

Putting your health first.



Calendar of Events December 2018

Monongahela Valley Hospital is sponsoring a variety of informative programs this month. Many of the events will be held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

Monday, December 3 – Look Good Feel Better®

1 - 3 p.m., ECC. The American Cancer Society designed this program for women dealing with hair loss and skin changes from chemotherapy and radiation. Presenters will provide specific treatment techniques to help ladies look their best while undergoing treatment. All who register more than five days prior to the event will receive a makeup package valued at \$200. To register, call 1-800-227-2345.

Monday, December 3 – Innovations in Medicine: “Do You Have Low Back Pain?”

6 p.m., ECC. This education program is designed to educate you about low back pain. Eric Nabors, M.D., will discuss symptoms and treatments of low back pain. To register, call 724-258-1333.

Monday, December 10 – Suicide Bereavement Support Group

1 - 2:30 p.m., ECC. This support group is a four-month program that meets the second and fourth Mondays of each month. This program is led by a licensed psychologist and is free and open to all those touched by suicide. Registration is required. To register, call 724-678-3601.

Tuesday, Wednesday and Thursday, December 11, 12 and 13 – Managing Your Diabetes

8:30 - 11:30 a.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, December 11 – Alzheimer’s Support Group

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the families, friends and caregivers of those suffering from Alzheimer’s disease or other forms of dementia. Discussion topics include the challenges of coping with this disorder as well as techniques for managing stress and methods of encouraging social engagement. Reservations are requested by calling 724-258-1333.

Thursday, December 20 – Ostomy Support Group

2 - 3 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. The group meets the third Thursday of each month. For more information, call 724-258-1773.