

## Putting your health first.



## Calendar of Events August 2018

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).

**Tuesday, Wednesday and Thursday, August 7, 8 and 9 – Managing Your Diabetes**  
8:30 - 11:30 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 days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

**Wednesday, August 8 – “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.

**Wednesday, August 8 – Prostate Cancer Support Group**  
6 - 8 p.m., ECC. All prostate cancer patients, families and caregivers are invited to attend this free support group. For more information, call 724-292-9404.

**Monday, August 13, and Monday, August 27 – 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, August 14 – 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.

**Wednesday, August 15 – Advanced Carbohydrate Counting**  
6 - 8 p.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, August 16 – Ostomy Support Group**  
2 - 3 p.m., ECC. This support group is free and open to all persons with ostomies and their families and friends. The group meets the third Thursday of each month. For more information, call 724-258-1773.

**Saturday, August 18 – HealthPlex Health Fair**

9 a.m. - 1 p.m., HealthPlex. The HealthPlex Health Fair will feature MVH-affiliated providers such as the Center for Fitness and Health, HealthPlex Imaging, The Orthopedic Group, Mon-Vale Primary Care Practices, Occupational Medicine and many others. The Health Fair will provide various free screenings, educational talks from MVH physicians, a healthy cooking class and fitness demonstrations. A multiphasic blood screening will also be offered for a \$30 fee. The fair is free and open to the public. For more information, visit [monvalleyhospital.com](http://monvalleyhospital.com).

**Tuesday, Wednesday and Thursday, August 21, 22 and 23 – Managing Your Diabetes**

6 - 9 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, August 22 – Innovations in Medicine: “Athletic Concussions”**

6 p.m., ECC. This education program is designed to educate you about athletic concussions. Shane Hennessey, D.O., will discuss symptoms and treatments for athletic concussions. To register, call 724-258-1333.

**Friday, August 24 – MVH Blood Drive**

9 a.m. - 2:30 p.m., ECC. Monongahela Valley Hospital, in conjunction with the American Red Cross, is sponsoring a blood drive to benefit local patients. Free parking is available. For more information or to register, call 724-258-1282 or visit [redcrosslife.org](http://redcrosslife.org).

**Tuesday, August 28 – American Heart Association Family and Friends CPR/AED**

8 - 10 a.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.

**Tuesday, August 28 – American Heart Association Heartsaver CPR/AED**

4 - 8 p.m., 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.

**Thursday, August 30 and Friday, August 31 – Masquerade Jewelry Sale**

7 a.m. - 5 p.m., ECC. Shop at the Masquerade \$5 Jewelry Sale sponsored by the Auxiliary of Mon-Vale Health Resources, Inc. A variety of jewelry items including earrings, chains and bracelets are available for purchase.