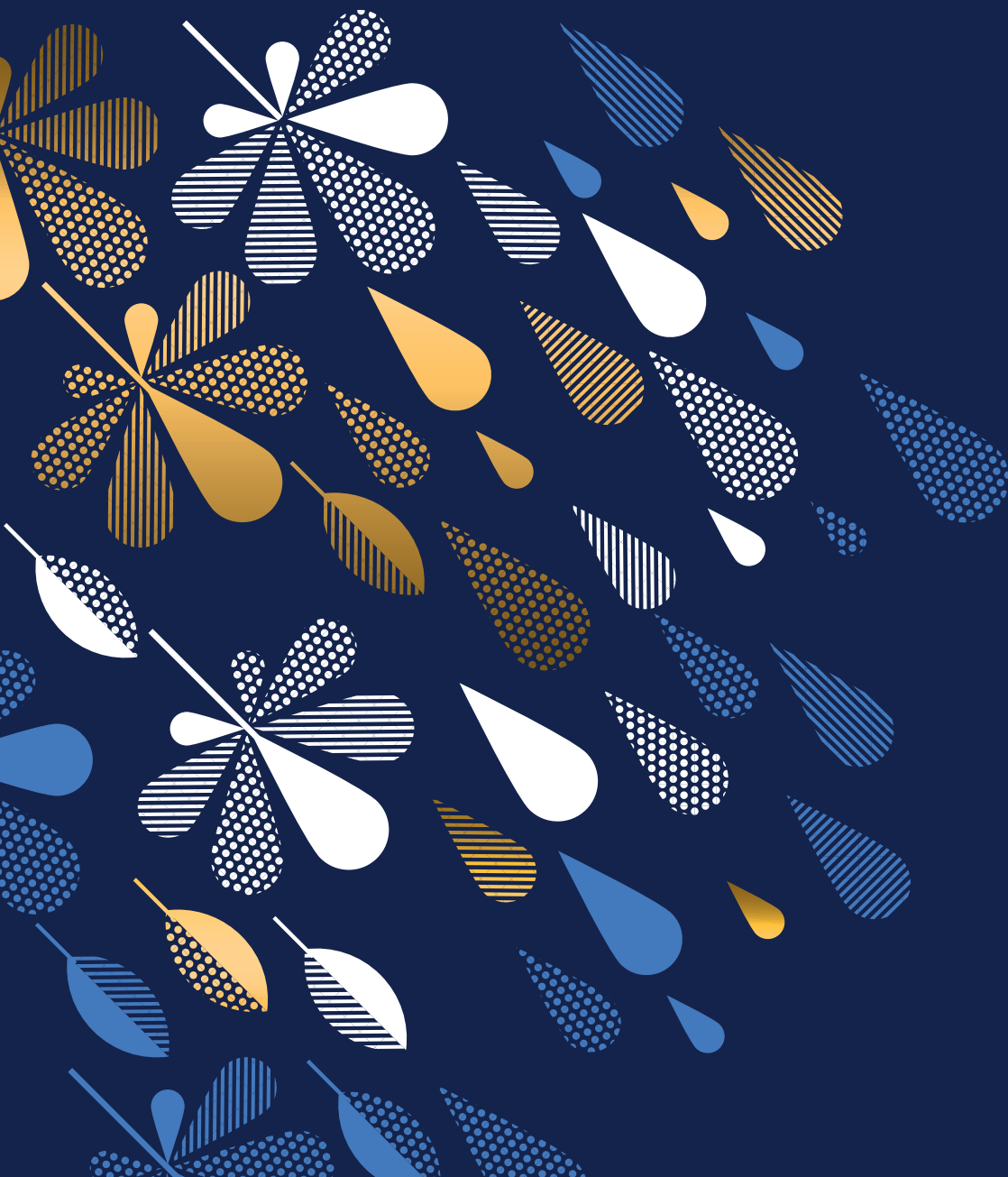


# CLASSES AND EVENTS

September–December 2019



Fairmont Mankato New Prague St. James Springfield Waseca  
and surrounding communities



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## Speaking of Health: Live Well

Although we all have unique health and wellness needs, there are some common themes that can help you live a healthier lifestyle. That's why Mayo Clinic Health System is speaking of health. Through community collaboration, classes and events, and expert advice, we hope to give everyone the opportunity to live well. By speaking of health — in the community, through blog posts, or with you during an appointment — we want to help you adopt healthy behaviors that become easier over time and bring meaningful change to you, your family, our patients and employees, and our communities.

