MORE: Convenient cancer care • Points about pain • Go home sooner after surgery • Don’t forget your child’s flu shot

Pictured are oncologist Lorre Ochs, MD; New Prague resident Elaine Skluzacek; oncologist and medical director Joseph Leach, MD; and radiation oncologist Linda Wilmarth, MD.
You don’t often see cancer and good news in the same sentence.

As devastating as a cancer diagnosis can be, patients and their families can get a full program of cancer care right here in their community. Prevention and early detection, diagnostic tests and procedures, treatment, palliative care, education, and support are all important in treating the whole patient.

Recent major investments in better diagnostic equipment, exceptional staff and physicians, and state-of-the-art treatment options give patients access to a higher level of care, right here, close to home.

Powerful technology

St. Francis providers are now using a new generation of diagnostic tools to identify and ultimately treat cancer. Advanced imaging, through computed tomography (CT) scanning, magnetic resonance imaging (MRI), ultrasound, nuclear medicine and positron emission tomography (PET) scanning, provides powerful new ways to diagnose and treat the disease.

Approximately 50 to 60 percent of cancer patients are treated with radiation therapy at some time during their disease. The latest addition in treatment options is a linear accelerator system. This state-of-the-art machine allows computer-controlled, image-guided radiation therapy to be administered, minimizing toxicity yet delivering higher doses of radiation to a smaller treatment target. The result is a more accurate treatment delivery and, therefore, the ability to offer more potent levels of radiation safely.

“This is a significant investment that will allow us to offer the very latest radiation services to our patients,” says Linda Wilmarth, MD, radiation oncologist. “It means that patients can receive all of their therapies close to home with very high-level technology.”

Education and prevention

Another effect of improved cancer care is that people know more about protecting themselves from cancer than ever before, says Lorre Ochs, MD, oncologist.
The St. Francis Cancer Center can offer patients access to more than 100 clinical trials for most cancer types.

Giving hope through research

The St. Francis Cancer Center has joined forces with other leaders in the metro community to provide access to the newest therapy available for cancer treatment, symptom management and cancer prevention. As a member of the Metro Minnesota Community Clinical Oncology Program (MMCCOP), a nonprofit research program sponsored by the National Cancer Institute and participating hospitals and clinics, the St. Francis Cancer Center can offer patients access to more than 100 clinical trials available for most cancer types.

Dr. Leach is the associate principal investigator and chairman of the management committee for the MMCCOP.

“Our research focuses on all aspects of oncology—testing new treatments for both early- and late-stage cancer, preventive studies to try to reduce the incidence of cancer, and symptom management studies to try to reduce the impact of cancer and cancer treatment on quality of life,” he says.

For information about participating in a clinical trial through St. Francis, call 952-428-4131.
The causes of acute pain are usually obvious, and treatment is usually straightforward and effective. Chronic pain, on the other hand, often calls for more in-depth evaluation by a pain expert to determine the best course of treatment. Chronic pain persists over time and is generally considered a disease itself,” Dr. Schultz says. “Identifying the causes and appropriate treatments for chronic pain is challenging,” he says. “Specialists in the new field of interventional pain management may be able to pinpoint and successfully treat the physical generators of chronic pain in many cases and use a variety of new diagnostic and therapeutic techniques to manage headaches, low-back problems, cancer and arthritis as well as other common causes of chronic pain.”

If you or someone you know has persistent pain, the medical professionals at MAPS Medical Pain Clinics at St. Francis may be able to help. They offer the most advanced comprehensive pain relief and rehabilitation therapies, coordinated to manage chronic, cancer and spinal pain syndromes.

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Advances in technology and a new understanding of the physiology of pain make it possible to accurately diagnose and effectively treat many types of persistent pain previously thought untreatable.
The cause of your pain and how severe it is will help your doctor decide how the pain is treated. Your doctor may recommend any of these:

- **Physical and aquatic therapy.** Exercises and other treatments, such as massage and whirlpool, can relieve pain.
- **Acupuncture.** Thin needles stuck into certain points on the skin can treat disease and pain.
- **Surgery.** This may be used when pain is not helped by other treatment.
- **Emotional support.** A mental health counselor or support group, for example, can be helpful.

