



St. Francis Hospital in collaboration with St. John's Hospital offers a variety of community education:

~Fax to: 217.757.6744~

~or mail to: 619 E. Mason St; Springfield, IL 62701

ATTN: Kimberly Luz

Organization: _____ *Name:* _____

Phone Number: _____ *E-mail:* _____

Please check the programs you are interested in and fax or mail to the above contact. Programs can be modified to be suitable for diverse populations: age, gender, race, etc.

Bone and Joint Center

- _____ Spine Care
- _____ Bone Basics
- _____ Osteoporosis Awareness & Prevention
- _____ Strong Bones for Strong Health
- _____ Fall Prevention
- _____ Chair Aerobics
- _____ Chair Yoga
- _____ Kids and Calcium

Cancer Institute

- _____ Nutrition and Cancer
- _____ Cancer Awareness & Prevention
- _____ Prostate Cancer
- _____ Breast Cancer
- _____ Testicular Cancer
- _____ Cervical Cancer
- _____ Skin Cancer
- _____ Colon Cancer
- _____ Lung Cancer
- _____ All About Cancer

Carol Jo Vecchie Center:

Women's Center

St. John's Children's Hospital

- _____ Safe Sitter
- _____ Poison Prevention (for all ages)
- _____ Huff & Puff: Childhood Asthma
- _____ Circulatory System
- _____ Nutrition Programs (for all ages)
- _____ Kids and Calcium
- _____ Back to School Safety
- _____ Childhood Obesity

Prairie Heart Institute / Center for Living

- _____ Prairie Heart Beat: Exercise for Life
- _____ Blueprints of the Heart: Risk Reduction
- _____ Stress Busters
- _____ Yoga and Pilates for Beginners
- _____ Diabetes Education
- _____ Women, Men or Children & Heart Disease
- _____ Men and Heart Disease
- _____ Children / Adolescent and Heart Disease
- _____ Risk Assessment and Reduction
- _____ Heart Disease Management
- _____ Understanding Your Procedure / Test
- _____ Knowing Your Numbers

****Programs can be developed to meet your organization's needs.****

For questions, contact: Kimberly Luz, 217.544.6464 x 50343

"It is in giving that we receive"

St. Francis of Assisi

Saints in Touch
A service of St. John's Hospital, Springfield, Illinois