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## Sign Up for Wellness Information

Want to receive expert health and wellness tips via email? If so, simply text MCHSHEALTH to 22828. (Message and data rates may apply.)

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## Connect with Us



[twitter.com/mayoclinichs](https://twitter.com/mayoclinichs)



[facebook.com/mayoclinichealthsystem](https://facebook.com/mayoclinichealthsystem)



[mayoclinichealthsystem.org/hometown-health](https://mayoclinichealthsystem.org/hometown-health)



[mayoclinichealthsystem.org](https://mayoclinichealthsystem.org)



[pinterest.com/mayoclinichs](https://pinterest.com/mayoclinichs)



[youtube.com/user/mayoclinichealthsys](https://youtube.com/user/mayoclinichealthsys)

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# COMMUNITY EDUCATION & EVENTS

**Mankato**  
**Thursday, September 19**  
4:30-6 p.m.

Mayo Clinic Health System  
Andreas Cancer Center  
1025 Marsh Street

## Andreas Cancer Center 10th Anniversary

Mayo Clinic Health System is recognizing 10 years of expert cancer care in our community. All are welcome to stop by for a tour of the cancer center, learn about the latest in oncology treatment and explore resources for patients, their families and caregivers. Free and open to all.



**St. Peter**  
**Thursday, September 19**  
2-4 p.m.

St. Peter Community Center  
Gymnasium and Senior Center  
601 S. Fifth Street

Free

## Boomers and Beyond Senior Expo

During this event, you'll be able to get the latest health and wellness information from community resources, including Mayo Clinic Health System. Meet providers from family medicine, physical therapy, orthopedics and hospice, receive free health screenings and flu shots, register for door prizes, enjoy entertainment and more. Mayo Clinic Store will also be there, displaying a variety of medical products that can aid patients through recovery and daily life.

# EXPERT CANCER CARE CLOSE TO HOME

This summer, Mayo Clinic Health System opened the Lutz Cancer Center in Fairmont, expanding and improving cancer care in the Fairmont area, and this fall, we are honoring 10 years of cancer care at the Andreas Cancer Center in Mankato.

Whether it's through the new scalp cooling therapy, offering cutting-edge clinical research that connects patients to the latest treatment without having to travel as far, or connecting patients to nature through opportunities to plant flowers in a healing garden, both cancer centers are designed to put the needs of the patient first.

Mayo Clinic Health System also supports organizations that support our patients. Relay for Life brings people together to remember loved ones and honor survivors, the JZ Cancer Fund provides care boxes to newly-diagnosed patients and Grow MANKato raises awareness of "men's cancers" in the Greater Mankato area. In addition, Mayo Clinic Health System receives generous donations from organizations such as the Mankato Eagles Club. Their popular "Bite-A-Burger" campaign has raised over \$400,000 to support cancer patients.

These community programs and state-of-the-art facilities — combined with expert Mayo Clinic Health System medical care, support groups and classes such as Look Good Feel Better® — provide comprehensive, whole-person care designed to help patients and their families through every step of the cancer journey.





### **Fairmont**

#### **Fairmont Glows Parade**

**Friday, November 22**

6 p.m.

Downtown Plaza

### **Mankato**

#### **Kiwanis Holiday Lights**

**November 29–December 31**

Sibley Park

## **Holiday Celebrations**

Join Mayo Clinic Health System employees and volunteers for these wonderful community events that help kick off the holiday seasons with parades, lights, hope and healing.



### **Mankato**

#### **Thursday, November 7**

7–8 p.m.

Mayo Clinic Health System  
Lower Level Conference Center  
1025 Marsh Street

Free

**To register:** Call 507-479-4757

## **Joint Replacement Seminar**

Learn about joint-pain solutions — from lifestyle changes to minimally invasive surgery — at a free seminar with orthopedic surgeons Eric Busse, M.D., Robert Freed, D.O. and Jacob Ziegler, M.D.

### **Mankato**

#### **Thursdays, September 5, October 3, November 7 & December 5**

Noon–1:30 p.m.

