Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine, causing pain in the belly, gas, diarrhea, and constipation. According to the International Foundation for Gastrointestinal Disorders, 25 to 45 million people in the United States – and roughly 10 to 15 percent of the worldwide population – are affected by IBS.

While the exact cause of IBS is unknown, there are some factors identified:

• Muscle contractions in the intestine. The walls of the intestines are lined with layers of muscle that contract as they move food through your digestive tract. Contractions that are stronger and last longer than normal can cause gas, bloating, and diarrhea. Weak intestinal contractions can slow food passage and lead to hard, dry stools.

• Nervous system. Abnormalities in the nerves in the digestive system may cause greater than normal discomfort when the abdomen stretches from gas or stool. Poorly coordinated signals between the brain and the intestines can cause your body to overreact to changes that normally occur in the digestive process, resulting in pain, diarrhea, or constipation.

• Inflammation in the intestines. Some people with IBS have an increased number of immune-system cells in their intestines. This immune-system response is associated with pain and diarrhea.

• Severe infection. IBS can develop after a severe bout of diarrhea caused by bacteria or a virus. IBS might also be associated with a surplus of bacteria in the intestines.

• Changes in bacteria in the gut (microflora). Microflora, the “good” bacteria that resides in the intestines, play a key role in health. Research indicates that microflora in people with IBS might differ from microflora in healthy people.

According to Mayo Clinic, you are more likely to have irritable bowel syndrome if you:

• Are young, as IBS occurs more frequently in people under the age of 50;
• Are female, as IBS is more common among women;
• Have a family history of IBS, as genes may play a role, as well as shared factors in a family’s environment or a combination of genes and environment;
• Have a mental health problem, such as anxiety or depression.

An estimated one out of 59 children are diagnosed with autism, a term for a group of complex disorders of brain development, and the prevalence figures are growing. These disorders are characterized by difficulties in social interaction, verbal and nonverbal communication, and repetitive behaviors.

Red flags that your child may be at risk for an autism spectrum disorder include:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles, or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures, such as pointing, showing, reaching, or waving by 12 months
- No words by 16 months
- Any loss of speech, babbling, or social skills at any age

(autismspeaks.org)
Anne Colwell named Chief Human Resources Officer

Anne B. Colwell, a human resources executive with over 20 years of experience, has been named Vice President and Chief Human Resources Officer for Trinity Health. She will succeed Paul Simonson, who, after 44 years as Trinity’s HR executive, will take on a new challenge on a part-time basis in the area of risk management.

Colwell, who began March 1, oversees personnel matters and provides leadership for Trinity Health’s most important resource, its 2,900 employees. She will also play a central role in the organization’s strategic planning process.

Most recently, Colwell served as an executive consultant with Tier 1 Leader, a virtual-based executive and leadership coaching organization that works with various entities to further personal and professional growth development. Prior to that she was Chief Executive Officer of Cape Cod Child Development, a regional child and family services organization.

Her human resources experience cuts across several industries, including financial, consumer product, and healthcare. She served nearly 10 years as Vice President of Human Resources at Southeast Health Systems, a regional healthcare system employing over 7,000 staff in some 30 locations, including three acute care hospitals. While at Southeast, Colwell led all functional and strategic aspects of human resource operations and planning for the hospital group entity. Highlights of her tenure include leading the selection and implementation of a $30 million Enterprise Resource Planning information technology program, managing the development of a Six Sigma leadership development program which resulted in $40 million in annual savings, and re-engineering the system’s recruitment model which helped the organization surpass its recruitment goals each year.

Earlier in her career, Colwell held HR vice president positions at two financial companies and one that manufactured products for children. She also led her own human resources consulting firm for a time.

A graduate of Regis College in the greater Boston area, Colwell is certified in Six Sigma by the University of Minnesota and is currently working on her Master of Professional Studies in Human Resources and Employment Relations from Penn State University. She is a part-time consultant with Tier 1 Leader, a virtual-based executive and leadership coaching organization that works with various entities to further personal and professional growth development.

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Learning about Lymphedema

Lymphedema is the blockage of the lymphatic vessels in the arms or legs, leading to fluid retention. It is estimated that up to 10 million Americans, as well as hundreds of millions of people worldwide, suffer from lymphedema.

