



CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center invites you to a health-promoting class or seminar. For more information, visit www.cambridgemedicalcenter.com or register by calling the CMC Education Department at 763-689-7780.

CANCER RESOURCE CENTER

The Harbor Room is filled with resources for cancer patients and their loved ones. Call 763-689-8415 for hours and activities.

CPR AND FIRST AID

Two- and four-hour classes
Offered monthly at various times
Minimal charge

Basic life support recertification classes for health care providers are offered throughout the year. Call CMC's Education Department at 763-689-7780, ext. 1, for details on first aid or other basic life support class availability.

DIABETES AND NUTRITION EDUCATION

Diabetes Self-Management Training

Classes are available for people newly diagnosed with diabetes as well as for annual education updates. Individual consultations are available if required by your doctor. A doctor referral is required for this class.

The Winning Weigh

- May 12, 6-8:30 p.m.
- June 17, 6-8:30 p.m.
- Aug. 21, 10 a.m.-12:30 p.m.
- Sept. 16, 4-6:30 p.m.

Foundation Room

Cost is often covered by insurance. Check with your insurance company before registering.

Call CMC Diabetes Education at 763-689-7775 for details. Classes, taught by a registered dietitian, are available for anyone who has been diagnosed by a doctor as having pre-diabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome.

CHILDBIRTH CLASSES

Prepared Childbirth

Wednesdays, 6-9 p.m.

■ May 7, 14, 21, 28

■ June 4, 11, 18, 25

■ July 9, 16, 23, 30

■ Aug. 6, 13, 20, 27

\$65 (\$35 if deliver at CMC)

Using the Lamaze® approach to prepared childbirth, the classes focus on relaxation and breathing for labor and delivery. A tour of the Maternity Care Center is included.

Fast Track Prepared Childbirth

Two sessions per class

■ Thursday, June 5, 5-9 p.m.,
and Saturday, June 7, 8 a.m.-noon

■ Thursday, Aug. 7, 5-9 p.m.,
and Saturday, Aug. 9, 8 a.m.-noon

\$65 (\$35 if deliver at CMC)

JOINT REPLACEMENT SURGERY

Monthly Classes

■ Second Tuesday, 6-8 p.m.

■ Fourth Tuesday, 2-4 p.m.

Foundation Room

Free

A class for people anticipating knee or hip replacement surgery. Learn how to get ready for surgery and how to prepare for a successful recovery. Class is taught by an orthopedic nurse.

PARENTING CLASSES

Exploring Newborns

Fridays, 11 a.m.-noon

CMC 4th Floor Classroom

A program for moms and/or dads and their babies from birth to 6 months. Bring your baby to the weekly informal

get-togethers, where each week a different baby care topic will be discussed. A registered nurse will weigh babies and answer questions. Sponsored by Isanti County Public Health, ECFE and CMC. No registration required. Call the Partners in Pregnancy Clinic at 763-689-7725 for more information.

New Baby Care

Two-session class

Tuesdays, 7-9 p.m.

June 17 and 24, July 29 and Aug. 5, Sept. 9 and 16

Dining Room B

\$20 per couple (free if deliver at CMC)

Learn the basics of baby care, such as bathing, diapering, swaddling, cord care, infant CPR and more.

Car Seat Safety

45-minute class

Tuesdays, 5:30-6:15 p.m.

May 20, July 15, Aug. 19, Sept. 23

Dining Room B

\$15 per couple (free if deliver at CMC)

This class, taught by child-passenger safety technicians, will focus on how to safely position your child in the car seat, when to transition to a larger seat and tips for proper seat installation.

Breastfeeding

60-minute class

Tuesdays, 6:30-7:30 p.m.

May 20, July 15, Aug. 19, Sept. 23

Dining Room B

\$20 per couple (free if deliver at CMC)

Get your breastfeeding off to a good start. The course is taught by a certified lactation counselor.