





Every New Year, there is a promise of new beginnings, fresh starts and a clean slate. Whether 2020 is the year to eat healthier, be mindful or schedule an overdue screening, we want to make it easy for you and your family to reach your health goals. Our interactive and educational programming in this calendar helps you take those important steps towards making this year the healthiest year of your life.

We are also proud to start off the New Year with an exciting announcement. For the second year in a row, St. Luke's is proud to be the ONLY hospital in Missouri to be named as one of America's 50 Best Hospitals for Cardiac Surgery™ and one of America's 100 Best

Hospitals for General Surgery and Prostate Surgeries by Healthgrades® two years in a row (2019-2020). These prestigious recognitions are testaments to St. Luke's commitment to the highest level of safe, quality healthcare services and illustrates the dedication of our entire St. Luke's team to improving the quality of life for our patients.

Cheers to a healthy and happy new year!

*Christine M. Candio*

Christine M. Candio, FACHE  
President and Chief Executive Officer, St. Luke's



# Conversations for Women

Thursdays, March 5 & 26 and April 16 • 6 to 7:30 p.m.  
The Lodge Des Peres (1050 Des Peres Rd., Des Peres, MO 63131)

Thursday, March 5

## Preventing Falls

If you or a family member are over 65, this talk is for you! Falls are the #1 cause of injury, hospital visits due to trauma and death from an injury among people age 65 and older. It is estimated that 1 in 3 older adults falls each year, but research has shown that many fall risks can be reduced. Learn useful information to help prevent falls using various interventions, especially balance and mobility training, medical management and environmental/home modifications.

Thursday, March 26

## Be on the Alert, Prevent Diabetes

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those with prediabetes, 90% don't know they have it. Learn the signs of pre-diabetes and steps you can take to delay or prevent type 2 diabetes.

Thursday, April 16

## Be Your Best

As we grow and change, so do our goals and challenges. Often, we just need to create a vision of what "being my best" means to us individually, and design a plan to get there. Learn what others are doing to lead long, productive and meaningful lives and learn how some of these strategies might help us to stay vibrant, active, energetic and interesting. Allow yourself to be your best.

Light dinner will be served. To register for these free events, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call 314-542-4848.



## SPECIAL EVENTS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Special Events to sign up for the following events online, unless otherwise noted.



# St. Luke's Day of Dance<sup>®</sup> Rhythm Nation

Saturday, February 22  
9 a.m. to Noon  
DoubleTree Hotel - Chesterfield

Join the Rhythm Nation for the largest dance party in St. Louis! Learn the latest dance moves and the moves you can make for better health with a morning packed with dance fitness demonstrations, health screenings and health information. Registration is limited.

To register for this free event, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call 314-205-6706.

Sponsored by **St. Louis** MAGAZINE



# SPECIAL EVENTS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Special Events to sign up for the following events online, unless otherwise noted.



## april showers

Sunday, April 19

1 to 4 p.m.

St. Luke's is hosting a free and informative event for new and expecting parents! This event is designed to help parents in the pregnancy planning through the transition to parenthood. The event will include informative panel of experts, a wide range of vendors and a guided tour of the maternity suites at St. Luke's Hospital. To register for this **free** event, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6478**.



## Girl Talk Be Your Own Kind of Beautiful

Saturday, January 18

9 a.m. to Noon

St. Luke's Hospital

Institute for Health Education

\$5/person\*

### Be Your Own Kind of Beautiful

is a program that offers preteen girls ages 11 and older a chance to celebrate their individuality and spend an informative, inspiring and fun afternoon with the important adults who have a positive influence in their lives. Interactive sessions and health experts will remind them why they need to recognize their inner beauty, celebrate their differences and focus on their positive attributes as they navigate through the preteen years and beyond.

\*Proceeds to support a nonprofit organization. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6706**.



# SPECIAL EVENTS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Special Events to sign up for the following events online, unless otherwise noted.

## Tour de Wellness Ride for Heart Health



Sunday, May 31 • 7 a.m. to 1 p.m.  
St. Luke's Hospital Desloge Outpatient Center

St. Luke's Tour de Wellness – Ride for Heart Health is a fun and recreational cycling event that celebrates healthy living. The ride offers routes for cyclists of all levels – enthusiast to advanced! Choose from one of three routes: 17, 38 and 60 miles. SAG support and rest stops are available throughout the ride.

