



Calendar of Events September 2010

Unless otherwise noted, the following programs will be held in the Anthony M. Lombardi Education Conference Center (ECC) at Monongahela Valley Hospital.

Wednesday, September 1

Breast Cancer Support Group

6 p.m., ECC. This support group is free and open to all breast cancer patients and their families. For more information, call 724-258-1704.

Wednesday, September 1, 8, 15, 22

Childbirth Preparation Classes

7 to 9 p.m., Mon-Vale HealthPLEX, Rostraver. A four-week series of prenatal education classes designed to prepare couples for the birthing process. Topics include: signs of labor, vaginal and c-section deliveries, role of the labor coach, comfort measures including breathing and relaxation skills and pain medication options. Couples will rehearse what they learn in class to help relieve anxiety surrounding the birthing experience. For more information, call 724-258-BABY (2229).

Tuesday, Wednesday, Thursday, September 7, 8, 9

Managing Your Diabetes

8:30 a.m., Mon-Vale HealthPLEX, Rostraver. 3-day, 2-hour per day education series that focuses on diabetes self-management and care. Registration is required at least one-week prior to the start of classes. For more information or to register, call 724-258-1483.

Tuesday, September 14

RSDS Support Group

6 p.m., ECC. The Reflex Sympathetic Dystrophy Syndrome Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

Thursday, September 16

Ostomy Support Group

6 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. For more information, call 724-258-1773.

Saturday, September 18

Diabetes Education Day

9 a.m., ECC. Monongahela Valley Hospital's Diabetes Education Day is designed to give participants information on the risks for diabetes and ways to manage the disease. The varied day's events are free and open to the public. This year's topic is: What Can I Eat? Spend the day with our Registered Dietitians and Certified Diabetes Educators.

Information includes

- Planning Your Carbohydrate Intake - Be Consistent.
- What Is the Glycemic Index?
- How Do You Read Labels?

Advance registration is requested Monday through Friday between 8:30 a.m. and 3 p.m. at 724-258-1483.

Monday, September 20

Cancer Support Group

7 p.m., ECC. This support group is free and open to all cancer patients and their families. For additional information, call 724-258-1704.

Tuesday, September 21

Innovations In Eye Care

6 p.m., ECC. Board-certified Ophthalmologist James P. Mondzelewski, M.D., and a team of health care professionals will present a free program to discuss the diagnosis and treatment for various eye problems. This program is part of MVH's Innovations series featuring physician guest speakers providing medical information to the community. Refreshments will be served. To register, call the MVH Reservation Hotline at 724-258-1333.

Tuesday, Wednesday, Thursday, September 21, 22, 23

Managing Your Diabetes

6 p.m., ECC. 3-day, 2-hour per day education series that focuses on diabetes self-management and care. Registration is required at least one-week prior to the start of classes. For more information or to register, call 724-258-1483.

Wednesday, September 22

Prostate Cancer Screening and Education Program

5:30 p.m., ECC. The prostate cancer screening and education program is free. At the screening, men will be offered a digital rectal exam (DRE), the standard test for prostate cancer; a stool blood test and a Prostate Specific Antigen (PSA) blood test. The screening and education program will be conducted by staff from the MVH Medical Staff and Regional Cancer Center. To register, call the MVH Reservation Hotline at 724-258-1333.

Saturday, September 25

Multiphasic Blood Analysis

7 to 10 a.m., ECC. 40-panel blood screening for only \$20. Testing will take place in the Community Room on the lower level of the hospital's Anthony M. Lombardi Education Conference Center. The Multiphasic Blood Analysis is open to the public. Testing is by appointment only and registrations are being accepted at 724-258-1282, Monday through Friday between 8:30 a.m. and 3:30 p.m. Participants are asked to provide the full name and complete address of the physician to whom the test results will be sent.

Monday, September 27

Breast-feeding Class

6:30 p.m., Mon-Vale HealthPLEX, Rostraver. This free class is designed for mothers who plan to breastfeed and to help them feel more comfortable and confident while in the hospital after delivery and when returning home. Many props are used in this class including breast pumps. Husbands and grandmothers are welcome and encouraged to attend. For more information, call 724-258-BABY (2229).

Tuesday, September 28

Public CPR Instruction

6 p.m., ECC. Adult CPR (cardiopulmonary resuscitation) classes are offered by the hospital in conjunction with Valley Health and Safety Training Center (VHSTC). The \$30 fee is payable to VHSTC and advance registration is required at 724-684-9536.

Wednesday, September 29

Advanced Carbohydrate Counting

9 a.m., ECC. Diabetes self-management class that focuses on carb counting with everything you need to know. How to measure the upward drive each meal has on blood sugar and information on the glycemic index. It is required that initial three-day Diabetes Self Management Training be completed prior to attending the Carbohydrate Counting class. At least one week advanced registration also is required. For more information or to register, call 724-258-1148.

Thursday, September 30

Public First Aid Instruction

6 p.m., ECC. Adult first aid classes are offered by the hospital in conjunction with Valley Health and Safety Training Center. The \$25 fee is payable to VHSTC and advance registration is required at 724-684-9536.