

## Albert Lea Medical Center Classes, Programs and Support Groups

### Prenatal/ Parenting Classes



#### Baby Place Tours

No fee.  
Call 507-377-6366 to schedule.

#### Childbirth Education

Class 4: May 12, 19, 26 and June 2

Class 5: June 23, 30, July 7 and 14

No fee.  
Call 507-373-2384 to register and for more information.

#### Infant Care

For parents of infants ages newborn to 3 months.

First and third Wednesday of each month, noon to 1 p.m.

No fee.  
Call 507-379-2110 to register.

#### OB/GYM

Medically approved and supervised conditioning program for prenatal and postpartum women.

HealthReach \*  
Call 507-377-5900 to schedule.

#### Prenatal Breastfeeding

Single session taught by a public health nurse.

April 28 and June 9  
7 to 9:30 p.m.

Room 20, ALMC lower level  
No fee.

Call 507-377-5100 to register and for more information.

#### Young Parents Childbirth Education and Parenting

Second Session: June 1, 8, 15, 22 and 29

6 to 8 p.m.  
Meets at ALMC and Freeborn County Government Center

No fee.  
Call 507-377-5100 to register and for more information.

#### Infant/Child Safety and CPR

Single session.

7 to 9 p.m.

HealthReach \*  
Call 507-377-6245 to register.

### \* HealthReach

1705 S.E. Broadway, Albert Lea, 507-377-5900

### Support Groups — No fee

#### Cancer

Last Monday of month,  
6 p.m.

ALMC lower level.  
Contact Bonnie, 507-379-2050.

#### Pulmonary/Cardiac Rehab

HealthReach \*  
Contact Jill Krause,  
507-377-5900.

#### RTS Bereavement Services

Support system for parents experiencing prenatal loss.  
Call 507-377-6279.  
Private counseling also available, 507-377-6346.



#### Stroke

Fourth Wednesday of month,  
3 p.m.

HealthReach \*  
Contact Marietta,  
507-377-6288.

#### Bariatric Support Group

For anyone who has had, is going to have, or is interested in having bariatric surgery.

5:30 p.m.  
2nd and 4th Thursday of every month, 1st floor conference room, South Annex, ALMC.

No fee.  
Call CeCe for more information, 641-529-0094.

### Other Classes/Programs

#### Discovering Advance Directives

No fee.  
Call 507-377-6288 for more information.

#### Sports Conditioning

Individually designed programs for young athletes and adults.

By appointment.

HealthReach \*  
Fee varies.  
Call 507-377-5900.

#### Sports Injury Evaluation

Weekdays — appointments preferred.

HealthReach \*  
Fee varies.  
Call 507-377-5900.

### Community Programs and Support Groups

#### Albert Lea AIDS Services Family Support Group

Second Tuesday of month.  
Contact John, 507-373-0905.

#### Alzheimer's Support Group

Second Monday of month,  
6:30 p.m.  
Oak Park Place  
1615 Bridge St., Albert Lea.  
Contact Cindy, 507-373-5600.

#### Autism Support Group

First Thursday of month,  
6 to 7 p.m.  
ALMC lower level.  
Contact Jayne, 507-377-3029.

#### Family Caregivers Support Group

Third Thursday of month,  
5 p.m., Senior Resources,  
Albert Lea. Contact Senior Resources, 507-377-7433.

#### Chemical Dependency Relapse Support Group

Sundays, 6:30 p.m.  
Fountain Centers Lecture Hall  
Call 507-377-6411 for more information.

#### Epilepsy Support — Freeborn and Mower Counties

Third Wednesday of month,  
7 p.m.

ARC/Our Place  
709 N. Main St., Austin.  
Contact Vickie,  
507-437-6748.

#### Grief

New session held several times yearly. Contact Jane,  
507-377-6393.

#### Lupus Support Group

Contact Maxine,  
507-826-3469 or  
Judy, 507-373-4735.

#### Southern Minnesota Mothers of Multiples

For more information call  
Jodi Van Pelt, 507-433-7146.

For information about Albert Lea Medical Center's classes, programs and support groups, call the numbers listed or contact the Health Information Center, Albert Lea Medical Center first floor, 507-379-2046.