**The future of pain management**

Understanding how the body and brain respond to pain has helped scientists develop better pain relievers. For example, serotonin and other natural painkillers can be synthesized in labs to make pain medications, reports the National Institutes of Health.

Other advances in understanding and managing pain include:

- **Brain imaging.** Technologies such as MRI and PET scans allow doctors to see which areas of the brain are involved in pain. Images have revealed that pain affects both the emotional and sensory parts of the brain. For example, researchers have found that fear may lower pain tolerance and make pain more intense, while attentive care may raise the pain threshold and ease pain.
- **Channels.** Researchers are working to develop drugs that would allow doctors to affect nervous system cells' gate-keepers, called channels, which let electrical signals into the cells. The ability to manipulate individual channels may lead to drugs that can target only the pain messages in cells. These drugs wouldn’t hinder other cell functions and wouldn’t cause numbness or paralysis.
- **Molecular genetics.** Doctors are learning the relationship between certain genetic mutations and how people experience and react to pain.
- **Plasticity.** When you’re hurt, your body’s messaging system becomes rewired, making new contacts and changing how your nervous system cells communicate. Scientists are beginning to understand how the body adapts to pain, which may provide new therapies for chronic pain.

**Anti-inflammatories.** Aspirin, ibuprofen or naproxen, for example, help reduce pain and fever.

**Nonaspirin pain relievers, such as acetaminophen.** They ease pain but do not reduce inflammation.

**Antiseizure drugs.** They help relieve shooting pain from damaged nerves.

**Nerve blocks.** Shots of these drugs help numb groups of nerves that are causing pain in an area of the body.

**Opioids (morphine-like drugs).** They can relieve acute pain, cancer pain and sometimes chronic pain.

**Local anesthetics.** Shots of these drugs can reduce swelling, irritation and muscle spasms.

**American Society of Anesthesiologists**

**Causes of pain**

Pain is a range of sensations—from dull to sharp, from momentary to lasting, from harmless to dangerous.

Some common causes of pain are:

- **Headaches.** These include migraines, cluster headaches and tension headaches.
- **Arthritis.** This disorder causes inflammation of joints and soft tissues.
- **Surgery.** After some procedures, pain control medicine may be needed.
- **Disk problems or other back conditions.**
- **Sciatica, a condition that causes pain in the leg along the sciatic nerve.**
- **Sports injuries, including sprains, strains and bone breaks.**
- **Paralysis, repetitive stress injuries, spasms and strains.** These can cause muscle pain ranging from severe to mild.
- **Tumor growth and cancer treatment, such as radiation.**
- **Neuropathy from nerve injuries caused, for example, by trauma, amputation, chemotherapy or diabetes.**
- **Shingles, an infection that can cause severe skin pain.**
- **Burns.**
- **Damage to muscles or joints used for chewing and talking, causing jaw pain.**

*National Institute of Neurological Disorders and Stroke*
A number of other small incisions may also be made so that other surgical instruments, such as scissors and forceps, can be inserted. The doctor then performs the operation through these small incisions while viewing a large image of the surgical area on a video monitor. General anesthesia is normally used, so you’re not awake during the surgery. Because of the small incisions with laparoscopic surgery compared with traditional surgery, there can be less scarring, postoperative pain and potential for infection. This can mean a shorter hospital stay and recovery and a faster return to normal activities. You can often go home the same day as the procedure.

Is it right for you?
Laparoscopic surgery can’t be used in every situation, but your doctor can help decide if it’s right for you. For example, it may not be an option if you’ve had previous abdominal surgery, which can leave scar tissue. Also, during some laparoscopic procedures, the doctor may decide that for medical or safety reasons it’s necessary to switch to an open surgery right on the spot.

Your doctor can explain ahead of time why this might be needed.

Less invasive operation may get you home sooner

BY DANIEL GATLIN, MD
PARK NICOLLET CLINIC

HAVING AN OPERATION doesn’t always mean being opened up with a big incision. And that’s no small advantage.

For many operations today, a laparoscopic procedure might be what the doctor orders.

A laparoscope is a thin, lighted scope that magnifies images of the inside of the body and sends those images to a video screen. Doctors use the scope to help diagnose or surgically treat conditions in the abdominal and pelvic organs. For example, this may be done to help pinpoint the cause of abdominal pain; surgically repair hernias; or remove organs, such as the gallbladder, appendix or colon.

