

**FOR IMMEDIATE RELEASE FROM SOUTHEAST MISSOURI HOSPITAL**

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## **Wellness Connection Offers Walkin' 2 Wellness Program**

Walkin' 2 Wellness, a mall walking program sponsored by Southeast Missouri Hospital's Wellness Connection, will begin on Monday, March 1.

By logging miles walked at West Park Mall in Cape Girardeau, you can earn free and discounted screenings and a free health profile. Random prize drawings also will be held.

Walking offers numerous health benefits. Walking can decrease your risk of a heart attack, boost good cholesterol, and help you control your blood pressure and manage your weight. Any amount of walking is good, but for the best results, set a brisk pace and walk for 30 minutes at least five times a week.

Stop by the Wellness Connection at West Park Mall, across from the customer service desk, to register for this free program and complete an initial health assessment (height, weight and blood pressure). Then, start walking.

For more information, call (573) 332-1587.

## **Free Program on March 16 to Focus on Men's Health**

Urologist Vincenzo Galati, DO, will present a men's health program on Tuesday, March 16, from 6 to 7:30 p.m. in Meeting Room 106 at Southeast Missouri Hospital.

Dr. Galati will discuss BPH and ED, common problems for men.

BPH stands for Benign Prostatic Hyperplasia, an enlargement of the prostate which may cause urinary frequency, urgency incontinence and nighttime trips to the bathroom. Erectile Dysfunction (ED) is another name for impotence.

Millions of men suffer from either one or both of these conditions, often limiting their lifestyles, activities and relationships. Dr. Galati will share information about treatment options and answer questions at this free presentation.

To register, call the Wellness Connection at (573) 332-1587 or the Southeast HealthLine at 1-800-800-5123, or go online to [www.southeastmissourihospital.com](http://www.southeastmissourihospital.com).

## **Hospital Foundation to Host Easter Egg Hunt for Adults**

Do you want to hunt for Easter eggs and win cash and other prizes? The Southeast Missouri Hospital Foundation will host an Easter Egg Hunt for Adults on Saturday, March 27.

The event will be held from 5 to 10 p.m. at Deerfield Lodge, 6275 County Road 313 in Cape Girardeau. You must be at least 21 years of age to attend.

The Branding Iron restaurant will cater the dinner. "Charlie's Music Review" sound system will perform pop, rock and country music.

Participants should bring their own Easter baskets and flashlights. The Easter Egg Hunt will feature more than 1,500 eggs and over \$2,500 in cash and prizes. In addition, the event will include a silent auction.

Tickets are \$25 per person. Proceeds will benefit Southeast Hospice. For tickets or more information, call (573) 986-6622.

## **Wellness Connection to Hold Bone Density Screening**

Are you at risk for osteoporosis? You can find out at a bone density screening on Thursday, March 25, from 8 a.m. to noon at the Wellness Connection in West Park Mall.

Cape County residents, age 60 or older, are eligible to receive one free screening per year. For all others, the fee is \$25. The screening is done on a bare foot so those seeking to be screened are encouraged to wear shoes and socks that can easily be removed.

An appointment is required. To register for the screening, call the Wellness Connection at (573) 332-1587.

## **Southeast Hospital Provides Freedom from Smoking Program**

Southeast Missouri Hospital Wellness Services will offer an eight-week Freedom from Smoking program that could help smokers crush the habit for good.

The program, designed by the American Lung Association, will be presented by healthcare professionals. Sessions will be held on Thursdays, March 4 through April 22, from 6 to 7 p.m. at the Wellness Connection in West Park Mall. The Wellness Connection is located across from the customer service desk.

The first meeting will be a free, informational seminar. Attend the first class and then decide if you want to participate in the program. The cost for the smoking cessation program is \$50. For more information, call (573) 332-1587.

## **HealthPoint – Cape to Hold Shamrock 360 Indoor Triathlon on March 20**

HealthPoint Fitness in Cape will host the Shamrock 360 Indoor Triathlon on Saturday, March 20.

The timed event will include swimming for 10 minutes, biking for 30 minutes and running for 20 minutes. Performance will be measured by total distance covered in the time allowed. Individuals and teams can compete.

Start times range from 8 a.m. to 2 p.m., with new starts every 15 minutes. Sign up for a start time now. Don't wait. Space is limited. The registration fee is \$40 per person.

For more information, contact HealthPoint – Cape at (573) 986-4400 or e-mail Amy Schremp at [aschremp@sehosp.org](mailto:aschremp@sehosp.org). Registration information also is available at [www.healthpointplaza.com](http://www.healthpointplaza.com).

## ***Southeast Hospital Exhibits 'Art for the Health of It'***

The 2010 "Art for the Health of It" exhibit is on display through April 29 at Southeast Missouri Hospital.

The artwork can be viewed along the hallway outside the Surgical Waiting Room on the Hospital's first floor. Forty-one artists submitted 120 pieces of art. About 60 pieces of art are displayed. Most are for sale.

Now in its 17<sup>th</sup> year, "Art for the Health of It" is a partnership of the Hospital and the Arts Council of Southeast Missouri. Prizes for the juried exhibit are provided by Southeast Missouri Hospital and the Cape Girardeau County Medical Society and Alliance. Southeast Missouri State University professor Emily Booth, who acts as exhibitions coordinator for the River Campus Art Gallery, served as the juror for this year's exhibit.

The Hospital's Beautification Committee and the Arts Council established the arts competition in 1994 to demonstrate the health and healing benefits of artistic images. The exhibit also is designed to provide a calming effect in an often stressful environment.

## **HealthPoint – Jackson to Hold Parents' Night Out**

HealthPoint Fitness in Jackson will hold a Parents' Night Out on Friday, March 26, from 6 to 9 p.m.

Parents can enjoy an evening out while their children, ages 5 to 12, have fun with scooter races, parachute activities and much more. Participants are encouraged to wear their favorite pajamas. The cost is \$12 per child.

For more information or to pre-register, contact HealthPoint Fitness at (573) 243-2211.

## **HealthPoint – Jackson Offers Free Self Defense Classes for Women**

HealthPoint – Jackson will offer free Self Defense for Women classes on Saturday, March 27.

Three sessions will be offered: 10 to 11 a.m., 11 a.m. to noon and noon to 1 p.m. Doug Johnson, a black belt, of Moo Sul Kwan Martial Arts will teach the classes. The sessions are open to participants, ages 12 and up.

Participants should dress comfortably for movement and register in advance. To register, call (573) 243-2211.

## **Southeast Hospital to Hold Free Blood Pressure Screenings**

Southeast Missouri Hospital will conduct free blood pressure screenings in Cape Girardeau on Monday, March 1, and Thursday, March 4.

The March 1 screening will be held from 10:45 to 11:15 a.m. at Grace United Methodist Church. The March 4 screening will be held from 10 to 11:15 a.m. at the Cape Girardeau Senior Center. No registration is required.