

Hemophilia Outreach Center

JANUARY

2012

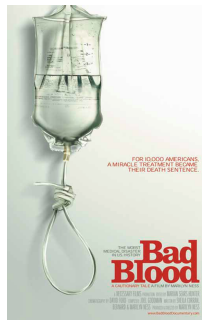


Upcoming Events to Note on your calendar!

Advocacy Core Team Meeting January 23
Board Meeting January 30

“Bad Blood” A Cautionary Tale

A Film By Marilyn Hess
Saturday, January 14
at the
Hemophilia Outreach Center
9:30AM



This is a difficult movie to watch, but worthwhile. It is important to see how blood is now processed with safeguards in place. Our community has suffered a lot through this crisis. After Viewing the DVD we will drive to the East Green Bay location of BioLife Plasma Services ~ 3275 Finger Road, Green Bay. We will then take a tour of their facility to view and learn how they now safely collect and process blood plasma. Lunch with discussion to follow at The Meadows—Country Inn & Suites.

Please call HOC to register. 920-965-0606



Community Night

Thursday, January 19, 2012
5:30 pm Welcome
5:45 pm Dinner
6:30 pm Center Updates



Join HOC community and staff for dinner and fellowship at the Center. This is an opportunity to visit with old friends and meet new ones. And, a delicious meal will be served. This is a family event, your children are welcome. There will be activities for the children after dinner.

Please RSVP to HOC at 965-0606 by January 16.



Gentle
YOGA

Mark Your Calendar!

Starting in February at HOC!

Mondays ~ February 6, 13, 20 & 27, March 5 & 12

5:00PM–5:45PM

More Information Coming!

Mission Statement

The Hemophilia Outreach Center is dedicated to providing expert, specialized medical care and advocacy for persons with a bleeding disorder. We create and implement programs that educate, empower and enrich the bleeding disorder community. Our services are designed to enhance our holistic vision of each person as whole and complete.





Hemophilia Outreach Center

2060 Bellevue Street
Green Bay, WI 54311-5622
(920) 965-0606
(920) 965-0607 (FAX)
(800) 992-6026 (toll free)

www.hemophiliaoutreach.org

Debbie Armbruster, Executive Director
Kathleen Ammerman, Medical Business Director
David Hudson, Medical Billing Specialist
Jodi Ropson, Accounts Payable Specialist
Kay Street, Nursing Coordinator
Jay Charles, Nursing Coordinator
Terry Brosig, Program Services Coordinator
Donna Varney, Activities Coordinator
Barb Varney, Administrative Assistant

*HEMOPHILIA OUTREACH CENTER is a
501(c)(3) not-for-profit organization.
Donations are tax-deductible.*

“TRIGGER POINT MYOTHERAPY”

Myo (muscle) therapy, is a safe, drug free and natural way to eliminate pain caused by:

PERPETUATING FACTORS SEMINAR

- = *Learn & Find out what perpetuating Factors you have & how to address them*
- = *You will be evaluated to find your Perpetuating Factors*
- = *You will be given corrections to improve or delete those factors to control myofascial pain*
- = *You will learn & demonstrate Myofascial techniques to improve or eliminate those factors*

Learn from Carla Hedtke, B.S., M.S., Certified Trigger Point Myotherapist.

Carla has over 20 years of Trigger Point Myotherapy experience.

Call Now to Register ~ 920-965-0606

Free

***Tuesday January 31
6:00 PM – 8:30 PM***

***HEMOPHILIA
OUTREACH
CENTER***

Food and Fitness

Here's to a super healthy start to 2012 HOC Friends!

Join us for another “Food and Fitness” class from 9:00AM-11:00 AM
Saturday, February 4, 2012 at the Hemophilia Outreach Center.

We will start promptly at 9:00 AM for a fun fitness class on
‘Non-Traditional Approach to Trunk Training’ with one of our physical therapists, Charity Geary!

Following is ‘Enjoy Your Favorite Comfort Foods Without The Guilt!’

with our Registered Dietitian, Carmen Gorniak.

Wear comfortable exercise clothes and tennis shoes.

Then finish the morning by making a couple of our favorite comfort foods
that are not only delicious but a healthier version! Please call to register! 920-965-0606