Mayo Clinic Health System  
Community Room  
101 Martin Luther King Jr. Drive

Free

No registration required

## **New! Kidney Nutrition Classes**

Do you or someone you know have kidney disease? Do you have questions about what to eat to stay healthy with kidney problems? Bring in your questions — and your food labels — for a discussion with a Mayo Clinic Health System registered dietitian nutritionist about how to cook, eat and maintain your health with kidney disease.

### **Mankato**

#### **Every Monday** (except holidays & third Monday of each month)

2 p.m.

#### **Third Monday of each month**

5 p.m.

Mayo Clinic Health System  
Room 2022  
1025 Marsh Street

Free

## **Knee and Hip Replacement Pre-operation Information Session**

Are you considering a knee or hip replacement? Mayo Clinic Health System offers a free information session for patients who are considering knee or hip replacement surgery. Mayo Clinic experts explain all aspects of the care process, including the rehabilitation program, known as Joint Camp that you'll participate in during your stay.

## Look Good Feel Better

Look Good Feel Better® is a free program designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You'll learn specific techniques to help make the most of your appearance while undergoing treatment including skin care and makeup application, tips on wig selection and wig care, dry skin and discolored nails and scarves, turbans and hats.

### Fairmont

**Mondays, September 9 & November 11**  
5–7 p.m.

Mayo Clinic Health System  
800 Medical Center Drive

**To register:** Visit [lookgoodfeelbetter.org/programs/program-finder/](https://lookgoodfeelbetter.org/programs/program-finder/)

### Mankato

**Tuesdays, October 8 & December 3**  
5:30–7:30 p.m.

Mayo Clinic Health System  
Andreas Cancer Center  
1025 Marsh Street

**To register:** Visit [lookgoodfeelbetter.org/programs/program-finder/](https://lookgoodfeelbetter.org/programs/program-finder/)

## Road to Resilience

This six-week game-like program has age-appropriate resources for you and the children in your life to build resiliency and coping skills together. The resources are items you can do, read or watch in any order you like. You choose the content that best fits your situation. Parents, grandparents, teachers, community organizers and trusted friends to children are invited to participate.

### Virtual activity

**October 7–November 17**

Free

Registration deadline: October 1

**To register:** Search the Classes & Events page at [mayoclinichealthsystem.org](https://mayoclinichealthsystem.org)



## Shared Solutions Addiction Summit

This summit, sponsored in part by Mayo Clinic Health System, will feature a presentation by Shirshendu Sinha, M.B.B.S., a Mayo Clinic Health System psychiatrist specializing in addictive disorders. Dr. Sinha will discuss the risks and benefits of medical and recreational cannabis. The goal of the Summit is to provide education, ask questions and develop solutions for how to move forward in regards to public health policy surrounding marijuana.

### Mankato

**Friday, September 13**  
8 a.m.–4:30 p.m.

Mankato Civic Center  
1 Civic Center Plaza

**To register:** Visit [marrch.org](https://marrch.org)

## Speaking of Health Series Fall 2019

### **Mankato**

**Friday, September 20**

11 a.m.–noon

VINE Adult Community Center  
421 East Hickory Street

Free

**To register:** Call VINE at 507-386-5586

## Solutions for Hip and Knee Arthritis

Arthritis pain can be debilitating as we get older. Jacob Ziegler, M.D., an orthopedic surgeon with Mayo Clinic Health System, will discuss modern treatment and management of hip and knee arthritis, answer common questions and help you determine when to seek help.

### **Mankato**

**Thursday, October 17**

11 a.m.–noon

VINE Adult Community Center  
421 East Hickory Street

Free

**To register:** Call VINE at 507-386-5586

## And That's Why They Call it a Pain in the Neck!

Do you ever wonder why you have neck or arm pain? Manish Sharma, M.D., a neurosurgeon with Mayo Clinic System, will discuss what causes neck and arm pain, share prevention tips and help you figure out when you should seek care.

### **Mankato**

**Thursday, November 21**

11 a.m.–noon

VINE Adult Community Center  
421 East Hickory Street

Free

**To register:** Call VINE at 507-386-5586

## Stress Management and Resiliency Training

The average person's mind spends 50 to 80 percent of its day mind wandering which can lead to increased stress and forgetfulness and can predispose people to anxiety and depression. Lindsey Marx, Certified Health Education Specialist with Mayo Clinic Health System, will share strategies that you can start implementing into your life to help rewire your brain for improved resilience and mental well-being.

