

# UPCOMING EVENTS

Prairie Lakes Healthcare System (PLHS) supports the community with a wide range of events and support groups. For more details and to register for an event, please visit [prairielakeshealthcaresystem.eventbrite.com](http://prairielakeshealthcaresystem.eventbrite.com)



## Community Events:



### Prairie Lakes Baby Café

Prairie Lakes Maternal Child Health is excited to introduce the new Prairie Lakes Baby Café - a free and informal breastfeeding support group offering ongoing professional lactation care. The Baby Café will be available for drop-ins every Tuesday from 10:00 a.m. – 1:00 p.m. beginning January 7th.

- The Baby Café will be located in the Maternal Child Health waiting area. No registration required.



### Winter Core4 Session—\$140

CORE4 is a 12-week weight management program developed by Sodexo Registered Dietitians. The program encompasses nutrition education, physical activity, and the role of behavioral therapy in weight reduction and weight management.

- The group meets at either 12 p.m. or 5 p.m. in the West Conference Room.
- **Register online, or use QR code, before Monday, January 6th to receive a \$20 Early Bird discount**



### PLHS Health & Wellness Expo

Join us on Saturday, January 25th for our first community-wide Health & Wellness Event at the Codington County Extension Complex from 9:00 a.m. to 12:00 p.m.

- Free event open to the entire family—men & women of all ages. No registration necessary.
- Visit with over 30+ patient care departments, enjoy educational activities and informational breakout sessions.

## Health Classes:



### Childbirth Class Series—Free

This educational three-class series is designed to prepare the expectant mother and her support person for labor and delivery. Classes are held at Prairie Lakes Healthcare System in the MOB Conference Room from 6:30 pm—8:00 pm.

- 2025 Series 1: January 2, 9, 16
- 2025 Series 2: January 30, February 6 & 13



### Your Total Joint Journey

This education session is recommended for patients considering or scheduled for total joint replacement surgery along with their caregiver or coach. Classes are located in the Prairie Lakes Specialty Clinic Conference Room, the first floor or the Prairie Lakes Specialty Clinic, at noon.

- Upcoming Classes: January 14th and 28th
- Upcoming Classes: February 11th and 25th



### Cancer Support Group

This support group is open to those living with cancer, those who've survived, and caregivers. Group meetings are held the third Tuesday of each month at 3:00 p.m. in the West Conference Room.

- Upcoming Meeting: Tuesday, January 21st
- Upcoming Meeting: Tuesday, February 18th