



November 2011

Mon	Tue	Wed	Thu	Fri	Sat
Visit Our Website www.franciscanhammondclinic.org					3 Health Fair 8 am to 12
7	8	9	10 Diabetes Support 6 p.m.	11	12
14 Weight Management 6:30 p.m.	15 	16	17	18	19
21	22	23	24 Thanksgiving 	25	26

Franciscan Hammond Clinic Health Fair: Saturday, November 5th - 8 a.m. to 12 noon

You are invited to attend this health fair which will include FREE blood pressure, blood sugar, bone density, oxygen level and cholesterol screenings. Flu shots will be available at a cost. Informational booths, free giveaways and refreshments will be provided. Join Us At The Franciscan Hammond Clinic, 7905 Calumet Avenue – Munster

Diabetes Support Group: The Latest Technology: Thursday, November 10th - 6:00 pm

Ever wonder how that pizza affected your blood sugar? Fingersticks and A1C testing give only part of the picture. Join Julie Knepper, Diabetes Clinical Manager, as she discusses how Continuous Glucose Monitoring identifies glucose patterns that help your healthcare provider fine-tune your diabetes treatment. Register in advance to be eligible for door prizes.

Weight Management Class: Monday, November 14th – 6:30 p.m.

Are you considering weight reduction surgery? The Franciscan Hammond Clinic has an ongoing weight management class for those interested in weight loss through bariatric surgery. The class meets each second Monday of the month and is free of charge to participants. A one time fee of \$25 is accessed for the book and supplies. Physician referral is required.



To register call (219) 836-3600 or 1-800-279-8700
Hours: Monday-Friday 8 a.m. to 6 p.m. Saturdays 8 a.m. to Noon.
Unless specified, all classes held in the 3rd floor meeting room
Franciscan Hammond Clinic
Specialty Center, 7905 Calumet Ave. – Munster.
Or Register For Any Of Our Classes On Our Website:
www.franciscanhammondclinic.org

December 2011

Healthy Holiday Cooking and Baking:

Thursday, December 8th - 6 p.m.

Lighten up for the holidays! Learn how to modify your favorite recipes to make them healthier to eat. Join Registered Dietitian JoAnn Franczek as she shows you how to create fun, easy and healthful appetizers and find easy ways to lower calories on your dessert table. Attend to sample her sugar-free holiday cookies and delicious dips. Please register in advance!

Weight Management Class:

Monday, December 12th – 6:30 p.m.

Are you considering weight reduction surgery? The Franciscan Hammond Clinic has an ongoing weight management class for those interested in weight loss through bariatric surgery. The class meets each second Monday of the month and is free of charge to participants. A one time fee of \$25 is accessed for the book and supplies. Physician referral is required.

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5	6 	7	8 Healthy Holiday Cooking & Baking 6 p.m.	9 	10
12 Weight Management 6:30 p.m.	13	14	15	16	17 
19	20	21	22	23	24
Thank You For A Great 2011! Plan To Attend Our 2012 Classes!					
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