

# Healthy Connections

Your Guide to Community Health Education and Support Opportunities

August 2009



## **BEREAVEMENT AND GRIEF**

Grief support groups are held throughout our entire service area. Please call at any time regarding grief support services. On-going assistance is available.

### **Compassionate Friends**

For families who have experienced the death of a child.  
August 10, 7 to 9 p.m., *FH*  
August 11, 7:30 to 9 p.m., *WH*

## **CANCER CARE**

### **Breast Cancer Education and Support**

August 4, 6 to 8 p.m., *WH*

### **Cancer Education Support Group**

August 13, 6:30 to 8:30 p.m., *Arnold Palmer Pavilion, Mountain View Medical Park*

### **Look Good Feel Better**

August 5, 6 to 8 p.m., *WHJ*

### **Nutrition for Breast Cancer Survivors**

August 6, 11 a.m. to noon, *Arnold Palmer Pavilion, Mountain View Medical Park*

### **Nutrition Therapy**

August 25, 2 to 3 p.m., *Arnold Palmer Pavilion, Mountain View Medical Park*

### **US Too Prostate Cancer Support**

Prostate cancer support group  
August 27, 7 to 9:30 p.m., *WH*



**Key:**

- **CSC:** Corporate Services Center
- **Frick Hospital:** *FH*
- **Latrobe Hospital:** *LH*
- **Westmoreland Hospital:** *WH*
- **Westmoreland Hospital at Jeannette:** *WHJ*

*Classes are open to anyone, regardless of where they may have received health care service.*

*Some programs require a nominal fee and advance testing to determine qualification. Many insurance providers cover the cost of wellness education. Inquire with your insurer to see if classes you wish to take are eligible for reimbursement.*

## **SPECIAL EVENT**

### **Senior Health Fair**

Get information about living a healthy lifestyle. Free screenings include stroke, blood pressure and bone density. Information available on Lifeline Emergency Personal Response, Home Care and Hospice, MedCare Equipment and Lifeline Centers for Sleep Disorders. Multiphasic blood screening also available.

August 22, 10 a.m. to 2 p.m.,  
*Norwin Medical Commons, Norwin Hills Shopping Center*

## **CHILDBIRTH / INFANT CARE**

### **Breastfeeding Success - Weekender**

August 15, 9 to 11 a.m., *WH*

### **Childbirth and Beyond**

Six-week class starts August 5, 7 to 9:30 p.m., *WH*

### **Childbirth and Beyond - Weekender**

August 8 and 9, 9 a.m. to 3 p.m., *WH*

### **Friends and Family CPR**

August 11, 6 to 9 p.m., *WH*

### **Infant Massage**

Three-week class starts  
August 6, 6 to 8 p.m., *WH*

### **Lactation Station**

August 19, 5 to 6 p.m., *LH*

### **Lamaze**

Four-week series starts  
August 27, 7 to 9 p.m., *WHJ*

### **Maternity Center Tours**

August 16, 3 to 7 p.m., *WH*

## **HEALTHY LIFESTYLES**

### **AARP Driver Safety**

August 27 and 28, 9 a.m. to 1 p.m., *WH*

### **AARP Driver Safety**

*Refresher*

August 29, 9 a.m. to 1:30 p.m., *WH*

### **Chair Yoga**

Eight-week class starts  
August 6, 2 to 3 p.m., *WHJ*

### **Living with Diabetes - Looking Forward**

Three-week series starts  
August 10, 1 to 4 p.m., *FH*  
August 11, 6 to 9 p.m., *LH*  
August 12, 1 to 4 p.m., *WH*

### **Yoga**

Every Wednesday, 5:15 to 6:30 p.m., *LH*

**Excelsa  
Health**

Excelsa Health Call Center: 1-877-771-1234

[www.excelsahealth.org](http://www.excelsahealth.org)



The following classes are offered at reduced rates or free of charge to Highmark subscribers.

### Discover Relaxation Within II

Four-week program starts  
August 26, 5 to 6:30 p.m., *WH*

### Personal Nutrition Counseling

By appointment only  
For individuals seeking nutrition counseling related to weight management, heart health and diabetes.

