

# Wellness Offerings at Thompson Health

JUNE  
2025

## EVENTS, CLASSES & PROGRAMS

### ZOOM BREASTFEEDING CLASS

Thursday, June 5 • 7-9 p.m.

Online via Zoom

Join Certified Lactation Consultant Dianne Cassidy to learn all about the essentials of breastfeeding. Cost is \$10 for the Zoom session. Registration and payment is online at [ThompsonHealth.com/BabyandYou](https://ThompsonHealth.com/BabyandYou). Call 585-396-6497 with additional questions.

### FREE BREASTFEEDING CLINIC

Wednesday, June 11 • 8 a.m.-2 p.m.

Thompson Hospital

Second Floor, Birthing Center

Offered the second Wednesday of each month. Come in for free, one-on-one breastfeeding support, between the hours of 8 a.m. and 2 p.m., with a trained lactation consultant. Please contact them prior to confirm availability by calling 585-396-6295 or e-mail Courtney Stuhlman at [Courtney\\_Stuhlman@URMC.rochester.edu](mailto:Courtney_Stuhlman@URMC.rochester.edu).

### FREE BREASTFEEDING CLASS

Thursday, June 12 • 5-8 p.m.

Thompson Hospital, Ground Floor,  
Thompson Conference Center (TCC)

Taught by Christy Richards, CLC, from Ontario County Public Health, this class is intended for expecting parents who are looking for the basic skills to get their breastfeeding journey started off with confidence. Your support partner(s) are encouraged to come with you for a fun, interactive class that is supported with up-to-date, research-backed lactation information. Pre-registration is required. For more information and to register over the phone, contact Christy Richards at 585-396-4558.

### FREE CHILDBIRTH EDUCATION CLASS

Wednesday, June 25 • 5-8 p.m.

Thompson Hospital, Ground Floor,  
Thompson Conference Center (TCC)

Taught by Christy Richards, CAPP certified educator from Ontario County Public Health, this class is intended for expecting parents who are looking to learn more about labor and delivery as well as basic baby and new mom care. Pre-registration is required. For more information and to register over the phone, call Christy Richards at 585-396-4558.

### SENIOR FITNESS TRAINING

Senior Fitness Training is a 4-week, 10-session fitness program designed to help active seniors maintain a healthy lifestyle by improving strength, flexibility, endurance, and balance. Training sessions are one-on-one, with a certified senior fitness instructor. Prior to training, participants receive a fitness evaluation. Results are used to create a customized exercise plan tailored to the participants' individual needs. The cost is \$120 due at the time of the pre-test. Paperwork filled out by a physician is required. For details, call Rehabilitation Services at 585-919-2649 and ask to speak with Jeremy Herniman, certified athletic trainer.

### INJOY PERINATAL EDUCATION CLASSES

Thompson Health offers a wide variety of online classes to prepare and educate expectant mothers, first-time mothers and family members. Registration and payment is online at [ThompsonHealth.com/BabyandYou](https://ThompsonHealth.com/BabyandYou). Call 585-396-6497 with additional questions. *For OB tours and question-and-answer sessions with one of the OB nurses, call the OB Department at 585-396-6260.*

### FREE CANCER SCREENINGS

The Cancer Services Program of the Finger Lakes Region (CSP-FLR) offers free breast and cervical cancer screenings to women 40 and over who have little or no health insurance. Free at-home colorectal cancer screening kits are offered to men and women 45 and over in similar circumstances. Colonoscopies are available for high-risk patients and patients with a positive at-home screening kit. The program requires all patients to be screened for eligibility. For more information call the CSP-FLR team at 585-224-3070.

## SUPPORT GROUPS

### THE MILK BAR

Wednesday, June 4 • 10 a.m. - 12 p.m.

Thompson Hospital,  
Second Floor, Birthing Center

Offered the first Wednesday of every month, this is a safe and nurturing space designed for moms to come together, share experiences and support one another on their motherhood journey. For more information, call 585-396-6295.

### STROKE SUPPORT GROUP

Thursday, June 5 • 1-2 p.m.

Online via Zoom

This group is open to people who have had a stroke, along with their family/caregivers. Patients can email [StrokeSupportGroup@urmc.rochester.edu](mailto:StrokeSupportGroup@urmc.rochester.edu) to be added to the invite list and for more information.

### GRIEF SUPPORT GROUP

Friday, June 13 • 12:30-1:30 p.m.

Thompson Hospital, Constellation  
Center, George Ewing Room

Hosted by the hospital's Spiritual Care Department, this group is for any community member who has experienced a loss through death. For information, please email [Janice\\_Lum@URMC.Rochester.edu](mailto:Janice_Lum@URMC.Rochester.edu) or call Thompson's Spiritual Care office at 585-396-6486

### THOMPSON BETTER BREATHERS

Friday, June 13 • 3-4:30 p.m.

Thompson Hospital, Constellation  
Center, George Ewing Room

This group is designed to help individuals with lung disease or breathing difficulties improve their quality of life through discussion, education or behavioral modifications. It is led by Thompson Health Respiratory Therapist Gerald Dilgard. For more information, call 585-396-6253.

### LYMPHEDEMA SUPPORT GROUP

Tuesday, June 17 • 5-6 p.m.

Canandaigua Rehabilitation Center,  
699 South Main Street, Suite 3

This support group welcomes anyone looking for support in dealing with all types of lymphedema. For more information, call 585-396-6050.

### NEW! NEW MEN'S GROUP OF ALCOHOLICS ANONYMOUS

Every Monday - June 2, 9, 16, 23, 30  
7:30-8:30 p.m.

Thompson Hospital, Constellation  
Center, George Ewing Room

Open discussion meeting of Alcoholics Anonymous. All men are welcome. Location is mobility accessible for all persons with disabilities.

Visit [ThompsonHealth.com](https://ThompsonHealth.com) for more  
information about these upcoming events.