



Nevada Regional Medical Center
Community Education Department
800 S. Ash
Nevada, MO 64772



Mom and Baby Classes

Sibling Celebration

This class helps children celebrate becoming a big brother or sister. They will learn how to correctly hold, diaper, feed and safely interact with the new baby.

This class is for children, ages 2-6. (A parent or guardian must accompany the child.)



Infant/Child CPR

Parents and caregivers learn how to perform CPR on an infant or small child.

Childbirth Education

This class is designed to help you prepare for labor. An NRMC OB Registered Nurse teaches this class.

*** All Mom & Baby classes are offered FREE of charge. Participants must pre-register by calling the Community Education Department at (417) 448-3622.*



COMMUNITY EDUCATION PROGRAMS



Nevada Regional Medical Center
800 S. Ash
Nevada, MO 64772
(417) 667-3355
www.nrmchealth.com



Community Education

Nevada Regional Medical Center offers a variety of community education and wellness programs to area citizens. To register for a program or for dates and times, call the NRMC Community Education Department at (417) 448-3622.

Speaker's Bureau

In the constantly changing world of health care, the importance of health information and preventative services cannot be overlooked. To address this in our community, and as part of our on-going efforts to lead the area in quality health care, we are proud to offer the services of our physicians and professional staff.

Speakers are provided free of charge and are available to speak on a wide array of health topics. For more information or to schedule a speaker, call Stacey Wilson, Community Educator at (417) 448-3622. Two weeks advanced notice is preferred for all speaking engagements.



Community Classes

Alzheimer's Information & Assistance/ Caregiver Support Group

This support group is open to anyone with an interest or concern about Alzheimer's disease. This support group is also open to any individual who provides care for a loved one who might benefit from peer/therapeutic support. Respite care is available (depending on availability of funding).

Arthritis & Fibromyalgia Self-Help Group

This class will teach participants how to gain control of their arthritis & fibromyalgia by using pain management techniques, exercise, relaxation, strengthening exercises, & healthy eating by incorporating an action plan.

Cancer Support Group

This support group is for people currently receiving cancer treatment or for cancer survivors who can give hope and optimism to those in need.

Day Care Provider's Education

Educational credits are offered to help licensed day care providers obtain their required class time.

Infant/Child CPR

Parents and caregivers can learn how to perform CPR on an infant or small child.

Community Classes

Look Good...Feel Better

A free program provided by the American Cancer Society for women who are currently receiving active cancer treatment. Women learn how to deal with skin changes and hair loss.

Operation Fit Kids

This program is designed to help children learn how to live healthy lifestyles and have fun while doing it. Children 6-12 years old are welcome.

P.A.C.E.

People with Arthritis Can Exercise is a program designed specifically for individuals with arthritis. This program will help participants keep their joints flexible, maintain muscle strength and build overall stamina. Class is appropriate for various ages and all types of arthritis and fibromyalgia.

Tai Chi

This is a mind and body exercise class with gentle stretching.

PACE Aquatics

This warm water class is designed for people with arthritis to help improve their mobility. Participants do not need to be swimmers to join.