

### Tuesday, December 3

- Movin On Exercise Group - 10:00am

### Wednesday, December 4

- New Moms Monthly Support Group Meetings - 12:00pm

### Tuesday, December 10

- Movin On Exercise Group - 10:00am

### Wednesday, December 11

- Infant Loss Support Group - 6:00pm

### Tuesday, December 17

- Movin On Exercise Group - 10:00am

### Wednesday, December 18

- Childbirth Express - 6:00pm

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### Movin On Exercise Group

**Time:** 10:00am



The Movin On Exercise Group is a free weekly exercise class for cancer patients and survivors based on current and emerging research linking exercise to better outcomes in cancer care. Each class is specifically tailored towards participants' fitness levels and needs. Physical therapists

oversee the classes.

Classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. The exercise group also serves as an organic support group, bringing together people who have been diagnosed with cancer and may have similar experiences. For questions or to register, call 208.799.5219.

### **New Moms Monthly Support Group Meetings**

**Time:** 12:00pm



**Come together to discuss motherhood in a supportive and nurturing environment.**

This **free** group provides a safe and non-judgmental space for pregnant women and women with children 0 to 12 months looking for answers to questions about:

- Breastfeeding
- Sleep patterns
- Infant development
- Returning to work
- Changes in your relationship with your partner and friends

Learn through group discussions, share experiences, exchange information, and gain support during an adjustment stage that can be a complex combination of excitement and anxiety. **Lunch provided. For questions, call 208.799.5430.**

### **Infant Loss Support Group**

**Time:** 6:00pm

St. Joseph Regional Medical Center's Infant Loss Group provides support to individuals and families who have experienced loss through miscarriage, ectopic pregnancy, stillbirth, or death of a newborn or child up to one year of age.

When someone experiences a perinatal loss, feelings of isolation, guilt, and a sense that no one understands what they're going through may occur. It is essential to know that many others have known this type of loss; in fact, one in five pregnancies ends in a miscarriage, and one in 100 experiences a stillbirth.

While perinatal loss is all too common, each grief journey is individual. Being with others who understand what you are going through is often comforting. We offer support through educational handouts, community events, and small group meetings. Meetings are facilitated by a Registered Nurse educated in this type of loss, and there is no charge to participate in these meetings.

For information on the program, email [amber.maurer@sjrmc.org](mailto:amber.maurer@sjrmc.org) or call 208 799 5430.

### **Childbirth Express**

**Time:** 6:00pm

One night class to introduce labor support skills, pain management for birth and tour the hospital. The class is **free** and limited to 6 mothers and their support person. For questions, please call 208.799.5430.