



# CAMBRIDGE MEDICAL CENTER

Cambridge Medical Center 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 763-689-7780.

## 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 monthly at various times**  
**Minimal charge**

Basic life support recertification classes for health care practitioners 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

### Diabetes Self-Management Training

Classes are available for people newly diagnosed with diabetes as well as for annual education updates. Individual consultations are available if required by your doctor. A doctor referral is required for this class.

### The Winning Weigh

- Sept. 16, 4-6:30 p.m.
- Oct. 23, 4-6:30 p.m.
- Dec. 18, 10 a.m. to 12:30 p.m.

Foundation Room

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

Call CMC Diabetes Education at 763-689-7775 for details. Classes, taught by a registered dietitian, are available for anyone who has been diagnosed by a doctor as having pre-diabetes, impaired fasting glucose, impaired glucose tolerance or dysmetabolic syndrome. See page 3.

## CHILDBIRTH CLASSES

### Prepared Childbirth

Wednesdays, 6-9 p.m.

- Sept. 3, 10, 17, 24
- Oct. 8, 15, 22, 29
- Nov. 5, 12, 19, 25 (Tuesday)

**\$65 (\$35 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

Two sessions per class

- Thursday, Dec. 4, 5-9 p.m., and Saturday, Dec. 6, 8 a.m. to noon

**\$65 (\$35 if deliver at CMC)**

## JOINT REPLACEMENT SURGERY

### Monthly Classes

- Second Tuesday, 6-8 p.m.
- Fourth Tuesday, 2-4 p.m.

Foundation Room  
Free

A class for people 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.

## PARENTING CLASSES

### Exploring Newborns

Fridays, 11 a.m.-noon  
CMC Fourth-Floor Classroom

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

Two-session class

Tuesdays, 7-9 p.m.

Sept. 9 and 16, Oct. 21 and 28, Dec. 2 and 9

Dining Room B

**\$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.

### Car Seat Safety

45-minute class

Tuesdays, 5:30-6:15 p.m.

Sept. 23, Oct. 14, Dec. 16

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

60-minute class

Tuesdays, 6:30-7:30 p.m.

Sept. 23, Oct. 14, Dec. 16

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.