker: Dr. Phillip Nigro Light supper provided with pre-registration Free seminar</p>
<p>Infant Care Child Care Class</p>	<p>UChicago Medicine Ingalls Memorial 3rd Floor, L & D Conference Room One Ingalls Drive Harvey</p>	<p>Women's & Children's Services 708-915-5334</p>	<p>Consecutive Mondays, 7:30 - 9:30 p.m. Oct. 1 & 8, Dec. 3 & 10 Fee: \$20 / 2 sessions</p>
<p>KidFit Camp Children's Weight Management Series Children Ages 8 - 13</p>	<p>Ingalls Family Care Center 19550 Governors Highway, Suite 2400 Flossmoor</p>	<p>Wellness Center 708-915-8850</p>	<p>Physician referral required Call to register Fee: \$250 / eight-week session DATE: TBD</p>



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ACTIVITY	LOCATION	CONTACT	DATES & SCHEDULE INFORMATION
Kidney & Diabetes Screening Prevent, educate & promote	Matteson Community Center 20642 Matteson Ave. Matteson	National Kidney Foundation of Illinois 312.321.1500	Tuesday, Oct. 9 10 am. - 2 p.m. No appointment necessary. Must be 18 years of age or older. Free screening
Lymphedema Management Program	UChicago Medicine Ingalls Memorial in Flossmoor , 19550 Governors Hwy., and Tinley Park 6701 West 159 th St.	Flossmoor 708-915-8465 Tinley Park 708-915-7460	Ongoing Program Physician referral required Call for information & to schedule an appointment
Mammograms Convenient Same Day Appointment. Available at 4 Ingalls locations	UChicago Medicine Ingalls Memorial in Calumet City 1600 Torrence, Flossmoor 19550 Governors Highway, Harvey One Ingalls Drive, and Tinley Park 6701 W. 159 th Street	Schedule your appointment today 708-915-3333 or online at ingalls.org/Tests	Same Day Mammogram Call to schedule and be seen today Most major insurances accepted Doctor's order may be needed
Massage Therapy	UChicago Medicine Ingalls Memorial in Flossmoor , Suite 2400 19550 Governors Highway	Wellness Center 708-915-8850	Call for more information or to schedule a massage
Maternity Suites Tour	UChicago Medicine Ingalls Memorial 3 rd Floor, L & D Conference Room One Ingalls Drive Harvey	Women's & Children's Services 708-915-5334	Wednesdays, 6 - 7 p.m. Sept. 12, Sept. 26, Oct. 10, Oct. 24 Nov. 7, Nov. 28, Dec. 12 Free program



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Meditation & Mindful Living	UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Highway	Wellness Center 708-915-8850	Mondays, 7:00 - 8:15 p.m. September 24 th -October 29 th Fee: \$60 for 6-week session
Matteson Milers Walking Club Free Screenings & Health Lecture	Matteson Community Center 20642 Matteson Ave. (one block west of Cicero Ave.) Matteson	Care Connection 708-915- CARE (2273)	Monthly Blood Pressure Third Thursday, 8 - 10 a.m. Free Health Lecture, 9 a.m. Continental Breakfast, 9:15 a.m. Free program
Pulmonary Rehab Outpatient	UChicago Medicine Ingalls Memorial Professional Office Building 71 W. 156 th Street, Suite 103 Harvey	Cardiac & Pulmonary Rehab 708-915-5590	Physician referral required Call for information
Rehabilitation Support Group Amputee, Stroke, Parkinson's & Multiple Sclerosis	UChicago Medicine Ingalls Memorial North Building, 1 st Floor One Ingalls Drive Harvey	Rehab Support Lacy Little 708-915-4233	Wednesdays, 3 - 4:30 p.m. Sept. 5, Oct. 3, Nov. 7, Dec. 5 Free program
Rehabilitation Therapy Outpatient Program	UChicago Medicine Ingalls Memorial in Flossmoor 19550 Governors Hwy., South Holland 16246 Prince Drive, and Tinley Park 6701 W. 159 th Street	Flossmoor 708-915-8465 South Holland 708-915-4700 Tinley Park 708-915-7460	Occupational, Physical and Speech Therapy Physician referral required Call for more information or to schedule.



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<p>Senior Life Senior Membership Program</p>	<p>UChicago Medicine Ingalls Memorial One Ingalls Drive Harvey</p>	<p>Senior Life 708-915-6885</p>	<p>Free Membership Program Education Classes, Insurance Information Special Discounts, Travel & More</p>
<p>Square Striders Walking Club Free Screenings & Health Lecture</p>	<p>Orland Park Mall 288 Orland Square Orland Park</p>	<p>Care Connection 708-915-CARE (2273)</p>	<p>Fridays, 8 - 10 a.m., Blood Pressure 9 - 9:30 a.m., Free Health Lecture Sept. 21 - Optimal Health Oct. 19 - Diabetes Education Nov. 16 - Age Related Eye Disease Dec. 21 - Holiday Party</p>
<p>Vitamins and Over the Counter Drugs Information to keep you safe</p>	<p>Olympia Fields Senior Living 3633 Breakers Drive Media Room Olympia Fields</p>	<p>Olympia Fields Senior Living 708-747-3333</p>	<p>Wednesday, Sept. 19 3 - 4 p.m. Free seminar</p>



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<p>Weight Management Healthy Lifestyles 12-Week Adult Weight Management Program</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor, Suite 2400 19550 Governors Highway</p>	<p>Wellness Center 708-915-8850</p>	<p>Free Orientation on Thursday, Jan. 10 at 9a.m. or 6p.m. Full 12 week Class begins Thursday, Jan. 17th 9 - 10:30 a.m. OR 6 -7:30 p.m. \$225 for 12 week course Call to register</p>
<p>Your Choice Direct Screenings Medical Screenings You Choose</p>	<p>UChicago Medicine Ingalls Memorial in Flossmoor, Suite 2400 19550 Governors Highway</p>	<p>Wellness Center 708-915-8850</p>	<p>Call for information about our menu of gender and age-based screening options, and to schedule your screening.</p>