Proceeds from the Tour de Wellness support St. Luke's Heart and Vascular Institute in its continued development of treatment options, lifesaving research and community outreach initiatives that provide access to free health screenings and education to help decrease individuals' risk of developing heart disease.

To register or for more information, visit [stlukesstourdewellness.com](http://stlukesstourdewellness.com).



## HEART HEALTHY PROGRAMS AND SCREENINGS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Heart Healthy Programs and Screenings to sign up for the following events online, unless otherwise noted.

### CHOLESTEROL AND GLUCOSE WELLNESS SCREENINGS

*Fridays, February 28, March 20, April 17 & June 12  
Thursday, May 14*

Get your cholesterol and glucose numbers in a one-on-one consultation with a registered nurse and health coach. The screenings include blood pressure and body composition measurement. A 10 to 12-hour fast is required. The A1C blood test (a finger stick with rapid results) is also available. The test is designed for people at risk for type 2 diabetes or for people with a history of diabetes who wish to better manage their health. For fees, locations, times and required online registration, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

### HEART SCAN SCREENINGS

Studies have shown the risk of coronary heart disease increases with higher calcium scores. For more information, fees or to schedule an appointment, call **314-205-6565**.

### HEART SCREENINGS FOR ATHLETES AND ACTIVE INDIVIDUALS

If you are an athlete or are active, you may have heard of hypertrophic cardiomyopathy (HCM), a condition that is the leading cause of heart-related sudden death in people under age 35. Our HCM screening can determine your risk for sudden death and includes a focused history, physical examination and diagnostic testing. For more information, fees or to schedule an appointment, call **314-43-HEART**.

### MOVING FORWARD AFTER A STROKE

*Second Tuesday Every Month • 11 a.m. to Noon  
St. Luke's Rehabilitation Hospital • 14709 Olive Blvd.*  
This stroke support group delivers support and inspiration to survivors and caregivers at all stages of stroke recovery. Group activities include sharing milestones, identifying barriers, providing education and identifying community resources for survivors and caregivers. To register for this **free** program, call **314-317-5791**.

### VASCULAR DISEASE SCREENINGS

These screenings include carotid artery disease, peripheral arterial disease (PAD) and abdominal aortic aneurysms (AAA). The AAA screening may be covered by Medicare so please call for questions and eligibility. Fee: \$40/screening. Online registration is required. No physician referral required. For more information or to schedule an appointment, call **314-205-6074**.

## WEIGHT MANAGEMENT

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Weight Management to sign up for the following events online, unless otherwise noted.

### TRANSFORM YOUR LIFE. RESTORE YOUR HEALTH.

Tired of struggling with your weight? The MyNewSelf® weight loss surgery program offers several weight loss surgery options, including low BMI lap band, gastric bypass, gastric sleeve and duodenal switch. Let our experienced care team give you the support you need on your journey to a healthier and more active life. For location, dates, times and registration information for these **free** programs, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-966-9639**.



### HEALTHY WEIGH PROGRAM (22 WEEKS)

*Using the University of Pittsburgh Diabetes Group Lifestyle Balance Program™*

Do you want to lose weight and improve your health? Have you been diagnosed with pre-diabetes and want to prevent type 2 diabetes? Do you want to lower cholesterol levels, control blood pressure and decrease joint pain? Join us for a 22-week program with proven results. Our registered dietitian will help you implement lifestyle changes to reduce weight and improve your health. Sessions include strategies for success, goal setting and group discussion. For more information or to register, call **314-205-6483** or email [nutritionwellness@stlukes-stl.com](mailto:nutritionwellness@stlukes-stl.com).

### HEALTHY WEIGH PROGRAM INTENSIVE BEHAVIORAL THERAPY (IBT)

A personalized weight loss program for individuals with a BMI greater than 30 that focuses on behavior and lifestyle changes. Participants work one-on-one with a registered dietitian up to 22 visits in one year. The program is covered by Medicare with no deductible. For more information or to register, call **314-205-6483** or email [nutritionwellness@stlukes-stl.com](mailto:nutritionwellness@stlukes-stl.com).

