

Putting your health first.



Calendar of Events

October/November/December 2020

Monongahela Valley Hospital sponsors a variety of informative programs every month. Many of the events are held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

Wednesday, October 21 — Innovations in Medicine: Advances in Minimally Invasive Colorectal Surgery

6 p.m., ECC. This education program is designed to educate you about minimally invasive options and the latest advancements in colorectal surgery. Arshad Bachelani, M.D., will discuss types of colorectal surgeries and the diagnoses that pertain to them. He will cover the latest techniques and procedures that have changed colorectal surgeries in recent years and how they have improved patient outcomes. Registration is limited to allow for social distancing. Masks are required to attend. The session is also accessible virtually through Zoom. To utilize the virtual option, you must include your email address in your registration information. To register, call 724-258-1333 or visit monvalleyhospital.com.

Tuesday, November 3 — Managing Your Diabetes Morning Class (1 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, November 4 — Managing Your Diabetes Night Class (1 of 3)

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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, November 10 — Managing Your Diabetes Morning Class (2 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, November 11 — Managing Your Diabetes Night Class (2 of 3)

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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, November 11 — Innovations in Medicine: Diabetes Education

6 p.m., ECC. This education program is designed to educate you about diabetes. Janelle Violago, M.D., will discuss signs and symptoms of diabetes. She will review risk factors and prevention as well as treatments and maintenance of the disease. Registration is limited to allow for social distancing. Masks are required to attend. The session is also accessible virtually through Zoom. To utilize the virtual option, you must include your email address in your registration information. To register, call 724-258-1333 or visit monvalleyhospital.com.

Tuesday, November 17 — Managing Your Diabetes Morning Class (3 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, November 18 — Managing Your Diabetes Night Class (3 of 3)

6 – 8 p.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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, December 1 — Managing Your Diabetes Morning Class (1 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, December 2 — Managing Your Diabetes Night Class (1 of 3)

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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483

Tuesday, December 8 — Managing Your Diabetes Morning Class (2 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, December 9 — Managing Your Diabetes Night Class (2 of 3)

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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, December 15 — Managing Your Diabetes Morning Class (3 of 3)

9 – 11 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 Tuesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Wednesday, December 17 — Managing Your Diabetes Night Class (3 of 3)

6 – 8 p.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 Wednesdays. Registration is required at least one week prior to the start date of class by calling 724-258-1483.