### **Mankato**

**Thursday, December 19**

11 a.m.–noon

VINE Adult Community Center  
421 East Hickory Street

Free

**To register:** Call VINE at 507-386-5586

## What You Need to Know About Varicose Veins

Varicose veins can be more than a cosmetic problem — they can lead to painfully swollen, aching and tired legs that get worse with exercise or standing. Gregory Snyder, M.D., a vascular and interventional radiologist with Mayo Clinic Health System, will discuss symptoms, treatment and when to seek help for this condition.



## Shopping for Healthier Foods

During these free tours with a registered dietitian, you'll get help picking out healthy foods, receive expert recipe advice and learn how nutritious choices can prevent and manage diseases.



### St. James

**Two days each month**

10:30 a.m.

Superfair Foods

518 Armstrong Boulevard N.

Free

**For information & dates:**

Call 507-375-8653

### Springfield

**Two days each month**

Springfield Market

101 W. Central Street

Free

**For information & dates:**

Call 507-723-7786

## Stepping On

Stepping On is an evidence-based program aimed at reducing falls and building confidence in older adults. This seven-week program is specifically for those who are at risk of falling, have a fear of falling or who have fallen one or more times. Participants will learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

The series will feature trained facilitators and guest experts from Mayo Clinic Health System.



### Mankato

**Thursdays, October 2–November 13**

9–11 a.m.

VINE Adult Community Center

421 East Hickory Street

Free

**For information:**

Call VINE at 507-386-5586



# FITNESS & WEIGHT MANAGEMENT

## Mankato

### Select Mondays

2–2:50 p.m.

VINE Adult Community Center  
421 East Hickory Street

Fee: \$60 per six-week session, registration required

**To register:** Call 507-594-2600

## Aquatic Physical Therapy

This water-based exercise class is designed to promote healthy living, weight loss, pain management and strength and conditioning, in a setting that reduces stress on a person's joints and body. Led by a member of the Mayo Clinic Health System Physical Therapy team, this six-week long program provides expertise to kick-start a fun, new way to exercise with a goal of helping people become comfortable with an independent program.



## Community Wellness Challenges

Businesses, organizations and individuals are invited to join Mayo Clinic Health System's annual community wellness challenge. Participants complete a predetermined wellness activity listed on the challenge calendar and record minutes of exercise. Points are earned based on the number of minutes exercised and activities completed. Winners earn bragging rights along with a traveling trophy they can proudly display for one year.

Form a team of four to six people, choose a team name and leader and register by email or phone.

### October 1–31

Free

#### Fairmont

**To register:** Call 507-238-8100 or email [diekmann.tamara@mayo.edu](mailto:diekmann.tamara@mayo.edu). Include team name, team leader, team members and email addresses.

#### New Prague

**To register:** Call 952-257-8917 or email [rynda.mary@mayo.edu](mailto:rynda.mary@mayo.edu). Include team name, team leader, team members and email addresses.

#### St. James

**To register:** Call 507-375-8602 or email [rushing.hannah@mayo.edu](mailto:rushing.hannah@mayo.edu). Include team name, team leader, team members and email addresses.

#### Waseca

**To register:** Call 507-781-8214 or email [smith.rita@mayo.edu](mailto:smith.rita@mayo.edu). Include team name, team leader, team members and email addresses.

## Exercise is Medicine

Exercise is Medicine is a medically supervised program for people who have or are at risk for developing chronic diseases. The program is prescribed to you by your health care provider and includes exercise, education and counseling. Ask your provider for a referral.

### Mankato

Mayo Clinic Health System  
Andreas Cancer Center  
1025 Marsh Street

Provider referral required

**To schedule an appointment:**  
Call 507-594-2929

## HEALTH Program for Weight Management

The HEALTH (Healthy Eating Active Lifestyle Thoughtful Habits) Program is an effective weight-management program that teaches important skills necessary to create lasting changes and maintain a healthy body weight. Program trainers include a psychologist, exercise physiologist and dietitian. The key elements of the HEALTH Program are establishing healthy eating patterns, promoting an active lifestyle and creating thoughtful habits.

Insurance coverage may vary, so you're encouraged to check with your individual insurance plan. A few of your visits will be billed by the dietitian; check with your insurance if dietitian group visits are covered. Documented medical necessity by a health care provider will be required. You will also need to purchase "The Mayo Clinic Diet" book for this class.