## ORTHOPEDICS

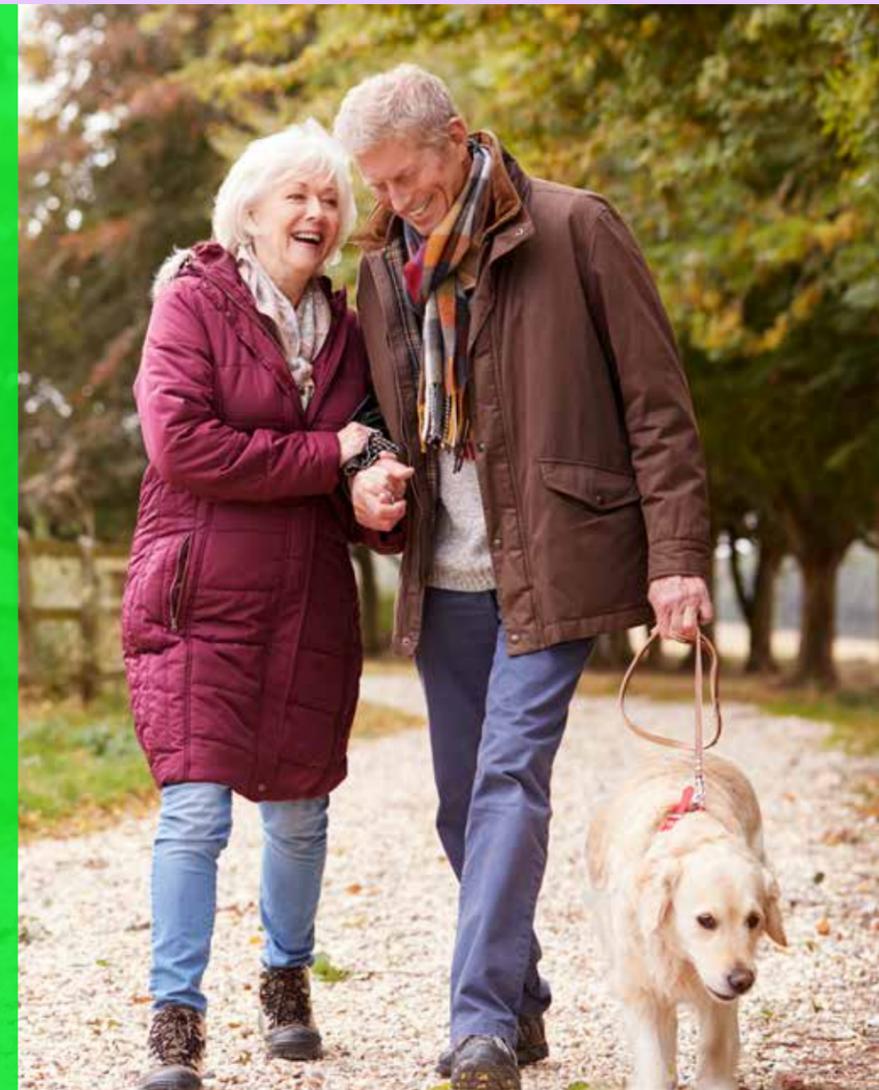
To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Orthopedics: St. Luke's Hospital to sign up for the following events online, unless otherwise noted.

### I HAVE HIP PAIN. WHAT ARE MY OPTIONS?

*Wednesdays, March 25 & May 27 • 6 to 7 p.m.*  
Join an orthopedic physician to find out the many causes of hip pain, from the less severe to more serious issues like osteoarthritis, a condition where cartilage in the hip has been destroyed. Learn answers to your questions and how to live the life you are accustomed to – free of pain. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

### KNEE REPLACEMENT: IS IT RIGHT FOR ME?

*Wednesdays, March 11 & May 13 • 6 to 7 p.m.*  
Join an orthopedic physician for a straightforward discussion about minimally invasive knee replacement surgery and other treatment options for your arthritic knees. Learn answers to your questions and how to live the life you are accustomed to – free of pain. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.



# WELLNESS PROGRAMS AND SCREENINGS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Wellness Programs and Screenings to sign up for the following events online, unless otherwise noted.