The lymphatic system is a network of organs, lymph nodes, ducts, and vessels that produces a fluid (lymph) that flows through the body and returns to the bloodstream as part of the body’s immune system. If the system is impaired due to cancer treatment, trauma, surgery, or genetic disposition, the lymph fluid builds up in the tissues, resulting in chronic swelling, usually in an arm or leg. The highest incidence of lymphedema in the United States is observed following breast cancer surgery.

Lymphedema can be primary, which means it occurs on its own, or it can be secondary, which means it is caused by another disease or condition; the latter form is more common. Causes of secondary lymphedema include:

- Surgery. Removal of or injury to lymph nodes and lymph vessels may result in lymphedema. For example, lymph nodes may be removed to check for the spread of breast cancer, and lymph nodes may be injured in surgery that involves blood vessels in the limbs.

- Radiation treatment for cancer. Radiation can cause scarring and inflammation of the lymph nodes or lymph vessels. Cancer, if cancer cells block lymphatic vessels, lymphedema may result. For instance, a tumor growing near a lymph node or lymph vessel could enlarge enough to block the flow of the lymph fluid.

- Infection. An infection of the lymph nodes or parasites can restrict the flow of lymph fluid. (Infection-related lymphedema is most common in tropical and subtropical regions and is more likely to occur in developing countries.)

- It is progressive and will not disappear by itself. Typically, lymphedema affects one extremity only; if both extremities are involved, it’s usually asymmetrical,” said Aimee Clemens, PT, DPT, CLT, a certified lymphedema therapist. “Once the condition has progressed, it definitely can interfere with daily function and mobility.”

Signs of lymphedema, according to the National Cancer Institute, include swelling in an arm, leg, fingers, or toes; a heavy feeling in a limb, a tight feeling in the skin, joint stiffness, or tightness when wearing clothing, shoes, or jewelry. Diagnosis may be confirmed through a physical exam and tests, including an MRI.

Once a diagnosis is established, lymphedema therapy is the most comprehensive form of treatment. While lymphedema cannot be cured, treatment can help. The most effective treatment for lymphedema is complete decongestive therapy, or CDT, the gold standard for lymphedema care, which is performed by a certified lymphedema therapist. Complete decongestive therapy has four components:

- **Manual Lymphatic Drainage** – a manual technique to increase the activity of the lymphatic system and move the interstitial fluid.

- **Compression therapy** – prevents the accumulation of fluid with the use of short stretch bandages. Once the extremity is decongested, compression garments are fitted to the patient and worn during the day.

- **Exercises** – customized program for each patient while the patient is wearing compression bandages or garment.

Skin care – addresses dryness and other skin issues that can increase risk for infection.

Since 2014, lymphedema therapy has been included as a service through Trinity Health’s Outpatient Physical Therapy department.

Trinity Health’s Outpatient Physical Therapy department includes four certified lymphedema therapists: Aimee Clemens, PT, DPT, CLT; Amber Pankratz, PT, CLT; Nicole Kutch, OTR/L, CHT, CLT; and Kara Thomas, COTA, CLT. A referral is needed.

Trinity Health Outpatient Physical and Occupational Therapy is located at Health Center – West, Suite 102, 101 3rd Ave SW, Minot.

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Autism Awareness

There is no medical cure for autism; however, there are many valuable treatment options that are effective for treating some of the symptoms of autism. The earlier in the child’s life they are implemented, the more effective they are. Early intervention is a child’s best hope for the future by improving the core behavioral symptoms of autism to achieve their maximum potential.

Trinity Health’s Pediatric Therapy team offers pediatric speech therapy, occupational therapy, and physical therapy services to address challenge areas often displayed by children with autism. They have advanced certification, specialized training in evidenced-based intervention strategies, including: Hanen—More Than Words Program, The Early Start Denver Model, Picky Eaters vs. Problem Feeders: The SOS Approach to Feeding, and The Zones of Regulation: A Framework to Foster Emotional Regulation and Self-Control. Through the use of play, therapists aid in the development of the skills children need to be kids!

The Pediatric Therapy team is dedicated to promoting solutions and accelerating life skills though therapy. For more information regarding pediatric therapy services provided by Trinity Health, call 701-857-5286.

