

YOUR CONNECTION TO health & wellness



Get your annual flu shot – FOR YOURSELF AND THOSE YOU LOVE

Gundersen's Flu Shot Clinic is open for walk-in appointments
Oct. 15 – Nov. 21, weekdays from 8:30 a.m. to 6 p.m.
(until 4:30 p.m. on Fridays).

La Crosse Main Clinic, Level 3
Onalaska Clinic, Lower Level

ADDITIONAL LOCATIONS

ExpressCare

Age 2 and over, during normal business hours

La Crosse (Village Shopping Center, inside Festival Foods)

Onalaska (Crossing Meadows Shopping Center, inside Festival Foods)

Cass St Pharmacy

Age 6 and over, during normal business hours.

La Crosse (528 Cass St.)

Gundersen Holmen Clinic, (608) 399-3091

Charges billed to your insurance. For self-pay patients, payment is collected at time of service.

**To learn more about seasonal flu, call (608) 775-0364
or visit gundersenhealth.org/flu.**

Community

Children's Miracle Network Hospitals® Radiothon, Thursday-Friday, Oct. 18-19, 6 a.m. to 6 p.m., and Saturday, Oct. 20, 8 a.m. to 2 p.m. CMN Hospitals' largest fundraising event of the year! During this three-day event, hear live interviews from local children and families who have been assisted by CMN Hospitals on our Miracle Network radio stations: Kicks 106.3, Eagle 102.7 and Magic 105. To make a gift, call (608) 784-KIDS (5437) or visit gundersenhealth.org/radiothon.

Gundersen Tri-State Ambulance 50th Anniversary Open House, Saturday, Oct. 20, 10 a.m. to 2 p.m. Tour Tri-State Ambulance Operations Center (235 Causeway Boulevard, La Crosse), EMS museum equipment, current-day and 1960s ambulance, enjoy refreshments and meet our crew.

Fall Eyewear Trunk Show, Tuesday, Oct. 23, 9 a.m. to 6 p.m., Gundersen Eye Clinic Onalaska. Shop hundreds of designer frames and get 25 percent off a complete pair, additional discounts off second complete pair. Some exclusions apply. Discounts do not apply if billed to insurance. For a list of all Gundersen eyewear trunk shows, visit gundersenhealth.org/services/eye-care/eyewear/shows.

Dementia: Understanding Their Journey, Monday, Nov. 12, 7:45 a.m. to noon, Radisson Hotel, La Crosse. This healthy aging conference is for healthcare professionals, caregivers and families. Cost is \$10-\$30. Pre-register by Oct. 26 at gundersenhealth.org/healthy-aging or call (608) 775-4717.

Health and wellness

Healthy Living with Diabetes, Tuesdays, Nov. 13 – Dec. 18, 3:30 to 6 p.m., Gundersen Sparta Clinic. This six-week workshop teaches participants how to live with and better manage diabetes. Open to adults with pre-, type 1 or type 2 diabetes and caregivers. Cost is only \$5. Pre-register by Nov. 6 at gundersenhealth.org/HLWD or call (608) 775-4717.

Parents Raising Resilient Children, Tuesdays, 6 to 8 p.m., Gundersen Onalaska Clinic. This FREE, eight-class parenting series provides tools and strategies to raise healthy and resilient children. Enter the series at any time; pre-registration is required for each class. Register at gundersenhealth.org/behavioral-health, under Classes & Events, or call (608) 775-4419.

Weight Management Options Seminar, held the first Monday of each month at noon; second and fourth Tuesday of each month at 5:30 p.m.; and third Wednesday of each month at noon, Gundersen Onalaska Clinic. This FREE seminar provides information on all weight-loss avenues offered at Gundersen (nutrition counseling, prescription medications, meal replacement and bariatric surgery). To register, call (608) 775-0055 or email lapgastricbypass@gundersenhealth.org.

Winning Weights®, Wednesdays starting Nov 28, 5 to 6 p.m., Gundersen Onalaska Clinic, Room 2A. Attend 14 consecutive weekly sessions to lose weight, improve your energy and manage weight-related health conditions. Register at winningweights.org or call (608) 775-3447.

Shine a Light on Lung Cancer, Tuesday, Nov. 13, 5:30 p.m., Integrated Center for Education, 1827 Sims Place, La Crosse. Enjoy a social, refreshments and light hors d'oeuvres. Hear an inspiring patient story and become more informed. RSVP for this FREE event by Monday, Oct. 29, at (608) 775-6600.

Great American Smoke Out, Thursday, Nov. 15. Quitting smoking is one of the best things you can do to improve and protect your health. Nov. 15 is a great day to start. For smoking cessation resources, go to gundersenhealth.org/quit or call (608) 775-5442.

If you need accommodation to attend any of these programs, please let us know when you register or by text/video relay at (608) 782-7300 or (800) 362-9567.

GUNDERSEN
HEALTH SYSTEM®

Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | 33490_0918

**For more information and to view additional classes throughout the year, visit gundersenhealth.org/classes.
Check back regularly for updates.**

