

## Putting your health first.



## Calendar of Events Feb. 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).

### **Friday, Feb. 2 – MVH Blood Drive**

9 a.m. - 2:30 p.m., ECC. Monongahela Valley Hospital, in conjunction with the American Red Cross, is sponsoring a blood drive to benefit local patients. Free parking is available. For more information or to register, call 724-258-1282 or visit [redcrosslife.org](http://redcrosslife.org).

### **Tuesday, Wednesday and Thursday, Feb. 6, 7 and 8 – 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.

### **Wednesday, Feb. 7 – Is Weight Loss Surgery Right For You?**

6 p.m., ECC. Bariatric surgery is an option for people who want to lose 100 pounds or more. This free information session is designed to give those individuals struggling with weight loss the facts to choose their best option. To learn if you are a candidate for this surgery, join Hiram Gonzalez, M.D., as he discusses this topic in detail. To register, call 724-258-1333.

### **Wednesday, Feb. 7 and Friday, Feb. 16 – Nar-Anon Family Group**

6 - 7 p.m. Nar-Anon Family Groups are a worldwide fellowship for the family and friends of those suffering from addiction. As a Twelve-Step program, the group offers help by sharing experiences, strength and hope. The Nar-Anon program is based on a set of spiritual principles and has no affiliation with any denomination. The only requirement for membership is a problem of addiction in a relative or friend. For more information, call 412-512-4718.

### **Monday, Feb. 12 and 26 – 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.

### **Monday, February 12 – Flu Prevention Program**

7 p.m., South Park Township Library. This free information session is designed to help the community with flu prevention. Lauren Ayersman, D.O., will speak about influenza and how to prevent getting the flu. To register, call 724-258-1333.

### **Tuesday, Feb. 13 – Alzheimer's Support Group**

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the family members, 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.

### **Wednesday, Feb. 14 – Prostate Cancer Support Group**

6 - 7 p.m., ECC. All prostate cancer patients, families and caregivers are invited to attend this free support group. For more information, call 724-292-9404.

**Wednesday, Feb. 14 – Advanced Carbohydrate Counting**

6 - 8 p.m., ECC. This program is a diabetes self-management class designed to educate you on how to count carbohydrate content in food to improve blood sugar control. Topics include how to track effects of carbohydrates and blood sugar, glycemic index and how to read food nutrition labels. Registration is required at least one week prior to the start of class by calling 724-258-1483.

**Thursday, Feb. 15 – Ostomy Support Group**

2 - 3:30 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.

**Thursday, Feb. 15 – Diabetes Support Group**

2 - 3 p.m., ECC. This support group is free and open to all persons who want to continue education on managing diabetes with discussion on a variety of different topics. Please contact the Center for Diabetes at 724-258-1483 for a schedule of upcoming topics and dates. To register, call 725-248-1483.

**Tuesday, Wednesday and Thursday, Feb. 20, 21 and 25 – Managing Your Diabetes**

6 - 9 p.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.

**Thursday, Feb. 22 – Stroke Support Group**

1 - 2 p.m., ECC. The Stroke Support Group is designed for patients and caregivers to share, learn and grow with people who can personally relate to the daily challenges and struggles they face dealing with strokes and their after-effects. The group meets the last Thursday of each month. For more information, call 724-258-1455.

**Tuesday, Feb. 27 – American Heart Association Family and Friends CPR/AED**

8 a.m. - noon, ECC. This course is designed for the layperson that has little or no medical training, and is taught by a certified instructor. This course is for people who do not need a certification card for a job. Content includes an orientation to CPR for adult, child, infants, choking and use of an Automated External Defibrillator (AED). Cost of this course is \$35 to cover the cost of the book, which includes a class participation card.

**Tuesday, Feb. 27 – American Heart Association Heartsaver CPR/AED**

4 - 8 p.m., ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$50 to cover the class and required materials. To register, call 724-258-1333.

**Wednesday, Feb. 28 – Innovations in Arthritis**

6 p.m., ECC. This education program focuses on new and innovative treatments for Arthritis. Ari Pressman, M.D., will discuss Arthritis treatments and what types of conditions can receive those treatments.