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**Autism 101**

Trinity Health’s Pediatric Therapy team is hosting an “Autism 101” course for parents and caregivers of children diagnosed with autism spectrum disorders. The course will provide an opportunity to learn factual information regarding diagnosis, treatment, terminology, symptoms, and prevalence. In addition, it will provide an opportunity to locate resources and to learn from other parents’ experiences caring for children with autism spectrum disorders. The course is free of charge.

**Autism 101**

Thursday, April 25 • 6:00-7:30 p.m.

Health Center – East • Skyline Room, 6th Floor

20 Burdick Expwy W, Minot

For more information, please call 701-857-5286.
Annual Golf Tournaments Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 22nd annual Building Hope Women’s Golf Tournament on Monday, June 17. Along with the 7th Annual Golf for Life Men’s Golf Tournament, which will be held Monday, August 19, the Building Hope Women’s Golf Tournament helps to generate funds to improve the lives of Trinity Health CancerCare Center patients.

In 2018, the total income generated by the tournaments was more than $77,000. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments. Whether it is participating as a golfer, becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help provide assistance for local cancer patients.

However you choose to help, you make a definite and immediate impact! Trinity Health Foundation greatly appreciates your support.

Trinity Health Foundation thanks the following businesses who have already committed to sponsor these events: First International Bank & Trust – t-shirt sponsor for both tournaments; CliftonLarsonAllen – water bottle sponsor for both tournaments; Minot Town & Country Investors – bag tag sponsor for Building Hope; Morelli’s Distributing, Inc. – green & tee sponsor for Golf for Life; Ackerman-Estvold – fairway sponsor for Building Hope; Jerry’s Repair & Alignment – fairway sponsor for both tournaments; First Western Insurance – fairway sponsor for both tournaments; Rockstar Real Estate Inc. – fairway sponsor for both tournaments; Stonebridge Farms of Minot – birdie sponsor for both tournaments.

The following sponsorship opportunities are still available for both the Building Hope Women’s Golf Tournament and the Golf for Life Men’s Tournament: The hat, towel, range ball, golf tee, green & tee, fairway, and birdie. In addition, the bag tag sponsorship is still available for the Golf for Life Men’s Tournament.

For more information, or if you have any questions, feel free to contact the Foundation office at 701-852-5432 or 701-857-2430, or e-mail albert.evon@trinityhealth.org or cady.mcmanigal@trinityhealth.org.

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B&B Northwest Pharmacy
701-857-5437
Health Center – East, 20 Burdick Exp W
Monday-Friday, 8:00 a.m.-6:00 p.m.
Saturday 9:00 a.m.-1:00 p.m.
Minot, ND trinityhealth.org

KeyCare Pharmacy
701-857-7900
Health Center – Medical Arts, 400 Burdick Exp E
Monday-Friday, 8:00 a.m.-8:00 p.m.
Weekends and Holidays, 9:00 a.m.-5:00 p.m.

KeyCare Pharmacy
701-857-7900
Health Center – Medical Arts, 400 Burdick Exp E
Monday-Friday, 8:00 a.m.-8:00 p.m.
Weekends and Holidays, 9:00 a.m.-5:00 p.m.

Trinity Health Staff Receive Awards

Two members of the Trinity Health staff have received internal awards for their customer service.

Deb Allard, LPN, with Trinity Health’s Orthopedic clinic, received the DAISY award, an award designated to commemorate and recognize a nurse for extraordinary compassionate care.

“After a right shoulder rotator cuff surgery, Deb came in for my first checkup,” the nomination read. “I was leery and concerned. She told me she’d be as gentle as possible, as if it were her. She was right! She was so professional and thorough. She was wonderful and continued to ask if she was careful enough. She updated several mistakes in my file that were to be fixed right before my surgery and she showed me how she fixed them by showing me the screen. After the surgery came and checked me over, she took her orders graciously, and continued to help me. I started to feel faint, and she gave me all the time I needed, plus she went and get me a piece of chocolate and sat with me while I was getting better. Then, she helped me get my shirt on and showed me my sling, and helped me with it. I was all done, but she didn’t leave me. She walked me out of the office into the hallway after getting me my next appointment card, and hung on to me until she thought I was better. She NEVER been cared for by a nurse as Deb cared for me. She truly deserves outstanding recognition!!! I have high respect for her!!”