### Mankato

**Wednesdays** (12-week program)  
Noon–1 p.m.

Mayo Clinic Health System  
Conference Room C-201  
1025 Marsh Street

Provider referral required

**To schedule an appointment:**  
Call 507-594-6500



### **Mayo Clinic Health System**

Provider referral required

#### **To schedule an appointment:**

Call 1-877-412-7575 (toll-free)

## **Nutrition Counseling and Education**

A registered dietitian can help you achieve your lifestyle goals by providing guidance on nutrition plans as it relates to chronic diseases, healthy living and working through barriers to your success. Ask your provider for a referral.



# **MANKATO MARATHON**

**Friday, October 18 & Saturday, October 19**

Mayo Clinic Health System is proud to be the presenting sponsor of the Mankato Marathon! The marathon is a great way for you and your family to get active, try something new and improve your health. Events range from the KidsK all the way to the full marathon.

**MANKATO MARATHON EXPO** | Friday, October 18

Myers Field House, Minnesota State University, Mankato  
Free | [mankatomarathon.com](http://mankatomarathon.com)

Stop by the Mayo Clinic Health System Marathon Expo booth for an opportunity to sample protein ball snacks, talk with orthopedics experts and pick up health and wellness tips for the whole family.

## Weight Loss and Bariatric Surgery Information Sessions

During these free information sessions, you'll learn how bariatric surgery can lead to a healthier life. Topics include weight loss options, benefits and risks of surgery, what to expect if you have the surgery and how to get started.



### Fairmont

**Third Tuesday of each month**  
Noon

Mayo Clinic Health System  
Main Classroom  
800 Medical Center Drive

Free

Registration required

**To register:** Call 507-594-7020

### Mankato

**Second Tuesday of each month**  
5:30 p.m.

**Third Thursday of each month**  
7 p.m.

Mayo Clinic Health System  
Lower Level Conference Center  
Room 0310  
1025 Marsh Street

Free

Registration requested

**To register:** Call 507-594-7020



## Walking and Running Events

Mayo Clinic Health System is proud to be part of these walks, fun runs, marathons and events. Participating is a great opportunity to improve your health while supporting great causes in your community.

**Walk to End Alzheimer's** | School Sisters of Notre Dame, Mankato | September 7

**Camp Sweet Life Glow Run** | Rosa Parks Community Complex, Mankato | September 14

**Our Community Has Heart** | Spring Lake Park, North Mankato | September 28

**Lake Crystal Color Run** | Lake Crystal Recreation Center, Lake Crystal | October 5

**YMCA STRIDE Run** | Spring Lake Park, North Mankato | November 16

**Girls on the Run** | Various communities | Spring 2020

**Run New Prague** | New Prague | May 2, 2020



# SCREENINGS

**Fairmont**  
**Thursdays**  
Noon–1 p.m.

Mayo Clinic Health System  
Clinic lobby  
800 Medical Center Drive

Free

## Blood Pressure Screenings

Knowing your numbers can help you maintain your health. Stop by Mayo Clinic Health System's lobby and get your blood pressure checked.

**Springfield**  
**Weekdays**  
Regular clinic hours

Mayo Clinic Health System  
625 N. Jackson Avenue

Free

**To schedule an appointment:**  
Call 507-723-7723

## Child Development Screenings/ Pediatric Therapy

Child development screenings are designed to catch potential developmental issues as early as possible, enhancing long-term outcomes for each child tested. The child development screenings evaluate your child's speech, fine motor skills and gross motor skills. Based upon the test results, Mayo Clinic Health System care teams will advise parents if their child needs to begin, change or continue specific therapies to assist in achieving key developmental milestones.







# SUPPORT GROUPS

## Bariatric Surgery Support Group

Each meeting provides the support you need to help achieve and maintain your weight-loss goals. The group also provides an opportunity to share experiences and receive the encouragement and reinforcement needed to develop and maintain a healthy lifestyle. This group is open to anyone who has had or is preparing to have bariatric surgery.

### Mankato

**First Wednesday of each month**  
5:30 p.m.

Mayo Clinic Health System  
Lower Level Conference Center  
Room 0308  
1025 Marsh Street

Free

**To register:** Call 507-594-7020

## Camp Oz: Grief Camp for Kids

Camp Oz is a day-long grief camp for children and teens, ages 6-18, who have experienced the death of someone in their life. Activities include music, arts and crafts, connecting with others, group discussion and a closing ceremony. Because of generous donations, Mayo Clinic Health System is able to offer Camp Oz free of charge.



