

# LORING HOSPITAL 2020 EDUCATION & EVENTS

## EDUCATION

<b>First Aid</b>	Monthly by appointment	4 — 6 p.m. @ Loring Hospital	Ashley Dahlberg
<b>BLS</b>	Third Thursday of the month	4 — 6 p.m. @ Loring Hospital	Ashley Dahlberg
<b>ACLS</b>	Third Thursday of April July and October	Call for scheduling information	Ashley Dahlberg
<b>PALS</b>	First Thursday of May, September and November	Call for scheduling information	Ashley Dahlberg

*\*Alternate times available if needed for First Aid, BLS, ACLS and PALS classes*

### Stop the Bleed

Saturday, March 21	4 — 6 p.m. @ Loring Hospital	Ashley Dahlberg
Saturday, September 26	4 — 6 p.m. @ Loring Hospital	Ashley Dahlberg

<b>Stepping On</b>	Tuesdays April 7 — May 19	1 — 3 p.m. @ Loring Hospital	Erin Forch, Missy Flynn
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<b>Strength &amp; Conditioning Program</b>	June 8-12 (every day)	8 — 9 a.m. @ Sac Community Center	Erin Forch
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<b>Parkinson's Group</b>	Wednesdays August 12 — September 30	11 a.m. — noon @ Loring Hospital	Colleen Auen
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<b>Medicare Open Enrollment Counseling</b>	October 15 — December 7	By appointment @ Loring Hospital	LeAnn Olhausen, Lori Mentzer
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## COMMUNITY EVENTS

**Discounted Wellness Screening**  
Every Wednesday All Year  
7—11 a.m. @ Loring Hospital Laboratory

**Loring's Quarterly Health Beat: Heart Health Facts and Information**  
February 19  
4 — 5 p.m. @ Loring Hospital

**Auxiliary Trivia Night**  
March 28  
7 p.m. @ Sac County Fairgrounds

**Auxiliary Annual Meeting & Luncheon**  
May 5  
Noon to 1 p.m. @ Sac City Presbyterian Church

**Loring's Quarterly Health Beat: Tips for a Safe & Healthy Summer**  
May 20  
4 — 5 p.m. @ Loring Hospital

**Loring Healthcare Foundation Golf Tournament**  
June 1  
11 a.m. shotgun start @ Sac City Country Club

Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health

712-662-7105