The BEE Award, which commemorates clinical staff team members who exemplify a Be Extraordinary Every Day attitude, was awarded to Sara Moreland, an office assistant in Trinity Health’s Pain Clinic.

“Sara greeted us promptly and professionally,” the nomination read. “Most important is the follow-up call to allow my husband to come in early due to a cancellation of another patient. Saying this service is available and actually providing it – WOW! That’s a first!”

Sara Moreland

Trinity Health Speaker’s Bureau
Call Trinity Health’s Community Education Department at 701-857-5099 to check for available dates and topics.

Trinity Hospital Gift Shop
Flowers and Gifts
701-857-5205

FirstCare Walk-In Clinic
Monday-Friday
8:00 a.m.-8:00 p.m.
Weekends & Holidays
9:00 a.m.-5:00 p.m.
No Appointments Necessary
Health Center – Medical Arts
Minot

Health Center – Medical Arts, 400 Burdick Exp W
Monday-Friday, 8:00 a.m.-6:00 p.m.
Saturday 9:00 a.m.-1:00 p.m.
Minot, ND trinityhealth.org
Creative Easter Recipes
By Madde Krenelka, student dietician

These fun and creative recipes will make your Easter gathering unique. All three of these recipes use simple ingredients to create elegant and delicious dishes incorporating healthy fruits and vegetables.

Roasted Strawberry, Basil, and Goat Cheese Crostini

**INGREDIENTS**
- 4 to 5 ounces goat cheese
- 1 pound strawberries, hulled and cut into bite-size pieces
- 2 tbsp honey
- 2 tbsp extra-virgin olive oil
- 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
- Small handful of fresh basil leaves, torn into little pieces
- Freshly ground black pepper

**INSTRUCTIONS**
1. Preheat the oven to 350 degrees Fahrenheit with racks in the middle and upper third of the oven. Line two large rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.
2. On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapses on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.
3. Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.
4. Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Smoked Turkey Wrapped Roasted Asparagus

**INGREDIENTS**
- 12 asparagus spears
- 1-½ tsp extra-virgin olive oil
- 4 thin slices smoked turkey (about ¼ pound)
- 12 chives, optional

**INSTRUCTIONS**
1. Preheat the oven to 400 degrees Fahrenheit.
2. Break the woody end off each asparagus spear and peel the outermost layer off the lower 3/4 of the spear with a vegetable peeler.
3. Place asparagus on a large plate, drizzle with the olive oil, and toss gently so the oil is evenly distributed. Cut each slice of turkey lengthwise into three strips. Wrap one strip of turkey around each asparagus spear, leaving the tips of the asparagus unwrapped. If using, tie a blade of chive around each wrapped spear. Place the wrapped asparagus on baking tray and bake for 12 minutes, turning once.

Bean, Potato, and Veggie Breakfast Hash

**INGREDIENTS**
- 4 cups potatoes peeled and cubed
- salt and pepper to taste
- 2 tbsp vegetable oil
- 1 can pinto beans drained and rinsed
- 1 cup zucchini chopped
- 1 red bell pepper chopped
- ½ cup mushrooms slices
- 1-½ tsp garlic powder
- 1-½ tsp onion powder
- ½ tsp paprika

