

Community News You Can Use is designed to provide you with a brief update of happenings at Henry Ford West Bloomfield Hospital and throughout our community. Please share this with your team, constituents, members, friends, family and neighbors.

For the Weeks of February 1 – February 28

Virtual Bariatric Information Seminar

Tuesday, Feb. 9

6 p.m.

Free

Henry Ford West Bloomfield Hospital's Metabolic Health and Weight Management program is ringing in the new year with a virtual bariatric information seminar. *For more information on this program and additional offerings, or to register, call (248) 325-1355.*

Free Narcan training offered online – *updated link*

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for those who want to learn how to administer the life-saving antidote for a narcotics overdose. Participants receive a free kit by mail with two doses of Narcan in nasal-spray form. For more information, training dates and to register, visit FamiliesAgainstNarcotics.org/Naloxone.

Expectant and New Parents

Several Henry Ford Health System birthing classes are now available as online virtual programs. In these classes, you will learn the same material as the traditional, in-person classes from a remote, safe environment. You will be able to share videos and have questions answered, similar to the classroom setting. Classes are two hours long and take place via Skype. See below for a list of all classes and costs. *For more information, including dates, times and registration, visit www.HenryFord.com/Classes or call (248) 325-0037.*

Childbirth Preparation

\$65 per couple

This is a 3-session course covering topics, such as stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills, and postpartum.

Infant Care

\$25 per couple

This class is an introduction to newborn care to help parents learn the basics of caring for and understanding your newborn baby's needs.

Breastfeeding

\$25 per couple

This class presents the basics and benefits of breastfeeding to give you a head start to breastfeeding.

Breastfeeding Support Group

Free

This class is designed for mothers who need help with breastfeeding after delivery. Attendees are encouraged to bring your baby to class to receive proper assistance and tips to help with breastfeeding.

C.A.R.E. Program and iCare4U programming

Henry Ford's C.A.R.E Program, along with the iCare4U Employee Resource Group, is helping caregivers with new and exciting virtual offerings! These classes range from Creative Mindfulness With Art, Kids' Art Club, Caregiver Support and Stress Management, Advance Care Planning 101, lunch and learns, and more. For a full list of the upcoming classes, see the "[C.A.R.E. Virtual Flyer 2021](#)" document attached. Registration for 2021 is now open. For more information, visit HenryFord.com/familycaregivers, call (866) 574-7530, email caregiverresources@hfhs.org or visit our Facebook Page, "Henry Ford Health System Family Caregivers."

Did you know...

Heart disease is the leading cause of death in the United States. In celebration of Heart Month, take the Health Risk Assessment on HenryFord.com/HRA, to lower your risk for heart disease and potentially save your life. To schedule an appointment with a cardiologist, call (844) 725-6424.

For more information, call Kelsey Bray at (248) 325-0825 or email kbray2@hfhs.org