







# September 2010

## Hammond Clinic Wellness Plus Health Improvement Programs

Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 
<b>Join Us For <u>FREE</u> Patient Education Classes!</b>					
6	Visit Our Website <a href="http://www.hammondclinic.com">www.hammondclinic.com</a>		9 Diabetes Support: Diabetic Managing Your Diabetes 6: 30 p.m.	10 	11
13 Weight Management 6:30 p.m.	14 	15 Blood Pressure/ Blood Sugar Screening Walgreen's 4 to 6 p.m.	16 	17	18 
20 SPEAKER	21 Hormone therapy: Is it right for you? Speaker: Jennifer Pruzin, APN, FNP-BC 6 p.m.	22	23 Alzheimer's Support Group 6 p.m.	24 	25

**Diabetes Support Group:  
Managing Your Diabetes**

**Thursday, September 9<sup>th</sup> - 6:30 pm**

Learn healthy steps toward improving the quality of your life by better managing your diabetes by attending this educational session. Preregister to be eligible for door prizes. Sponsored by Abbott Pharmaceuticals.

**Weight Management Class:**

**Monday, September 13<sup>th</sup> - 6:30 p.m.**

Are you considering weight reduction surgery? The 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 onetime fee of \$25 is accessed for the book and supplies. Physician referral is required.

**FREE Blood Pressure &  
Blood Sugar Screening:**

**Wednesday, September 15<sup>th</sup> -- 4 to 6 p.m.**

CVS Pharmacy  
3405 Ridge Road – Highland

**Hormone Therapy: Is it right for you?**

**Tuesday, September 21<sup>st</sup> – 6 p.m.**

Until recently hormone therapy was routinely used to treat menopausal symptoms and protect long-term health. You will want to join Hammond Clinic Nurse Practitioner Jennifer Pruzin as she discusses the benefits and risks of hormone replacement therapy.

**Alzheimer's Support Group:**

**Thursday, September 23<sup>rd</sup> — 6 p.m.**

Attend this seminar to learn more about how to work with loved ones afflicted by Alzheimer's disease.

Affiliated With The Alzheimer's Association.

**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  
Hammond Clinic Specialty Center  
7905 Calumet Ave. – Munster, IN 46321  
Or Register For Any Of Our Classes On Our Website:  
[www.hammondclinic.com](http://www.hammondclinic.com)  
Walk Ins Are Always Welcome!**