**INSTRUCTIONS**
1. Preheat the oven to 425 degrees Fahrenheit.
2. Toss the potatoes with 1 tbsp oil in a gallon bag. Then spread out on a parchment-lined baking sheet. Let the potatoes bake for 25 minutes. Take potatoes out of oven and toss.
3. Mix the remaining veggies, beans, and spices together with 1 tbsp oil in a gallon bag. Add these veggies to the potatoes and continue to bake both for 15 minutes.
4. Season with more salt and pepper if desired.
There are 113,785 people in the United States – 3,369 of them in the North Dakota, South Dakota, and Minnesota tri-state area – awaiting a life-saving transplant. The year 2018 tied with 2017 as a record year for the number of organ donors in the tri-state area. In 2018, 184 organ donors yielded 567 organs for transplants. In addition, 673 tissue donors helped to heal 50,000 potential lives, and 223 eye donors led to 326 corneas transplanted. Specifically, through Trinity Health, with one organ donor, four lives were saved. Additionally, seven tissue donors healed 525 individuals and 15 eye donors restored sight for 30 individuals, according to statistics from LifeSource, the non-profit organization dedicated to saving lives through organ, eye, and tissue donation in the tri-state area. "We are deeply humbled and honored to serve a community that strongly supports the mission of donation," said Susan Gunderson, LifeSource CEO. "Thanks to this support and the dedication of our team and partners, 2018 was a remarkably impactful year." April is National Donate Life Month, an important time set aside to honor those who have given the gift of life through organ and tissue donation, celebrate the successes of transplantation, and encourage more people to register as organ and tissue donors. Trinity Health follows a strategic plan and guidelines to meet as many organ and tissue donations as possible. When a patient meets the criteria to be an organ or tissue donor, Trinity Health calls LifeSource, whose personnel determines if the patient may or may not be a potential donor. If the patient does meet criteria for donation, LifeSource will then come into the hospital and start the donation process. Making your intentions known is as easy as a notation on your driver’s license – the commonly accepted legal expression of your wish to donate. However, it is wise to share your decision with family members to ensure that they will support and honor your choice. It is important that a person who wishes to be an organ donor registers officially as one. Having “Organ Donor” on your driver’s license is the most recognized form nationally, of being on the donor registry. This makes it easier for family to make the decision when it comes to it. If you are considering organ donation, perhaps you’ve wondered about ethical or religious viewpoints. Most major religions support organ donation as a noble and compassionate act. Other religions view donations as a matter of personal choice. (The viewpoints of many religious organizations are available at www.organdonation.org.) Every person waiting for an organ transplant is registered with the United Network for Organ Sharing (UNOS). When a family gives its permission for organ donation, UNOS runs a computerized list of potential recipients in order to find a match. Organs are distributed based on factors such as medical urgency, compatible blood and tissue type, body size, and the length of time on the waiting list. All of the expenses related to organ donation are covered by LifeSource and passed on to the recipient and their insurer. Organ donation is a gift that saves and enhances the lives of many. If you are interested in learning more about organ donation, call the LifeSource central office at 1-888-5DONATE, or go online: www.lifesource.org.
Talking about Testicular Cancer

Testicular cancer is cancer of the testes, part of the male reproductive system that makes male hormones (androgens) and sperm, the male cells needed to fertilize a female egg cell to start pregnancy. The American Cancer Society estimates that in 2019, there will be about 9,560 new cases of testicular cancer diagnosed, as well as 410 deaths from it. They note that testicular cancer is not common; in fact, about 1 of every 250 males will develop testicular cancer at some point in their lifetime.

While it accounts for about one percent of all male cancers, it is the most common form of cancer in young men. “It is most common in men aged 15 to 40 years and is the most common cancer in men aged 15 to 34, but it can be seen in men of all ages,” explained Diane Bigham, DO, a urologist with Trinity Health. Symptoms of testicular cancer may include a lump in the testicle or swelling or pain in the scrotum, Dr. Bigham said. The American Cancer Society suggests that some men should examine their testicles monthly, especially if they have a family history of cancer, and the American Urological Association recommends monthly testicular self-examinations for all young men.

Symptoms of testicular cancer can include:

- A lump in one testis, which may or may not be painful
- A feeling often described as “heaviness” in the scrotum
- Firmness of the testicle
- Breast enlargement, or gynecomastia, from hormonal effects of male choric gonadotropin (bHCG), a hormone produced during pregnancy
- Low back pain, or lumbago, due to the cancer spreading to the lymph nodes along the back
- A sharp pain or a dull ache in the lower abdomen or scrotum
- Pain or swelling of the lymph nodes
- A feeling often described as “heaviness” in the abdomen
- Night sweats

 mayo clinic suggests seeing a provider if you detect any pain, swelling, or lumps in your testicles or groin area, especially if these signs and symptoms last longer than two weeks. If there is any change on a man’s self-exams, a new mass or lump, or any of the above findings, they should call for an appointment as immediately as possible,” Dr. Bigham said. “They will need a urologist to evaluate a mass.”