In many cases, laparoscopic procedures have replaced open surgeries to find and treat problems related to abdominal pain and cancer.

How it’s done
The doctor begins by making a small incision, usually right above or below the belly button.

Next, the abdomen is filled with a harmless gas, such as carbon dioxide, which expands the body cavity and makes it easier to see with the laparoscope.

A number of other small incisions may also be made so that other surgical instruments, such as scissors and forceps, can be inserted.

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Some Things to Expect When School Starts in the Fall

One is an avalanche of advertising—seemingly every store offers sales on notebooks, pens and other supplies. Another sure thing—kids complain about homework, teachers or having to get up early after a summer of sleeping in. Unfortunately, you can also expect a few potentially serious dilemmas, such as children coming home with viral infections. Fortunately, you can take steps to help prevent their getting sick.

Protect Against Illness

Why do kids who were healthy all summer often get sick when school resumes? Part of the reason is the season. Colds and flu are as much a piece of the fall-winter landscape as are fallen leaves and snow.

Children also have immature immune systems, making them vulnerable to viruses that can spread throughout the school population.

As a parent, there are two important things you can do to help protect your children from disease:

1. Teach them to wash their hands well and often. That means scrubbing their hands with soap for at least 20 seconds, then rinsing them under running water.

2. Keep their immunizations up-to-date. You can find out what vaccinations your child needs and when by checking the Centers for Disease Control and Prevention website at www.cdc.gov/vaccines/recs/schedules/child-schedule.htm.

Inform School Officials

If your child has a chronic health condition—such as asthma—talk with your child’s doctor about working with school officials to meet your child’s health needs.

You, your doctor and school staff might want to develop a written plan, including:

➜ How to handle medications.
➜ Who to contact if there is a problem.
➜ What to do in an emergency.

Also remember to sign any consent forms needed.

Best Flu Defense: Get Vaccinated

About 36,000 people in the United States die from the flu each year, reports the Centers for Disease Control and Prevention (CDC).

The best way to avoid catching the flu is to get vaccinated annually. Immunization can prevent the flu or reduce the severity of its symptoms, says William E. Golden, MD, a spokesman for the American College of Physicians.

Children from 6 months to 18 years old also should be vaccinated against the flu.

The flu vaccine will not give you the flu, because it contains no active viruses. But if you are allergic to chicken eggs (where virus for the vaccine is grown), you should not be vaccinated.

Parents: Get Ready for School

Children have immature immune systems, making them vulnerable to viruses that can pass through the school population.
SAINTS HEALTHCARE Foundation works with the leadership of St. Francis Medical Center and St. Gertrude’s Health and Rehabilitation Center to identify current and emerging fundraising priorities. The Foundation board then assesses and adopts priorities for fundraising.

Meeting needs
The Foundation raises funds for needs that are always present:

Charity and mission-related care, which includes funds to support free care for the poor, uninsured and underinsured; free public health initiatives such as traffic safety programs and health screenings; and spiritual care.

Patient education and support services, including support groups, educational resources and educational counseling—such as for the newly diagnosed diabetes patient who must understand how to manage his or her nutrition to effectively manage the disease; the cancer patient in need of a community support group; or a patient recovering from heart surgery who must learn new, healthy living behaviors to manage chronic heart disease.

Health care education and training, which includes scholarships for education and training to attract young people to health care careers, enabling existing health care workers to advance, and ensuring that health care workers remain on the cutting edge of their disciplines.

The Foundation also raises funds for emerging technologies, service and facility enhancements, and health care programs that help provide the best possible health care close to home. Current priorities include:

→ St. Gertrude’s ceiling lifts.
→ A St. Francis Family Birth Place upgrade.
→ The St. Francis breast program.

What generosity brings
St. Gertrude’s received a grant to provide ceiling lifts to enable one-third of its patients to be moved without employee lifting. Lifts will be purchased as donations permit, with the goal of raising $450,000 to equip 49 remaining patient beds.

St. Francis’ Birth Place recently expanded the number of medical professionals delivering babies and is proud to be serving more and more families in our young and rapidly growing community. St. Francis’ goal is to keep pace with growth by upgrading its Family Birth Center, which has not had an update since the facility opened in 1998. The family waiting room and child play space, prelabor triage room, infant and pediatric security technologies, lactation education room, and 17 patient rooms will be upgraded as donations permit, with the goal of raising $500,000 to complete this project.

