

# 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:



### Love Takes Flight: Memorial Butterfly Release

"Love Takes Flight" will be held on Thursday, May 22nd in the Prairie Lakes Healthcare System Courtyard at 6:00 p.m. The memorial will include a brief, nondenominational spiritual dedication followed by the release of the butterflies.

- Early registration required to ensure we have adequate amount of butterflies—\$5 donation each



### Summer Strength 2025

The Prairie Lakes Summer Strength program is designed to take student-athletes to the next level. The 8-week strength and conditioning program starts Monday, June 2nd.

- Warrior Strength: Students entering grades 7-12 to be held in Castlewood
- Arrow Strength: Students entering grades 7-12 and college athletes to be held in Watertown



### Hospital Hill Run

The 28th Annual Hospital Hill Run will be held on Saturday, June 7th to benefit the Prairie Lakes Caring Club House

- Check-in starting at 7:00 a.m. at the Caring Club House with race starting at 8:00 a.m.
- \$5 Early Bird discount expires on June 1 & Children 12 and under are FREE



## 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 5: May 1, 8, 15



### Your Total Joint Journey—Free

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: May 13th and 27th
- Upcoming Classes: June 12th and 26th