

Support Groups and Classes

Free and open to the public

Luther Midelfort Eau Claire Support Groups

Aphasia

Call 715-838-3258

AWAKE (sleep disorders)

Call 715-838-3420, option 4

AWESome (epilepsy)

Call 715-834-4455; 6:30 p.m., Feb. 12, Mar. 12 & Apr. 9

CVOA (ostomates)

Call 715-834-2795; 1 p.m., Feb. 15, 7 p.m., Mar. 18 & Apr. 15

D.A.R.T. (organ donor)

Call 715-838-3170; 7 p.m., Feb. 26, Mar. 26 & Apr. 23

Diabetes

Call 715-838-6594; 6 p.m., Feb. 5, Mar. 5 & Apr. 2

Joint PREP (knee/hip joint replacement)

Call 715-838-6161

Mended Hearts (cardiovascular disease)

Call 715-838-3269; 7 p.m., Feb. 19, Mar. 19 & Apr. 16

Mild Brain Injury

Call 715-838-3258; 5:30 p.m., Feb. 17, Mar. 17 & Apr. 21

Stroke

Call 715-838-1982; 3 p.m., Feb. 12, Mar. 12 & Apr. 9

Tobacco Free Class (smoking cessation)

Call 715-838-6252

US TOO (prostate cancer)

Call 715-838-3610; 7 p.m., Feb. 26, Mar. 26 & Apr. 30

Weight Management Information Meeting

Call 715-838-6731; 5:30 p.m., Feb. 2, 9, 16, 23, Mar. 2, 9, 16, 23 & Apr. 6, 13, 20, 27

Wind Walkers (lung disease)

Call 715-838-6138; 5:30 p.m., Feb. 16 & Apr. 20

Prenatal Classes Eau Claire

Call the Wellness Clinic, 715-838-6767, or register online at www.luthermidelfort.org.

Birthing Basics

Cost: \$15

7 to 9:30 p.m.

Two-session class: Feb. 4 & 11, Mar. 4 & 11 and Apr. 1 & 8

Birthing Basics Weekend

Cost: \$20

8 a.m. to 3:30 p.m., Mar. 14

Breast-feeding Class

Cost: \$10

7 to 9 p.m., Feb. 3, Mar. 3 & Apr. 7

Building Baby's Brain

Call 715-833-1735 for dates, times and registration.

Cost: \$10

Caring for the New Family

Cost: \$10

7 to 9 p.m., Feb. 18, Mar. 18 & Apr. 15

Lamaze Weekend

Cost: \$70

7 to 9:30 p.m. Friday and 9 a.m. to 4 p.m. Saturday, Feb. 27 & 28 and Apr. 3 & 4

Lamaze Class

Cost: \$70

Two-session class: 7 to 9 p.m. Mondays, Feb. 23 – Mar. 30 & Apr. 13 – May 18

Sibling Class

Cost: \$10 per child (\$15 for two or more children)

6 to 7:15 p.m., Mar. 10

Health Break at Borders Bookstore

Call 715-838-3737; 7 p.m., Feb. 19, Mar. 19 & Apr. 16

Luther Midelfort at Oakwood Mall

Stop by our kiosk near "Oakwood Forest" play area and meet our staff, view displays and gather information about health topics.

Healthy Heart Fair

Oakwood Mall

Saturday, Feb. 7, 10 a.m. to 4 p.m.

See some of the technologies used to help diagnose and treat heart disease at this free health fair. Learn healthy options for diet and exercise. Displays, [screenings](#) and [presentations](#) will all take place throughout the weekend.

Luther Midelfort Northland Support Groups & Classes**Breast-feeding Class**

Cost: \$5 for nonpatients

Call 715-537-6716; 11 a.m., Jan. 8, Feb. 5, Mar. 5, Apr. 2

Breast-feeding Support

Call 715-537-3186; 5:00 p.m., Jan. 27, Apr. 28

Caring for Baby Class

Cost: \$5 for nonpatients

Call 715-537-3186; 1 p.m., Jan. 24, Feb. 21, Mar. 21

Diabetes Self-Care Class

Cost: Free

Call 715-458-4380; 5:15 p.m., Feb. 12, Mar. 12, Apr. 9

Prenatal Workshop

Cost: \$15 for nonpatients

Call 715-537-3186; 8:30 a.m., Jan. 24, Feb. 21, Mar. 21

Infant Massage Class

Cost: \$5

Call 715-537-9905; 7 p.m., Jan. 19-20, Apr. 20-21

Toddler Massage Class

Cost: \$5

Call 715-537-9905; 7 p.m., Feb. 16-17

Luther Midelfort Chippewa Valley Support Groups & Classes

Breast Cancer Support Group

Call 715-568-6813; 6 p.m.; Feb. 12, Mar. 12 & Apr. 9

Cancer Empowerment Support

Call 715-568-6813; 6 p.m.; Feb. 10, Mar. 10 & Apr. 14

Diabetes Support Group

Call 715-568-6167; 6:30 p.m.; April 23

Tobacco Free Class (smoking cessation) in Chippewa Falls

Call 715-838-6252; 5:30 p.m.; March 16

Free Blood Pressure Screenings**Eau Claire**

Patient Resource Library, Midelfort Clinic lobby, 733 W. Clairemont Ave.
Automated machine available 8 a.m. to 5:15 p.m. weekdays; Saturday 9 a.m. to 5 a.m.; Sunday 10 a.m. to 5 p.m.

Luther Midelfort Chippewa Valley

Bremer Bank, Colfax
10 to 11 a.m., Feb. 9, Mar. 3 & Apr. 7

Ed's Pharmacy, Bloomer
12 to 2 p.m., Feb. 2, Mar 2 & Apr. 6

Security Bank, New Auburn
9 to 11 a.m., Mar. 2

Security Bank, Sand Creek
9 to 11 a.m., Feb. 2 & Apr. 6

Luther Midelfort Northland

Hospital Lab/X-Ray/ED waiting area, Barron, 7 a.m. to 3:30 p.m., weekdays

Luther Midelfort Oakridge

Emergency Department, Osseo, 9 to 11 a.m., Feb. 3, Mar. 3 & Apr. 7

Oakwood Mall

Luther Midelfort kiosk near "Oakwood Forest" play area, 7 to 9 a.m., every Thursday

Upcoming Events**Women's Health Event**

April 18
Mondovi High School

Smoking Cessation Classes at Osseo

Jan. 8 – Feb. 26
March 19 – May 7