



Our community council offers a variety of free outreach programs. We host them monthly on our campus and can also bring them to you.

**Here are a few classes and events we will be hosting, teaching at or sponsoring in July:**

**Friday, July 14, 2023 • 1-3 p.m. – Wound and diabetic care**

Come see our experts in the field for an hour session on wound care, especially in diabetic patients. This class is at Hillcrest Hospital South in the education center, led by Ronald Brown, M.D.

**Wednesday, July 19, 2023 • Time TBD - Hands-only CPR and AED**

This class, which teaches CPR administration and AED use, is for ages junior high school and up. It is located at Bixby High School.

**Thursday, July 20, 2023 • 5:30-6:30 p.m. - BE FASTT**

This class, which teaches how to recognize a stroke, is for ages junior high school and up. It is located at Hillcrest Hospital South in the education center.

If you would like to learn how to have one of these free programs brought to your community event, organization, church or club, contact **Nathan Mendez** ([nathan.mendez@hillcrest.com](mailto:nathan.mendez@hillcrest.com)) or **Paula Whitlow** ([paula.whitlow@hillcrest.com](mailto:paula.whitlow@hillcrest.com)).