Nominate An Associate Now

Do you know of a Trinity Health associate that is deserving of praise? Now you can let them know, through Trinity Health’s award programs, which you think is an exceptional associate.

For more information, call our Volunteer Services office at Trinity Hospital at 701-857-5221 or 701-857-5095 at Trinity Homes.
Scarlett Schneider Named Children’s Miracle Network Hospitals Champion

She amazes doctors with her resilience and sunny disposition in the face of a life-threatening illness. Now she is bringing hope and encouragement to children and families across the country.

Each year, Children’s Miracle Network Hospitals, an alliance of pediatric hospitals in the U.S. and Canada, identifies a child with a remarkable medical story from each member hospital. These “champions” serve as the face for millions of children treated at the local Children’s Miracle Network Hospital every year. Sanford Children’s Hospital announced last year that Scarlett Schneider, daughter of Becky and Sheldon Schneider of Minot, would be the 2019 Children’s Miracle Network Hospitals North Dakota Champion.

Last year, Scarlett was diagnosed with a rare case of pediatric lupus, which nearly took her life. She recovered after a lengthy stay at Sanford Children’s Hospital in Fargo, the region’s only Children’s Miracle Network Hospital.

“She’s our Champion,” Becky said proudly. “We knew that two of her doctors at Sanford were going to nominate her. It was submitted last May and the decision was made early in the fall.”

Being a Champion means Scarlett’s story is among those being shared at Children’s Miracle Network Hospitals-sponsored fundraisers and on the Children’s Miracle Network Hospitals website. She was also featured on the Cares for Kids Radiothon benefiting Children’s Miracle Network at Sanford Children’s Hospital in Fargo in January. “We weren’t able to be there because Scarlett was sick, but we’ll be attending Sweet Miracles, another fundraiser in March, where there will be a medal ceremony recognizing Scarlett,” Becky said.

Scarlett’s story began in late 2017 when she was just two years old. She fell ill after contracting a respiratory virus. After experiencing a pulmonary hemorrhage and sepsis, she was transferred to Sanford Children’s Hospital, where doctors initially suspected leukemia. It turned out to be lupus, a condition rarely seen in children, in which the body attacks itself.

During a three-month stay in Sanford’s pediatric intensive care unit, Scarlett suffered multiple pulmonary hemorrhages and endured aggressive treatments, including chemotherapy and 100 days on ventilator support. “We were told she had less than a 1-in-100 chance of survival,” Becky said. Despite the odds against her, she slowly improved, and after four months she was well enough to leave the hospital.

“Sharing Scarlett’s story and raising awareness for lupus has been my personal mission since she came home,” said Becky, who calls Scarlett a lupus warrior. “Every healthy day with Scarlett is a gift. She will always be my miracle baby even when she’s sick. She has already proven to us that she’s a determined little fighter.”

Mobile Mammogram Schedule

Some events listed below are in addition to the scheduled Mammogram Screening Events.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>April 9</td>
<td>CHI Clinic - Devils Lake, 662-8662</td>
<td></td>
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<tr>
<td>April 24</td>
<td>St. Luke’s Hospital - Crosby, 965-6349</td>
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<tr>
<td>April 26</td>
<td>Northland Community Health Center - Turtle Lake, 445-9305</td>
<td>Trinity Community Clinics - Velva, 338-2066</td>
</tr>
<tr>
<td>April 29</td>
<td>Trinity Community Clinic - Moul (a.m.), 756-6841</td>
<td>Kenmare Community Hospital (p.m.), 385-4296</td>
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<tr>
<td>April 30</td>
<td>Trinity Community Clinic, 664-3368</td>
<td></td>
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</tbody>
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Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feeding, etc. Enrollment is limited.

SATURDAYS: April 13, May 11, June 8, July 13, and August 10
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1800 8th Ave SE, Minot.

Breastfeeding Basics

April 11, May 9, June 13, July 11 and August 8
Offered by Lauren Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. To sign up for classes, go to trinityhealth.org/familybirth_registration or call 701-857-9640.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour education/Q&A session at Trinity Health’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety, and what to expect during your delivery. See trinityhealth.org/familybirth_SVS or call 701-857-5380 for a detailed schedule.