

FOR IMMEDIATE RELEASE from Southeast Missouri Hospital

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For more information, contact Sam DeReign in Marketing, 986-6616.

Wellness Connection Offers Bone Density Screening

Southeast Missouri Hospital's Wellness Connection will host a bone density screening from 8 a.m. to noon on Monday, December 7.

The screening is free for Cape County seniors who are 60 years of age or older and have not been screened this year. For all others, the cost is \$25 per person.

This simple heel scan will help you know your risk for osteoporosis. It's done on a bare foot, so wear shoes and socks that can easily be removed.

The Wellness Connection is located across from the customer service desk in West Park Mall. An appointment is required. Call the Wellness Connection at (573) 332-1587 or the Southeast HealthLine at 1-800-800-5123 to register.

Wellness Connection Provides Free Educational Program for Parents, Coaches

Southeast Missouri Hospital's Wellness Connection will host a free educational program for parents and coaches of adolescent and pre-adolescent female athletes on Thursday, December 10, from 6 to 8 p.m.

The program will focus on the Female Athlete Triad which is a dangerous, yet preventable syndrome consisting of three distinct diseases: disordered eating, osteoporosis and amenorrhea. When all three diseases are present in a young female, they can create a destructive and sometimes fatal cycle.

The program will be presented by Jetuan Rowley, MD, CASQM, of the Southeast Missouri Hospital Medical Staff and Plaza Primary Care West. Dr. Rowley will highlight identification and prevention of the Triad. The Wellness Connection is located across

from the customer service desk in West Park Mall. For more information or to register, please call the Wellness Connection at (573) 332-1587.

Southeast Missouri Hospital Pediatrician to Present Program on Viral Illness

Martinique Johnson, MD, a pediatrician at Southeast Missouri Hospital, will present “RSV: Keep Your Child Healthy This Winter,” a free program that will be held on Tuesday, December 15, from 5:30 to 7:30 p.m. at the Wellness Connection in West Park Mall.

Respiratory Syncytial Virus (RSV) is a contagious illness that can lead to serious health problems, especially among young children and premature infants. However, there are ways to protect your family from this illness.

Dr. Johnson will discuss what you need to know to prevent RSV during the winter holiday season and beyond. To register, call the Wellness Connection at (573) 332-1587 or the Southeast HealthLine at 1-800-800-5123. The Wellness Connection is located near The Pasta House Co. and across from the customer service desk.

Wellness Connection Hosts Super Sitter Class

Southeast Missouri Hospital’s Wellness Connection will host a Super Sitter class from 8 a.m. to 3 p.m. on Monday, December 28. The class is for boys and girls, 11-16 years of age, who want to learn proper babysitting techniques and basic child care information.

The fee is \$25 per person, and that covers the cost of handouts, lunch, snacks, Super Sitter Kit and certificate. To register, call the Wellness Connection at West Park Mall at (573) 332-1587.

Wellness Connection to Hold Winter Wonderland Day Camp

Southeast Missouri Hospital's Wellness Connection will host a Winter Wonderland Day Camp for kids on Monday, December 21, from 8 a.m. to 4 p.m.

The camp for children, ages 5 to 12, will offer fun and healthy activities. The cost is \$22 per child. The cost includes snacks and a field trip. Children should bring sack lunches. To register, call the Wellness Connection at West Park Mall at (573) 332-1587.

Southeast Missouri Hospital Foundation Presents 'Sounds of the Season' Benefit Concert

The 14th annual "Sounds of the Season" benefit concert of the Southeast Missouri Hospital Foundation will be performed at Cape Bible Chapel on Sunday, December 6, at 2 p.m.

The "Starz on the Rise!" concert will feature master of ceremonies Mike Dumey and the talents of area singers. The award-winning dancers of the Academy of Dance Arts under the direction of Kara Skelton also will perform. Pre-concert music will be provided by the chamber choirs of Centenary United Methodist and Westminster Presbyterian churches.

This benefit performance will support the cancer programs of Southeast Missouri Hospital. Tickets are a suggested \$5 donation per person and are available in advance or at the door. For more information, call the Foundation at (573) 986-6623.