St. Francis has been aggressively investing in imaging and treatment technologies as well as recruiting plastic surgeons and medical oncologists to deliver the best possible care for a growing number of cancer patients close to home. With breast cancer being its most common cancer diagnosis, St. Francis is committed to expanding its breast program by replicating digital mammography technology, recently added in Shakopee, within the Chaska community to expand early detection and by adding biopsy technology to introduce a service that patients must currently find outside our community at a time when they are already overwhelmed.

Donations of $600,000 will be combined with a $450,000 commitment from St. Francis to make these important services possible.
ST. FRANCIS is a nonprofit Catholic hospital founded in 1938 out of a spirit of care and concern for the community. We have been shaped by our roots in the Franciscan and Benedictine traditions and by the values of our partners: Essentia Community Hospitals and Clinics, Allina Hospitals & Clinics, and Park Nicollet Health Services.

What is community benefit?
Community benefit is a planned, coordinated and measured organizational approach to identifying and responding to the health needs of our community.

“As a mission-driven organization, we know that improving the health of our community is an essential part of who we are,” says Mike Baumgartner, St. Francis president. Each of the St. Francis partners is carrying out exciting community benefit work. One example is the Center for Healthcare Innovation, carried out by our managing partner, Allina.

The center researches new care models and treatments that will serve as a catalyst for change in health care locally and nationally. Two key initiatives of the center are the Backyard Initiative, which seeks to improve population health, and the Heart of New Ulm, an innovative program to eliminate heart attacks in New Ulm within 10 years. The center will continue to innovate ways to improve the health of all communities. To learn more, go to [www.allina.com/community](http://www.allina.com/community).

2008 community investment
Allina’s total 2008 community benefit investment was nearly $404 million, which is approximately 15 percent of Allina’s total operating expense. St. Francis invested almost $20 million in community benefit; approximately 19 percent of total operating expense.

Of Allina’s total contribution, $156 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, Catholic Health Association and the Volunteer Hospital Association (VHA). The benefits include charity care, which is caring for patients who are unable to pay, are uninsured, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

“At both the system and local level, we’re proud of the community benefit services we provide,” says Ellie Zuehlke, Allina’s director of community benefit.

St. Francis partners with local leadership and organizations to build healthier communities and to care for those in need.

We donated $50,000 to the River Valley Nursing Center to provide preventive public health nursing and bilingual outreach services to the uninsured in Scott and eastern Carver counties.

We donated $15,000 to St. Mary’s Health Clinics, ensuring free medical services for the uninsured at a clinic site in Shakopee.

We began our Breastfeeding Support Group, open to all nursing mothers in our community, not only those who delivered at St. Francis.

We sponsored Power by the Hour, an award-winning children’s physical activity and nutrition program in local schools.

We placed six automated external defibrillators in local public schools.

We began offering “CPR Anytime” in the community. To learn about available dates and times, call [952-428-2000](tel:952-428-2000).
FREE ‘CPR Anytime’ class at St. Francis

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform lifesaving CPR, which can double a victim’s chance of survival? Surprisingly, the vast majority of Americans don’t. That’s why St. Francis Regional Medical Center offers free “CPR Anytime” training classes.

The classes are at St. Francis in the Joy/Justice conference room at 6 p.m. on Sept. 17, Oct. 22, Nov. 17 or Dec. 10. St. Francis provides each attendee with a “CPR Anytime” kit, which includes a DVD and mini-annie manikin.

Groups of up to 25 people are welcome. Please call 952-428-2000 to register.

Travel clinic at Allina Medical Clinic

Providing travel medicine for business and leisure travelers

Travel to exotic locations has never been easier, and Americans are taking full advantage of it. While such destinations are exciting and novel, there are many infectious diseases in other parts of the world that can be dangerous for the North American traveler. A little planning and education ahead of time can minimize your chances of illness during or after your trip.

For more information about travel clinic services, please call Allina Medical Clinic – Crossroads Prior Lake at 952-447-1700 or Allina Medical Clinic – Crossroads Chaska at 952-448-2050.