### Volunteers needed

Volunteers are also needed for Camp Oz, including group facilitation, photos and video production and to help with outdoor activities, crafts and meals. Volunteers must be age 18 or over and submit a background check. The time commitment also includes a training session and a pre-camp meet and greet. If interested, please call Jeanne Atkinson at 507-594-2989. The deadline for volunteers to apply is Sept. 13, 2019.

### Madison Lake

**Saturday, October 5**  
8:30 a.m.–4:30 p.m.

Camp Patterson on Lake Washington  
Registration deadline: September 25  
Free

**To register or volunteer:**  
Call 507-594-2989

Forms can also be found online at  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) (click on  
“classes and events”)

### **Fairmont**

#### **Second & fourth Tuesday of each month**

6:30 p.m.

Mayo Clinic Health System  
Main Classroom  
800 Medical Center Drive

Free

**To register:** Call 507-238-8506

### **Mankato**

#### **Second Wednesday of each month**

5–6:30 p.m.

Mayo Clinic Health System  
Andreas Cancer Center  
Conference Room  
1025 Marsh Street

Free

**To register:** Call 507-594-2929

### **New Prague**

#### **First Tuesday of each month**

5–6:30 p.m.

Mayo Clinic Health System  
Administrative Conference Room  
301 Second Street NE

Free

**To register:** Call 952-257-8220

## **Cancer Support Group**

Join us for compassionate, cancer-related education and support. Share your experiences and learn about coping with the challenges of cancer. Family and friends are welcome to attend.



## **Grief and the Holidays**

Mayo Clinic Health System is offering themed sessions, open to adults who have experienced the death of a loved one. Registration is required.

## **Healing Holiday Rituals**

This educational seminar helps identify ways to cope and remember deceased loved ones during the holiday season. Each participant will create a memory keepsake. Light refreshments served.

## **Creating a Holiday Keepsake**

Create a special keepsake in remembrance of your loved one. Laura Doyen, from Design and Wine, will provide supplies and simple instructions to complete a wood pallet. Light refreshments served.

### **Mankato**

#### **Wednesday, November 20**

6–7:30 p.m.

Mayo Clinic Health System  
Madison East Center  
Community room, suite 354  
1400 Madison Avenue

Free

Registration deadline: November 15

**To register:** Call 507-594-2989

### **North Mankato**

#### **Wednesday, December 4**

1:30–3 p.m. or 6:30–8 p.m.

Design and Wine  
300 Belgrade Avenue

\$10 for 7" x 7"; \$20 for 12" x 12"

Registration deadline: November 29

**To register:** Call 507-594-2989

## Hope: Support Group for Women

This grief support group is for women who have experienced the death of a spouse or significant other. It is led by widows and offers an opportunity to learn about grief, share experiences, and find healing and hope from your loss. Newcomers and drop-ins are welcome. No registration is necessary.

### Mankato

#### Tuesdays

5:15–6:15 p.m.

St. John the Baptist Catholic Church  
John Paul II Meeting Room  
632 S. Broad Street

Free

**For information:** Call 507-594-2989

## Journey Through Grief

Mayo Clinic Health System is sponsoring an eight-week grief group for families and individuals who have experienced the death of a loved one. Participants will meet once weekly to share stories, explore the process of grief and healing, and find comfort in knowing they are not alone.



### Fairmont

#### Thursdays, October 24–December 19\*

10 a.m.–noon

\*No session Thursday, November 28

Fairmont United Methodist Church  
119 Second Street

Free, but registration is required

**To register:** Call 507-238-8154

### Mankato

#### Wednesdays, October 30–December 18

10 a.m.–noon

St John the Baptist Church  
632 S. Broad Street

Free, but registration is required

**To register:** Call 507-594-2989

## Living Well with Diabetes

Join Jill O'Donnell, Mayo Clinic Health System certified diabetes educator, and Julie Morris, Mayo Clinic Health System licensed practical nurse, for a community diabetes support group. These informal meetings provide a way for adults with diabetes to share successes, challenges and advice, and to learn more about the disease from medical experts. Everyone is welcome, and pre-registration is not required.

### Fairmont

#### Second Wednesday of each month

7 p.m.

Mayo Clinic Health System  
Main Classroom  
800 Medical Center Drive

Free

**For information:** Call 507-238-8500



### **Mankato**

**Second Thursday of each month**

4:30–6 p.m.