## BASICS OF MEDITATION

*Tuesday, February 11 & Wednesday, May 13 • 6:30 to 8 p.m.*  
Have you tried meditating, but feel unsuccessful? Meditation is a research-supported practice that can help us become healthier, reduce stress and pain and lower the risk for heart disease. Come learn the basics of meditation and receive expert tips. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## RED CROSS BLOOD DRIVE

*Fridays, February 14 & June 19  
Monday, April 13  
10 a.m. to 2 p.m.*  
Help save a life. Donate to the Red Cross Blood Drive at St. Luke's Hospital. To schedule an appointment, please visit [redcrossblood.org](http://redcrossblood.org) and enter the sponsor code, SAINTLUKES, or call **314-658-2090**.

## LIVING A HEALTHY LIFE COURSE (SIX WEEKS)

*Mondays, March 2 through April 6 • 10 a.m. to Noon*  
Developed by the Stanford University Patient Education Research Center, this six-week program addresses chronic diseases such as heart disease, arthritis, diabetes, asthma and others. This program is facilitated by a health educator from the St. Louis County Department of Public Health. Registration is required. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## STRESS MANAGEMENT TIPS FOR THE BUSY FAMILY

*Tuesday, March 24 • 6:30 to 8 p.m.*  
*Maryville University Hockey Center  
(18383 Chesterfield Airport Rd.)*  
Are family schedules running you ragged? Busy family schedules can cause stress and take a toll on health. Learn tips to manage stress from a holistic stress management instructor. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## BASICS OF MINDFUL EATING

*Thursday, April 9 • 6:30 to 8:30 p.m.*  
The overall goal of mindful eating is to have a healthy relationship with food. Participants will learn several techniques that can help them understand their eating habits and how to modify them to reach nutrition goals while enjoying their food. Stress eating will also be discussed. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## PREVENTING SPORTS INJURIES

*Tuesday, June 2 • 6:30 to 8 p.m.*  
*Maryville University Hockey Center (18383 Chesterfield Airport Rd.)*  
Sports Injuries can take you out of the game and keep you from enjoying the things you love to do. Join a sports medicine physician and a physical therapist to learn how to prevent sports injuries. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## LIVING MINDFULLY: LESS STRESS, MORE JOY

*Wednesday, June 3 • 6:30 to 8 p.m.*  
Are you experiencing any pain, fatigue, insomnia or other stress-related symptoms? Try a variety of research-supported techniques facilitated by a certified holistic stress management instructor. Learn how to ease your symptoms through relaxation breathing, mindfulness meditations, music, humor and more. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

# EXERCISE AND FITNESS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Exercise and Fitness to sign up for the following events online, unless otherwise noted.

## TOTAL CONTROL COURSE (SEVEN WEEKS)

*January 27 through March 11 • 1:30 to 2:45 p.m.*  
This course integrates specific core training exercises and educational discussions to help women improve their pelvic health and wellness. Topics include nutrition selection, pharmaceuticals, behavioral modifications and lifestyle information. This course provides for ample program time and reinforcement of exercises and information with its twice weekly schedule. It is ideal for someone new to Total Control or wants a thorough review of the concepts and exercises. This course meets Mondays and Wednesdays for seven weeks. Fee: \$99. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.

## TOTAL CONTROL EXPRESS COURSE (SEVEN WEEKS)

*March 30 through May 11 • 5 to 6:30 p.m.*  
The "Express" version of the course is condensed, fast-paced and has the advantage of squeezing into your schedule. It is ideal if you have taken a Total Control program in the past or want to review, refresh or maintain your practice. The "Express" course meets weekly on Mondays for seven weeks. Fee: \$75. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.

## BONE BUILDERS LECTURE

*Thursday, February 6 • 1 to 2:30 p.m.*  
*Tuesday, April 14 • 6:30 to 8 p.m.*  
A physical therapist, pharmacist and registered dietitian provide information about exercise, nutrition and medications as related to osteoporosis or osteopenia. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6100**, x4020.

## BONE BUILDERS EXERCISE PROGRAM

This program requires completion of a physical therapy assessment and a recommended treatment program. Individuals diagnosed with osteopenia or osteoporosis will have access to the St. Luke's Desloge Fitness Center, located in Building A. For dates, times, locations, fees and registration information, call **314-205-6881**.

## BEGINNING FITNESS

This program is suited for those beginning exercise and includes low impact cardio and strength training to condition and tone the overall body. All levels welcome. For more information and to register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.

