

Putting your health first.



Calendar of Events July 2017

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).

Wednesday, July 5 and Friday, July 21 – 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, July 10, 17, 24 and 31 – Learn To Prevent Type 2 Diabetes

ECC. This educational program is designed to help you learn to prevent Type 2 Diabetes. The Diabetes Prevention Program is a support group that meets weekly for six months. Upon completion, the support group will meet monthly over the next six months. For more information, call 724-258-1483.

Monday, July 10 and 24 – 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 724-268-1144.

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

8:30 - 11:30 a.m., HealthPLEX. 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, July 11 – 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.

Thursday, July 13 – Is Weight Loss Surgery Right For You?

6 p.m., ECC. Bariatric surgery is an option for people wanting 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.

Tuesday, July 18 – Better Breathers Club: Harmonicas for Health

2 - 3 p.m., ECC. Better Breathers Club offers the opportunity to learn ways to better cope with COPD while getting the support of others. The group helps give you the tools to live the best quality of life you can. Topics include how COPD affects your lungs as well as techniques and medications that can improve your quality of life. The unique Harmonicas for Health program helps people with COPD to improve breath control. Registration is required. To register, call 724-258-1932.

Tuesday, Wednesday and Thursday, July 18, 19 and 20 – Managing Your Diabetes

6 - 9 p.m., ECC. This educational 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, July 19 – Advanced Carbohydrate Counting

9 - 11 a.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.

Wednesday, July 19 – Arthritis Support Group

1 p.m., ECC. The Arthritis and Fibromyalgia Support Group is free and open to all persons with arthritis, fibromyalgia or related illnesses and their families. This group meets quarterly (every three months), the third Wednesday of the month, at 1 p.m. For more information, call 724-258-1321.

Tuesday, July 25 – American Heart Association Heartsaver CPR/AED

8 - 12 a.m., ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$35 to cover the class and required materials. To register, call 724-258-1333.

Thursday, July 27 – Stroke Support Group

1 - 2:30 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.