Mayo Clinic Health System

Room 2022

1025 Marsh Street

Free

**For information:** Call 507-594-7165

## **Stroke Support Group**

This group is designed for stroke survivors and their friends, family and caregivers. Topics will change each month and may include sharing of similar experiences, learning from others or expert education. This group allows stroke survivors to cope in their own way while finding the emotional support and encouragement necessary to continue a meaningful life after stroke.



### **Mankato**

**Second & fourth Thursday of each month**

6–8 p.m.

Mayo Clinic Health System

Room 2015

1025 Marsh Street

Free

**To register:** Call 507-380-2386

## **Suicide Survivor Support Group**

This group provides support and information for those who have lost a friend or loved one to suicide.





# YOUTH & FAMILY PROGRAMS

## Mayo Clinic at the Children's Museum

Mayo Clinic Health System is proud to support health and wellness programming at the Children's Museum of Southern Minnesota. This year, we've helped sponsor the Healthy Me exhibit and are engaging families in monthly Toddler Wednesday programs featuring Mayo Clinic Health Care providers as a way to learn more about topics such as new foods or how play benefits your child. Through this partnership, we've also teamed up to keep families safe and healthy. Whether it's through car seat safety education, the proper fit of bike helmets or giving kids the chance to sample fruit-infused water or a new vegetable, Mayo Clinic at the Children's Museum hopes to help you find ways to incorporate health into your family's routine.

### Mankato

Children's Museum of Southern Minnesota  
224 Lamm Street

**For information:** Visit [cmsouthernmn.org](http://cmsouthernmn.org)

## Healthy Habits — In the Classroom, at Home and in the Community

Through the year, Mayo Clinic Health System collaborates with schools to reinforce healthy habits. This fall, students in Fairmont and St. James will learn tips around being mindful, ways to be physically active, how friendships can improve their health and more.

Last spring, all Mankato public elementary schools and New Prague schools also took part in a similar program. Topics include a mix of nutrition and physical education ideas, all with the goal of supporting healthy kids who are ready to learn.

Mayo Clinic Health System is also proud to sponsor the Active Learner Program in School (ALPS), which is a before-school or recess exercise program in Mankato Area Public Schools (MAPS) that encourages students to be physically active. Along with inspiring healthy lifestyles for students, Mayo Clinic Health System also supported MAPS staff by providing wellness tips, ideas on incorporating gratitude into their day, and even offered fitness classes led by Mayo Clinic Health System.





## Parenting Resources: **PREGNANCY & BEYOND**

Welcoming a new child into your life is one of the most memorable moments you'll ever experience, and Mayo Clinic Health System is excited to share it with you. To help you prepare, our birth centers in Fairmont, Mankato and New Prague offer a variety of classes designed especially for pregnancy and parenting.

Registration is required for all prenatal and postpartum classes; class sizes are limited. Plan to attend classes between 24 and 32 weeks of your pregnancy with a support person who plans to be at the bedside during the birth.

To register, visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org), click on “classes and events” and search by your location, or call:

- Fairmont: 1-800-234-6141, ext. 8-7338 (toll-free)
- Mankato: 1-800-327-3721, ext. 4-7399 (toll-free)
- New Prague: 1-800-584-6667, ext. 7-8966 (toll-free)