### Women and Weights

Three-week class  
August 11, 13 and 20, 5:30 to 7 p.m., *LH*

### SPECIAL EVENT

#### Flex-ability Joint Replacement Surgery Education

August 5, 10 a.m. to noon, and  
August 20, 6 to 8 p.m., *FH*  
August 12, 11 a.m. to 1 p.m., and  
August 26, 5:30 to 7:30 p.m., *LH*  
August 6, 10 a.m. to noon, and  
August 18, 6 to 8 p.m., *WH*

### INSURANCE COUNSELING

#### Advantra/Health America

August 12 and 26, 10 to 11:30 a.m., *FH*  
August 13, 10 to 11:30 a.m., *LH*

#### Highmark

Call 1-800-816-5527 to schedule  
August 5 and 19, 8:30 a.m. to 4 p.m., *WH*  
August 12 and 26, 8:30 to 11:30 a.m., *LH*  
August 12 and 26, 1 to 4 p.m., *FH*

### KIDS, TEENS & PARENTS

#### Dr. Dad

August 22, 9 a.m. to 4 p.m., *WH*

#### Sibling Class

August 4, 6 to 8 p.m., *WH*

#### Your Changing Body for Boys

August 1, 10 a.m. to noon, *WH*

### TOBACCO CESSATION

#### Quit Smart Tobacco Cessation

Seven-week class starts  
August 26, 6 to 7:30 p.m., *LH*

#### Stay Smart – Cessation Support

August 25, 6:30 to 7:30 p.m., *Audio Conference*  
Excela Health is now offering a telephonic tobacco cessation support group option facilitated by a trained tobacco cessation specialist. It is an easy, convenient option to get the support you need to become and remain tobacco-free. Simply dial in to the support session by calling 724-689-1891.

### OTHER SUPPORT GROUPS

#### Alzheimer's Disease Support Group

August 4, 7 to 9 p.m., *WH*

#### Bariatric Education and Support Group

August 26, 5:30 to 7 p.m., *WH*

#### Crohn's and Colitis Support Group

August 20, 7 to 9 p.m., *LH*

#### Diabetes Support Group

August 6, 6 to 7:30 p.m., *WHJ*

#### Fibromyalgia Support Group

August 5, 6:15 to 7:30 p.m., *WH*

#### Living with an Ostomy Support Group

August 26, 1 to 3 p.m., *LH*

#### Lupus Support Group

August 5, 6:30 to 8 p.m., *WHJ*

#### MADD DUI Support Group

August 27, 6 to 8:30 p.m., *LH*

#### Parkinsons Disease Support Group

August 11, 1:30 to 3:30 p.m., *Good Shepherd Lutheran Church, Greensburg*

### SPECIAL EVENTS

#### Get In the Game Sports Clinic

Middle through high school student athletes, coaches and parents ... learn more about healthy nutrition for performance, strength training, injury and rehabilitation, and much more! Cost is \$5 per individual/ \$10 per team or family. Preregistration required.  
August 2, 12:30 p.m.,  
*Greater Latrobe Senior High School*

#### Coming in September ...

#### Put Your Best Foot Forward: Your Guide to Keeping Healthy with Diabetes

Guest speakers endocrinologist Stephan Kowalyk, MD, on standards of care and podiatrist Allen Dzambo, MD, on foot and wound care. Preregistration required.  
Sept. 23, 6 p.m., *Ferrante's Lakeview*

#### American Heart Association Heart Walk

Sept. 26, 8 a.m., *Kennametal Fitness Trail*  
For more information:  
[www.americanheart.org](http://www.americanheart.org)

#### Second Chance Walk

Promotes organ donation  
Sept. 19, 8:30 a.m., *Twin Lakes*

### WEIGHT MANAGEMENT

#### Weight Loss Surgery ... It May Be For You

Have conventional weight loss methods not worked for you? Attend one of these sessions to learn more about weight loss surgery.

August 4, 6 to 8 p.m., *LH*  
August 20, 6 to 8 p.m., *WHJ*

### SPECIAL EVENT

#### Act FAST Stroke Seminar

Learn about the importance of early stroke treatment. Includes free stroke screening.  
August 11, 6:30 p.m., *FH*  
August 25, 6:30 p.m., *WHJ*