October is National Breast Cancer Awareness month

Celebrate with a Mammo Party!

Featuring music, munchies, massages, manicures—and mammograms!

St. Francis Regional Medical Center is teaming up with Allure Salon in Shakopee to offer you and your friends a girls’ night out. To get your party started, gather three to 12 of your girlfriends who need mammograms and book a party with Jodi at St. Francis Diagnostic Services. Call 952-428-2268.

New providers at St. Francis

Kristin Witte, DO
Family medicine
Park Nicollet Clinic, Shakopee
Appointment phone: 952-993-7750

Mark Danahy, MD
Emergency medicine
St. Francis emergency department
952-428-2200
HOW TO REACH US
General Information  952-428-3000
‘Ask St. Francis’  952-428-2000
St. Francis Urgent Care,
Shakopee  952-428-2111
Monday through Friday, 6 to 10 p.m.
Weekends, 1 to 10 p.m.
Diagnostic Services  952-428-2151
Family Birth Place  952-428-2062
Saints Healthcare
Foundation  952-428-2070
Cardiac Rehabilitation  952-428-2080
Capable Kids Pediatric
Rehabilitation Center  952-428-3980
St. Francis Cancer Center  952-428-2031
St. Francis Pediatrics  952-428-3360
St. Francis Physical, Occupational and
Speech Therapy
Shakopee  952-428-2001
Chaska  952-428-1250
St. Francis Specialty Care Clinic
and Breast Clinic
Shakopee  952-428-2600
St. Francis Specialty Care Clinic
Chaska  952-428-2600
TTY  800-682-8786 or 800-627-3529

Stay in touch
Visit our website,
www.stfrancis-shakopee.com
or www.allina.com, or e-mail
us at askstfrancis@allina.com.

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Lee Shimek, Board Chairman
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Jeffrey Hill, MD, Chief of Staff
Lori Manske, Editor
Karen Cook, Assistant Editor

Contributors: Molly Johnson, Theresa Johnson, Tamara Severtson, Gina Swanson. Cover photo by Alli Jagoda Photography.

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At St. Francis we value the contributions of our physician and clinic partners, not only as providers of quality health care, but as community and organizational leaders. Recognizing the need for strong medical services in this rapidly growing area, they have committed to meeting that growth with added resources and services. For more information about our physicians or clinics, call the ‘Ask St. Francis’ information line at 952-428-2000.

ALLINA MEDICAL CLINIC
Shakopee  952-428-3535
Family medicine.
Internal medicine.
Nephrology.
Obstetrics/gynecology.
Podiatric medicine and surgery.

ALLINA MEDICAL CLINIC
– CROSSROADS
Shakopee  952-496-6700
Chaska  952-448-2050
Prior Lake  952-447-1700

METROPOLITAN PEDIATRIC SPECIALISTS, PA
Shakopee  952-445-6700

MINNEAPOLIS HEART INSTITUTE
952-428-2099

ORTHOPEDIC SURGICAL CONSULTANTS, PA
Shakopee  952-428-3399

PARK NICOLLET CLINIC
Shakopee and Prior Lake  952-993-7750
Allergy  952-993-3090
Audiology  952-993-1880
Cardiology surgery  952-993-3246
Certified nurse midwives  952-993-3282
Endocrinology  952-993-3708
Family medicine  952-993-7750
General surgery  952-993-3180
Obstetrics/gynecology  952-993-3282
Ophthalmology  952-993-3150
Orthopedic surgery  952-993-3230
Otolaryngology  952-993-3250
Pediatrics  952-993-7750
Physical medicine  952-993-3800
Podiatric medicine and surgery  952-993-3670
Pulmonology  952-993-3242
Urology  952-993-3190
Vascular surgery  952-993-3180

