Instructors are specialists with BJC Home Care and BJC Hospice at Missouri Baptist Medical Center. Additional experts will also supplement class instruction, where indicated.

This is not a class for continuing education credits or patient care technician certifications. Thank you to: Patient and Family Advisory Councils of Progress West Hospital, Barnes-Jewish St. Peters Hospital, and Siteman Cancer Center at Barnes-Jewish St. Peters for their input on the class content.

**DATES:** Second Tuesday of the month, from January–December. Classes and materials are free to the public. Attend any classes that are right for you. Classes don’t need to be taken consecutively and do not build on each other.

**TIME:** 1-2:30 p.m.

**LOCATION:** Missouri Baptist Medical Center, main hospital entrance, 3015 N. Ballas Rd., St. Louis, Mo., 63131, Auditorium 1

**TO REGISTER, CALL:** 314-996-LIFE

Heather Bell, MSW, LCSW, ACHP-SW, Social Worker, BJC Hospice & Palliative Care, Facilitator

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**Medication Management and Nutrition**  
Jan. 8 and July 9  
A pharmacist will give tips for setting up, storing, recording, and managing medications. A registered dietitian will teach you how to help meet dietary requirements and manage physician-prescribed diets.

**Supporting the Caregiver**  
Feb. 12 and Aug. 13  
Learn about signs and risks of compassion fatigue (caregiver burnout) and ways to help. An experienced medical social worker will provide coping techniques and resources for caregivers.

**Practical Tips for Day-to-Day Home Care**  
Mar. 12 and Sept. 10  
Health care professionals, including a registered nurse and a rehab therapist, will provide helpful advice in providing daily home caregiving.

**Home Care Choices and How to Find Assistance at Home**  
Apr. 9 and Oct. 8  
Learn about the difference between insurance-approved skilled home care and other home care choices, including private duty, home medical equipment, supplies, and other resources to help in the care of your loved one.

**Legal Matters & Goals of Care**  
May 14 and Nov. 12  
An attorney will present information on important legal matters to address with your loved ones. A palliative social worker will share ways to discuss goals of care and long-term planning. Advance directives will be discussed.

**Alternative Therapies**  
June 11 and Dec. 10  
There are many ways to cope with stress and different therapies will be discussed, such as music therapy, massage therapy, pet therapy, and more. This will be an experiential class, with enough time for personal questions and needs.

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