## BONE BUILDERS/THERAPEUTIC YOGA (SEVEN WEEKS)

This program is designed for those diagnosed with osteoporosis/osteopenia, cardiopulmonary disease or orthopedic conditions to aid in improving flexibility, increasing core strength and managing stress. For dates, times, locations and registration information for one or more programs per week, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.

## YOGA CLASSES

Includes beginner's yoga, classic yoga, bootcamp yoga and cardiopulmonary and Bone Builders yoga programs. For more information and to register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.

## T'AI CHI COURSE (SIX WEEKS)

*Tuesdays, March 3 through April 21  
(No program on March 17 & April 14)  
1:30 to 2:30 p.m.*  
T'ai Chi has been shown to help reduce blood pressure, decrease stress, improve balance, promote healthy sleep habits and more. This program is for men and women of all ages. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## ESSENTRICS: RELEASE, REBALANCE & RESTORE (SIX WEEKS)

*Thursdays, April 2 through May 7  
1:30 to 2:30 p.m. (floor/chair for those who can get down on the floor)  
3 to 4 p.m. (standing/chair for those who can't get down on the floor)*  
Essentrics is a gentle, age-reversing workout that will restore movement in your joints, add flexibility and strength in your muscles and relieve pain while increasing your energy level. This is a slow-paced full body workout for men and women of all ages. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## BALANCE BARRE BY VITALITY BALLET (SIX WEEKS)

*Wednesdays, March 18 through April 22 • 1:30 to 2:30 p.m.*  
This fun program consists of modified barre exercises and stretches danced with music and done with an artistic edge. This program works key muscle groups that are necessary for maintaining balance, posture, core strength, flexibility and ultimately independence. No dance exercise is necessary. Fee: \$35. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## MOMMIES IN MOTION (EIGHT WEEKS)

Mommies in Motion is an exercise program designed to address the fitness needs of pregnant women, combining stretching, strengthening and light aerobics in a comfortable and supportive environment. Programs are held every Tuesday and Thursday evenings. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6906**.

## DIABETES EXERCISE PROGRAM

This program is for active or relatively healthy individuals with diabetes or pre-diabetes and is ideal for those who desire an independent home or gym-based program. For dates, times, locations, fees and registration information, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-205-6881**.



## DIABETES EDUCATION

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Diabetes Education to sign up for the following events online, unless otherwise noted.

### TUNE IN TO PREVENT DIABETES

Thursday, February 27 • 1 to 2:30 p.m.

Thursday, April 23 • 6:30 to 8 p.m.

Prediabetes is a serious medical condition that should be treated in a timely manner to keep you diabetes free and reduce your risk of complications. This program will review lifestyle strategies and provide resources to help you take control and prevent type 2 diabetes. Your nutrition questions will be answered by a certified diabetes educator. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

### YOU CAN MANAGE IT – PREVENT DIABETES FROM CONTROLLING YOUR LIFE

Tuesday, January 28 • 1 to 2:30 p.m.

Tuesday, March 17 • 6:30 to 8 p.m.

The goal of this program is to empower people living with diabetes to take charge of their health by providing the information and resources needed for a successful diabetes self-management plan. To register for this **free** program, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

### WHAT'S IN YOUR CART? LEARN TO SHOP FOR A HEALTHIER YOU.

Are you concerned about diabetes and heart disease? Not sure about what you should and shouldn't eat? End the confusion by joining us for a store tour that will focus on how to make better choices, reading labels and meal planning. A St. Luke's dietitian will lead the tour and answer questions. To register, visit [dierbergs.com](http://dierbergs.com). Questions? Call **314-238-0440**.



## CANCER PREVENTION AND SUPPORT

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Cancer Prevention and Support to sign up for the following events online, unless otherwise noted.

### YOGA FOR THOSE IMPACTED BY CANCER

Every Wednesday • 5:30 to 6:30 p.m.

Gentle, restorative yoga for cancer patients, survivors and caregivers. For more information or to register for these **free** programs, call **314-205-6881**.

### LUNG CANCER SCREENING PROGRAM

Research has found that a low-dose computed tomography (CT) scan detects lung cancer in high-risk individuals who do not have symptoms. To find out if you are at risk, fee information and Medicare or insurance coverage, call **314-205-6886**.

