

Augusta Shores Health, Wellness and Safety Committee

Fall 2018 Programs

“911 What’s Your Emergency?” Wednesday, September 26 – 6:30 to 7:30 pm –
Berg House

Join Kyle Gaines, Director of Community Relations for the St. Charles County Ambulance District (SCCAD) and John Freeman, Captain of Augusta Firehouse #2 for a Q & A session to learn about our local emergency resources.

Get Your Flu Shot Saturday, October 6- 10 am to noon – Berg House

Dianne Herndon, RN and Mary Pfenning, RN will be giving flu shots to those ages 9 years and older at the Berg House. Flu shots will be billed to your insurance, please bring insurance cards.

Sweet News: Type 2 Diabetes & Its Complications Can Be Prevented Thursday,
November 1 – 10 am to noon –Berg House

Join Gloris Xynos, MS, RD, and Certified Diabetes Educator to have your blood sugar tested at no cost and to learn how you may be able to prevent and manage Type 2 Diabetes.

Life Saver CPR - SCCAD Saturday, December 8 – 10:30 am to noon – Berg House

Join Kyle Gaines and staff from SCCAD to learn live saving CPR. Please note this is not a certification course.