



News Release

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For Immediate Release

SKYLINE HOSPITAL OFFERS FREE COMMUNITY CLASSES

WHITE SALMON, Wash. – Skyline Hospital recognizes the need to provide health information and services addressing the unique needs of our community. A series of free classes will be held this winter at Skyline in its downstairs meeting space.

My Aging Parents taught by Norma Pickett, operations manager at Klickitat County Senior Services will be held on Wednesday, February 15 from 5:30 – 7 p.m. This compassionate and comprehensive class will teach participants what to expect when taking care of aging parents, how to deal with physical and emotional challenges, and where to find resources. In addition, financial and legal considerations, health issues and family interpersonal relationships will be covered. This class is in partnership with Klickitat County Senior Services.

Women's Self Defense will be held on Tuesday, February 28 from 6 – 8 p.m. Instructor Alex Evans from the First Light Martial Arts Academy will teach participants martial arts techniques, emotional and verbal self-defense, as well as the context, realities and statistics of self-defense. Students can expect to do some light athletic movement and basic martial arts strikes against pads. This session will be appropriate for people with no prior experience, ages 14 and over. This class is in partnership with Programs for Peaceful Living and First Light Martial Arts Academy.

Solutions for Seasonal Blues will be held on Tuesday, March 7 from 5:30 p.m. – 7 p.m. Lisa Belding, case manager at Comprehensive Health Care, will help participants understand what seasonal affective disorder (SAD) is, its myths and how it affects us. The class will also cover basic skills around mindfulness, self-care and nutrition, as well as when medications might be appropriate. This class is in partnership with Comprehensive Health Care.



To register for upcoming classes or for more information on educational opportunities, call 509-637-2601.