### ONCOLOGY CLINICAL TRIALS

St. Luke's is committed to the ongoing research and development of new cancer treatments. Clinical research is an integral part of the St. Luke's comprehensive cancer services. Several national institutes of health sponsor clinical trials that are available for patients with cancer of the breast, lung, kidney, prostate, multiple myeloma and lymphoma. For more information, please call our clinical research office at **314-205-6936**.

### CONVENIENT BREAST IMAGING SERVICES

Visit [stlukes-stl.com](http://stlukes-stl.com) for locations and hours of service.

### TOBACCO CESSATION RESOURCES

#### Nicotine Anonymous Support Group

Every Monday (except holidays) • 6:30 to 8:30 p.m.  
For more information or to register for this **free** support group, call **636-394-2521**.

#### Tobacco Cessation Consultation

A certified tobacco cessation counselor is available by appointment for consultation for tobacco cessation. For more information, fees or to set up an appointment, call **314-542-4888**.

#### Freedom from Smoking® Online Course

Visit [lung.org](http://lung.org) for resources to help you quit smoking at your own pace.

#### Missouri Tobacco Quit Line

Call **1-800-784-8669** to access telephone counseling and resource materials or visit [quitnow.net/missouri](http://quitnow.net/missouri).

#### National Cancer Institute

Visit [smokefree.gov](http://smokefree.gov) to access science-driven tools, information and support that has helped smokers quit.

## MATERNITY AND PARENTING

Take a **free** tour of our St. Luke's Birth Care Suites. Other maternity offerings and programs include childbirth preparation, breastfeeding, infant care, prenatal fitness, grandparent and sibling programs. For more information, visit [stlukes-stl.com/maternity](http://stlukes-stl.com/maternity) or call **314-205-6385**.

Download the **free** St. Luke's Baby Bundle app, powered by Yomingo! Designed to give you convenient access to valuable information at every stage of pregnancy, birth and beyond. For more information and to register, visit [stlukes-stl.com/maternity](http://stlukes-stl.com/maternity).



# KIDS, TEENS AND PARENTS

To register, visit [stlukes-stl.com](http://stlukes-stl.com) > Classes and Events > Kids, Teens and Parents to sign up for the following events online, unless otherwise noted.

## SITTER SKILLS

Mondays, March 16 & June 8 • Noon to 2:30 p.m. This program is for beginning babysitters (boys and girls) ages 11 and older to help make their babysitting experience a success. Topics include safety, first-aid and child development. Fee: \$30. Online registration is required. To register, visit [stlukes-stl.com](http://stlukes-stl.com). Questions? Call **314-542-4848**.

## GIRLS IN THE KNOW: EMPOWERMENT WORKSHOP SERIES

Led by professionals, this four-week interactive speaker series touches on topics such as self-esteem, friendships, health and nutrition, body image, safety, bullying and the challenges of puberty. The mission of this program is healthy communication between mothers and daughters through education that will encourage pre-teen girls to make positive choices as they mature into adulthood. For more information or to register, visit [girlsintheknow.org](http://girlsintheknow.org). Questions? Call **314-717-1270**.

**GIRL TALK: VISIT [STLUKES-STL.COM](http://STLUKES-STL.COM) FOR DETAILS.**



## SPIRIT OF WOMEN

St. Luke's offers a complimentary Spirit of Women membership program that makes good health and wellness easier for women and their families. This **free** membership helps you take action for your health with these benefits:

- Health tips and resources
- Free *St. Luke's Spirit of Women* magazine subscription
- Advance notice of special events and health screenings
- Exclusive discounts at more than 150 area retailers

Visit [stlukes-stl.spirithealth.com](http://stlukes-stl.spirithealth.com) or call **314-205-6654** to join this **free** program today.

## RESOURCE NUMBERS:

**Cancer Resource Center**  
**314-205-6055**

**Maternity and Newborn Services**  
**314-205-6385**

**MyNewSelf® Surgical Weight Loss**  
**314-966-9639**

**Nutrition Wellness & Diabetes Center**  
**314-205-6483**

**Physician Referral Service**  
**314-205-6060**

**Therapy Services**  
**314-542-4800**

**Urgent Care Centers**  
**314-205-6200**

*Advanced registration is required for all programs. If a program is canceled, you will be contacted via email and/or phone prior to the start time. Please check your email and/or voice messages prior to arrival.*