

Putting your health first.



Calendar of Events March 2019

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).

Tuesdays and Wednesdays, March 5, 12, 19 and 6, 13, 20 – Managing Your Diabetes

Tuesdays 9 - 11 a.m. and Wednesdays 6 - 8 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.

Wednesday, March 6 – 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.

Thursday, March 7 – 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.

Thursday, March 7 – Healthy and Fit Series: "Concussions in Athletics"

6 p.m., HealthPlex. This education program is the first of a four part series. Shane Hennesy, D.O., will discuss will discuss symptoms and treatments for athletic concussions. To register, call 724-379-5100.

Monday, March 11 and 25 – 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, March 12 – 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.

Tuesday, March 19 – Better Breathers Club

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 724-258-1226.

Wednesday, March 20 – Colorectal Education and Screening

1 p.m., ECC. Monongahela Valley Hospital will offer a free colorectal cancer education and screening in observance of the American Cancer Society's Cancer Control Month. Health care professionals will provide information during the education portion of the presentation and MVH staff will explain and provide instructions for the take home colorectal screening kit. Although the education program and test kit are free, seating is limited. Advance registration required. For additional information or to register, call 724-258-1333.

Thursday, March 21 – Talk With a Doc: “What is Diabetes and How Can it Affect Your Feet?”

12:30 p.m., Monongahela YMCA. Mark Hofbauer, D.P.M., will discuss “What is Diabetes and How Can it Affect Your Feet?” Dr. Hofbauer will discuss the very newest in standards of care and protocols for Diabetes and how it can affect your feet. To register, call 724-258-1333.

Saturday, March 23 – Multiphasic Blood Analysis

6 - 10 a.m., ECC. This 37-function screening costs only \$30 and is open to the public. Participants are asked to provide the full name and complete address of the physician to whom their test results will be sent afterwards. Testing is by appointment only. The deadline to register is Wednesday, March 20, and registrations must be made Monday through Friday from 8:30 a.m. to 2 p.m. by calling 724-258-1282.

Monday, March 25 – Weight Control and Wellness Support Group

6 p.m., ECC. The bariatric support group activities are designed to reinforce key principles of success and help participants learn concepts that are sometimes difficult to grasp after bariatric surgery. Professionals such as dietitians, psychologists and fitness instructors may be invited to speak. Other presenters may discuss topics such as grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success. The ultimate purpose of the support group is to help participants achieve and maintain their goal weights in a way that is as physically and mentally healthy as possible. Registration is recommended, but not necessary. To register, call 724-258-1333.

Tuesday, March 26 – American Heart Association Heartsaver CPR/AED

8 a.m. - noon, ECC. Adult cardiopulmonary resuscitation (CPR/AED) 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.

Tuesday, March 26 – American Heart Association Family and Friends CPR/AED

4 - 6 p.m., 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. To register, call 724-258-1333.

Tuesday, March 26 – Innovations in Medicine: “Advances in Foot and Ankle Treatment”

6 p.m., ECC. This education program is designed to educate you about Rediscovering the Knee. Mark Hofbauer, D.P.M., will discuss new advancements, symptoms and treatments of the foot. To register, call 724-258-1333.