Classes For Moms-to-be and Grandparents

- Feeding Your Baby - Benefits and Effects of Breastfeeding

Presented by Donna Yates, RN, CBC, ICCE, IBCLC Prenatal Instructor Learn about breastfeeding and how it can enhance the overall well-being of your baby. Cost: \$20, includes meal and materials. Reservations required, space limited. Monday, Feb. 11, 6 p.m. WK Bossier Health Center 2400 Hospital Drive, Auditorium

Community Education At Our Hospitals

- Joint Replacement Camps

Conducted by Willis-Knighton Physical Medicine & Rehabilitation Institute
A class for patients scheduled for total hip or total knee replacement surgery or who are
seriously considering surgery. It provides patient education about the hospital experience for
total hip or total knee replacement surgery.
FREE. Reservations required, space limited.

WK Bossier Health Center Tuesday, Feb. 5, 9 a.m. 2400 Hospital Drive Conference Room B

- Hang Tough, Don't Puff!

Conducted by Karen Shafter, RN Monday, Feb. 11, 5 p.m.

Willis Knighton community education, shots for tots

Written by Sean Green Thursday, 31 January 2013 16:50 -

WK Bossier Health Center

WK Bossier Wellness Center, 2450 Hospital Drive

A one hour informative session addressing readiness, preparation and quitting techniques involving the use of tobacco.

FREE. Reservations required, space limited.

- Nutrition 101

Conducted by Julie Hartley, RD, LDN Tuesday, Feb. 12, 12 noon WK Bossier Health Center 2400 Hospital Drive, Auditorium

Food changes everything. Making gradual, lifelong changes enables you to reach healthy goals. If you have questions about lowering your cholesterol, blood pressure or just want to lose a few pounds this class is for you.

Cost: \$6, includes lunch. Reservations required, space limited.

- Shaking the Sodium from Your Diet and Thriving with Cardiopulmonary Disease

A seminar that addresses the needs of people with heart failure, or signs and symptoms of chronic cardiopulmonary disease.

FREE. Reservations requested.

Thursday, Feb. 14, 10 a.m.

Facilitated by Anita Vondra, RN, Cardiac Rehab and Leah Walker, RD, LDN

WK Bossier Health Center

WK Bossier Wellness Center, 2450 Hospital Drive

Shots for Tots Schedule

- Monday, Feb. 4

Willis Knighton community education, shots for tots

Written by Sean Green Thursday, 31 January 2013 16:50 -

Toys R Us, 2918 East Texas, Bossier City, 10 a.m. – 1 p.m. Brookshire's, U.S. Hwy. 80 (Oak Thicket), Haughton, 2:30 p.m. – 5 p.m.

- Monday, Feb. 11

Books A Million, 2001 Airline Drive, Bossier City, 10 a.m. – 1 p.m. Super 1 Foods, 1870 Airline Drive, Bossier City, 2:30 p.m. – 5 p.m.

- Wednesday, Feb. 13

J.C. Penney, Pierre Bossier Mall, Bossier City, 10 a.m. – 1 p.m. Walmart, 2536 Airline Drive, Bossier City, 2:30 p.m. – 5 p.m.

- Wednesday, Feb. 20

Fred's Discount Store, 5604 La. Hwy. 3, Bossier City, 10 a.m. – 1 p.m. McDonald's, 2571 Viking Drive, Bossier City, 2:30 p.m. – 5 p.m.