

UPCOMING EVENTS

Prairie Lakes Healthcare System (PLHS) supports the community with a wide range of events and support groups. For more details and to register for an event, please visit prairielakeshealthcaresystem.eventbrite.com



Community Events:



Prairie Lakes Ice Arena Grand Opening

The City of Watertown is planning a grand opening celebration of the new state-of-the-art Prairie Lakes Ice Arena on Thursday, September 12th from 4:00 p.m. to 6:00 p.m.

- A ribbon cutting & short program will begin at 4:30 p.m.
- Event will include self-guided tours, snacks, a raffle, meet & greet Shamrocks players, and more



Core4 by Sodexo—Change Your Lifestyle, Change Your Life

PLHS Registered Dietitians will lead a 12-week course based on the principle that weight management is more than losing pounds—it's about gaining a healthier, more rewarding lifestyle.

- Two sessions to choose from to best suit your needs—all classes are one hour
 - Tuesdays at 12:00 p.m. starting 9/17 **or** Wednesdays at 5:00 p.m. starting 9/18
- Register at www.prairelakes.com/core4 by September 9th and receive a \$20 discount



Explore Camp

PLHS partnered with Lake Area Technical College to create Explore Camp giving high school students interested in a career in healthcare a day of exploring real-world patient care scenarios.

- Friday, October 11th from 9:00 a.m. to 2:20 p.m.
- Registration is now open using the QR code (limited to 60 students)



Health Classes:



Your Total Joint Journey — Free

This education session is recommended for patients considering or scheduled for total joint replacement surgery and their caregiver or coach. Classes are located in the Prairie Lakes Specialty Clinic Conference Center, the first floor of the Prairie Lakes Specialty Clinic at noon.

- Upcoming Classes: Tuesday, September 10th and 24th



Childbirth Class Series—Free

This educational three-class series is designed to prepare the expectant mother and her support person for labor and delivery. Classes are held at Prairie Lakes Healthcare System in the MOB Conference Room from 6:30 p.m.—9:00 p.m.

- 2024 Series 8: September 12th, 19th, 26th



Cancer Support Group — Free

This support group is open to those living with cancer, those who've survived, and caregivers. Group meetings are held the third Tuesday of every month at 3:00 p.m. in the West Conference Room at Prairie Lakes Healthcare System.

- Upcoming Session: Tuesday, September 17th



Grief Support Group — Free

PLHS offers a six-week session grief support opportunity where those who have experienced the death of a loved one can find comfort, support, and hope. Meetings will be held each Tuesday from 4:30 p.m. to 6:00 p.m. in the Specialty Clinic Conference Room starting on Tuesday, October 1st. Register on Eventbrite