

# 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 [prairielakes.com/calendar](http://prairielakes.com/calendar).



## Community Events:



### Summer Strength Registration Opens — \$150

The leading summer strength and conditioning program is back in 2026! Help your student-athletes make the most of their offseason with Certified Strength & Conditioning Coach Aaron Jung, joined by Athletic Trainers Faith Ulrich and Jodi DeVaal. Student-athletes will learn lifting technique, speed & agility skills, injury prevention, proper nutrition, and more.

- Registration opens at 8:00 a.m. on Tuesday, April 7th
- Cost: \$150 (Scholarships may be available)
- Dates: Monday, June 1st—Thursday, July 30th (Holiday Break—7/1-7/7)
- Programs Include:
  - Arrow Strength at Watertown High School
  - Arrow Strength at Watertown Middle School
  - Warrior Strength in Castlewood



### Grief Support Group—2026 Series—Free

Prairie Lakes Healthcare System offers a free six-week grief support opportunity where those who have experienced the death of a loved one can find comfort, support, and hope. Each group meeting will meet in the Specialty Clinic Conference Room from 4:30 p.m.—6:00 p.m.

- Meetings begin on Tuesday, April 7th
- Registration in advance is required
- To register, call 605-882-7714 or scan the QR code



## Health Classes:



### Prairie Lakes Baby Café — Free

The Prairie Lakes Baby Café meets every Tuesday from 10 a.m. to 1 p.m. in the waiting area of the Maternal Child Health department. The Baby Café is a welcoming, informal space for expecting and new moms to connect and receive free breastfeeding support.

- Mothers can enjoy refreshments, baby weigh-ins, and advice from certified lactation counselors
- No appointment necessary, just drop in!



### Your Total Joint Journey — Free

This education session is recommended for patients considering or scheduled for total joint replacement surgery along with their caregiver or coach. Classes are located in the Prairie Lakes Specialty Clinic Conference Room, the first floor or the Prairie Lakes Specialty Clinic, at 12:00 p.m.

- Upcoming Classes: April 14 and 28
- Upcoming Classes: May 12 and 26



### Childbirth Class Series — Free

This free three-week class is designed to prepare expectant mothers, and their support person, for labor and delivery. It is suggested to attend a series a few months before your delivery date. Each class is held on Thursdays from 6:30 p.m. to 9:00 p.m. in the West Conference Room.

- Upcoming 2026 Series 5: April 16, 23, 30
- Upcoming 2026 Series 6: May 7, 14, 21