



# CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center (CMC) invites you to a health-promoting class or seminar. For more information, visit [www.cambridgemedicalcenter.com](http://www.cambridgemedicalcenter.com) or register by calling the CMC Education Department at 793-689-7780.

## 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 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

For more information, call 763-689-7775.

### Diabetes Self-Management Training

For people diagnosed with diabetes.

### The Winning Weigh Foundation Room

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

For people diagnosed with prediabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome.

## CHILDBIRTH CLASSES

### Prepared Childbirth

Wednesdays, 6-9 p.m.

- Sept. 30 and Oct. 7, 14, 21
- Nov. 11, 18, 23 (Monday) and Dec. 2

**\$75 (\$50 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

9 a.m. to 5 p.m.

Sept. 29

**\$75 (\$50 if deliver at CMC)**

## JOINT REPLACEMENT SURGERY

Monthly classes  
Foundation Room

Free

A class for CMC patients 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. Call for dates and times.

## PARENTING CLASSES

### Exploring Newborns

Tuesdays, 9-10 a.m.

Fourth Floor Classroom (hospital)

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

6-9 p.m.

Sept. 16, Oct. 28 or Dec. 9

Foundation Room

**\$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.

## COMING EVENTS

### Apple a Day Fall Programs

Mondays, 6:30-8 p.m.

Foundation Room

Reservations requested.

Call 763-689-8419.

### Sept. 21: Vascular Disease and Treatment

Presented by Alan T. Hirsch, MD, director, Abbott Northwestern Hospital's Vascular Center, Minneapolis Heart Institute

### Oct. 19: Joint Health

Presented by Robert Dooehen, MD, CMC orthopedic surgeon

### Nov. 16: Driving Fitness Program

How to safely keep your driving independence, presented by Sister Kenny® Rehabilitation Institute

### Car Seat Safety

5:30-6:15 p.m.

Sept. 22, Oct. 27, Nov. 24 or Dec. 29

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

6:30-7:30 p.m.

Sept. 22, Oct. 27, Nov. 24 or Dec. 29

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.