### **Fairmont**

**Wednesdays** (excluding holidays)  
9–11 a.m.

Fairmont Elementary School  
Green Cardinal Room 1010  
714 Victoria Street

### **Mankato**

**Thursdays** (excluding holidays)  
12:30–2:30 p.m.

Children's Museum of Southern Minnesota  
224 Lamm Street

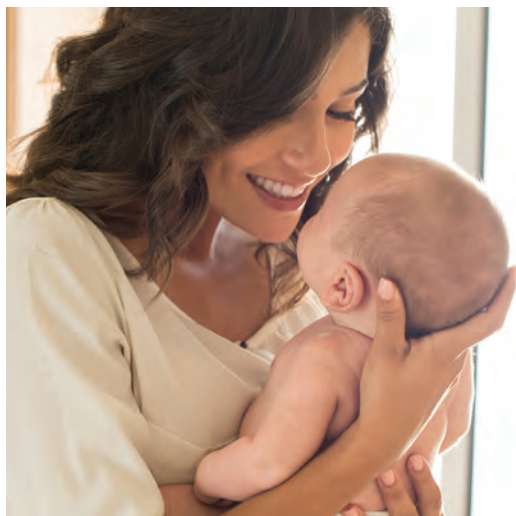
## **Baby Café**

New mothers and mothers-to-be interested in breastfeeding are encouraged to visit the Baby Café. Baby Café is a national network of breastfeeding drop-ins, combining breastfeeding information with a relaxed, informal environment where mothers can chat and learn about breastfeeding from lactation specialists and one another. Baby Café is open to anyone interested in any aspect of breastfeeding — prenatal women, mothers, partners and supporters — with the intention that all mothers will be able to access the information and support they need to breastfeed. Refreshments are provided.



## Breastfeeding Your Baby

This class will cover the basics of breastfeeding, including how to establish a successful breastfeeding relationship, how to know when your baby is hungry, the role of your supporters, choosing a breast pump, storing breast milk, maintaining milk supply and transitioning to time away from your baby. Bring your copy of “Mayo Clinic Guide to a Healthy Pregnancy” that you received from your clinic.



### Fairmont

**Mondays** (one-day session)  
7–9 p.m.

September 30  
November 25

Mayo Clinic Health System  
Main Classroom  
800 Medical Center Drive

#### To register:

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-234-6141, ext. 8-7338 (toll-free)

### Mankato

**Tuesdays** (one-day session)  
6–9 p.m.

September 3  
October 22

Mayo Clinic Health System  
Madison East Center  
Conference Room  
1400 Madison Avenue

#### To register:

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-327-3721, ext. 4-7399 (toll-free)

### Mankato

**Thursdays** (one-day session)  
6–9 p.m.

August 29  
November 21  
December 5

Mayo Clinic Health System  
Madison East Center  
Conference Room  
1400 Madison Avenue

#### To register:

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-327-3721, ext. 4-7399 (toll-free)

### New Prague

**Mondays** (one-day session)  
6–7:30 p.m.

August 12  
October 14  
December 16

Mayo Clinic Health System  
Jameen Mape Conference Center  
301 Second Street NE

#### To register:

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-584-6667, ext. 7-8966 (toll-free)

### Fairmont

#### **Mondays** (three-week series)

7–9 p.m.

September 9, 16, 23

November 4, 11, 18

Mayo Clinic Health System  
Main Classroom  
800 Medical Center Drive

#### **To register:**

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-234-6141, ext. 8-7338 (toll-free)

### Mankato

#### **Tuesdays** (five-week series)

6–8 p.m.

September 17–October 15

November 5–December 3

Mayo Clinic Health System  
Madison East Center  
Conference Room  
1400 Madison Avenue

#### **To register:**

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-327-3721, ext. 4-7399 (toll-free)

### Mankato

#### **Weekends** (two-day series)

Friday, 6–9 p.m.

Saturday, 9 a.m.–4 p.m.

September 20–21

November 15–16

Mayo Clinic Health System  
Madison East Center  
Conference Room  
1400 Madison Avenue

#### **To register:**

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-327-3721, ext. 4-7399 (toll-free)

### New Prague

#### **Saturdays** (one-day session)

9 a.m.–4 p.m.

October 12

December 14

Mayo Clinic Health System  
Jameen Mape Conference Center  
301 Second Street NE

#### **To register:**

Visit [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) or call  
1-800-584-6667, ext. 7-8966 (toll-free)

## Childbirth Education

This class includes a wide variety of information on pregnancy, the process of labor and delivery, pre-term labor, comfort measures, medications and anesthesia, birth options, the days transitioning from pregnancy to postpartum, newborn care, the role of your supporters and the adjustments of being new parents.



## Online Childbirth Education

This interactive online course covers essential information on labor and more, and highlights ways partners can help throughout the process.

You'll get a sense of what labor is really like as you watch several birth stories.

You can access the eClass from any computer or mobile device with an internet connection. Once you purchase your seat to the eClass, you will receive an email with login instructions.

### Mankato

**Allow four to six hours to complete the program**

Fee: \$50

#### **To register:**

Visit [mayoclinichealthsystem.org/childbirth-education](http://mayoclinichealthsystem.org/childbirth-education)



**MAYO CLINIC HEALTH SYSTEM**  
[mayoclinichealthsystem.org](https://mayoclinichealthsystem.org)

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