ST. FRANCIS SPECIALTY CARE CLINIC
Shakopee and Chaska  952-428-2600

ADVANCED DERMATOLOGY
952-915-6000

KIDNEY SPECIALISTS OF MINNESOTA
612-823-8001

MEDICAL PAIN CLINICS (MAPS)
763-537-6000

METRO UROLOGY
763-383-8870

MINNEAPOLIS CHILDREN’S HEART CLINIC
612-813-8800

MINNEAPOLIS CLINIC OF CHILDREN’S NEUROLOGY
763-588-0661

MINNEAPOLIS OTOLARYNGOLOGY
952-920-4595

ORTHOPAEDIC CONSULTANTS, PA
952-808-3000

ST. FRANCIS BREAST CLINIC
952-428-2700

ST. FRANCIS SLEEP DIAGNOSTICS CENTER
952-428-2800

SURGICAL SPECIALTIES, LTD.
952-224-9350

TWIN CITIES SPINE CENTER
612-775-6200

UROLOGIC PHYSICIANS
952-920-7660

ST. FRANCIS EMERGENCY DEPARTMENT
952-428-2200

ST. FRANCIS CANCER CENTER
952-428-2031

RADIATION ONCOLOGY
952-428-2663

VALLEY FAMILY PRACTICE
Chaska  952-448-3303

IN-HOSPITAL PHYSICIANS
Anesthesiology.
Pathology.
Radiology.
Healthy Pregnancy
Meets every five weeks
One-night class providing important information about the development of babies and how to make pregnancy easier and more fulfilling.

Childbirth and Parenting Preparation
Choice of a four- or five-week series of one session each week or the Weekend Express, available Friday evenings and Saturdays
Plan to attend classes during the last three months of pregnancy and complete about one month before due date.

All About Babies
Meets every month
Designed for new parents to learn how to care for their new infant.

Refresher Childbirth and Parenting
Offered every other month
One-night class for parents who have taken a childbirth preparation class within the last three years.

Vaginal Birth After Cesarean
Meets quarterly
Designed for women who have had a previous cesarean birth and are considering a vaginal birth. Class should be taken in addition to “Refresher Childbirth and Parenting.”

Infant and Child CPR
Meets every four to six weeks
This course does not qualify you for CPR certification.

Car Seat Safety
Meets once a month
This class helps the expectant or new parent learn about car-seat safety. U-Care and eligible Medica members covered. Scholarships and seats available for those in need of assistance.

Infant Massage
For infants 3 weeks to 1 year old. To register, call 952-496-5033.

Prenatal Yoga
Six weekly classes
Exercise your mind and body during pregnancy to increase well-being and to heal more readily after the baby is born.

Yoga Bonding
Six weekly classes
Fitness, fun and togetherness for mom and baby.

Emergency Medicine Services Education/CPR
For information and to register, call 612-262-5040.

Joint Care FREE
Designed for people who are scheduled for total knee or hip replacement surgery. To register, call 952-428-2565.

Free Cervical Cancer Screening
Monday, Sept. 28, beginning at 6 p.m.
St. Francis Cancer Center
Call 952-428-2000 to register.

Sleep...from A to Zzzz's
Tuesday, Oct. 13
7 to 8 p.m.
St. Francis Regional Medical Center
FREE
To register, go to www.shakopee.k12.mn.us or call 952-428-2000.

Insomnia Management
Tuesday, Nov. 10
7 to 8 p.m.
St. Francis Cancer Center
FREE
To register, go to www.shakopee.k12.mn.us or call 952-428-2000.

CPR Anytime
Sept. 17, Oct. 22, Nov. 17 or Dec. 10, 6 p.m.
St. Francis Joy/Justice conference room
Each attendee will receive a kit including a DVD and mini-annie manikin. To register, call 952-428-2000.

Low Vision
Meets the second Thursday of every month
10 to 11:30 a.m.

Heart
Meets the first Tuesday of every month, 7 p.m.
For people who have been diagnosed with heart disease. Call 952-428-2080.

Grief
Meets every Wednesday 7 p.m.

Smoking Cessation
If you’re ready to stop smoking, call 888-354-PLAN (7526).

Women’s Connection
Meets the fourth Monday of every month (Note: Meets the third Monday in May and December), 7 p.m.
Support for women with cancer. Call 952-428-2700. The American Cancer Society’s Look Good...Feel Better representatives will be on hand at each meeting. Call 800-ACS (227)-2345 to sign up.

Infant Loss
Meets the first Tuesday of every month
7 p.m.

Diabetes
Meets the first Monday of every month
7 p.m.
Call 952-428-3324.

Breastfeeding
Follows “New Parent Connection”
Call 952-428-2064 to register.

How to find us
www.stfrancis-shakopee.com
952-428-3000