

# CALENDAR of EVENTS

## BLAIR COUNTY HIGHLIGHTS

### Diabetes: Prevention Is Power



Thursday, July 18  
6 to 8:30 p.m. (Light dinner provided)

UPMC Altoona, Rotunda, 6th Floor  
620 Howard Ave., Altoona

Friday, July 19  
11 a.m. to 1 p.m. (Light lunch provided)

Altoona Alliance Church  
3220 Pleasant Valley Blvd., Altoona

Monica Richers-Kelly, RD, UPMC Altoona clinical dietitian, will discuss prediabetes, as well as risk factors for diabetes and how to prevent it.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

### Lyme Disease: What You Need to Know

Thursday, Aug. 15  
6 to 8:30 p.m. (Light dinner provided)

UPMC Altoona, Rotunda, 6th Floor  
620 Howard Ave., Altoona

Friday, Aug. 16  
11 a.m. to 1 p.m. (Light lunch provided)

Altoona Alliance Church  
3220 Pleasant Valley Blvd., Altoona

Join **Andrea Santarelli, DO**, a family medicine doctor at UPMC Altoona, to learn the risk factors for getting Lyme disease, symptoms, treatment, and tips to help avoid the disease.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

### Helping Children Manage Anger

Monday, Sept. 9  
6:30 to 8:30 p.m.

Station Medical Center, Conference Room,  
K-4 entrance, 1516 9th Ave., Altoona

Chaplain **David Hammerle, MA**, of UPMC Altoona's Pastoral Care Department, will share 13 rules for helping children manage their anger to bring about positive communication.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

### Funeral Preplanning Is a Loving Gesture

Thursday, Sept. 19  
6 to 8:30 p.m. (Light dinner provided)

UPMC Altoona, Rotunda, 6th Floor  
620 Howard Ave., Altoona

Friday, Sept. 20  
11 a.m. to 1 p.m. (Light lunch provided)

Altoona Alliance Church  
3220 Pleasant Valley Blvd., Altoona

The grief of losing a loved one can make funeral planning difficult. **Joe Stevens III**, a funeral home director, knows firsthand that funeral preplanning can make things easier on your loved ones. He will review various funeral traditions and arrangement options, and share things to consider when planning in advance.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

## BEDFORD COUNTY HIGHLIGHTS



### Lung Cancer: Early Diagnosis

Call **814-623-3773** for date and time.

Homewood at Spring House Estates  
150 Victoria Ave., Everett

**Rodney Landreneau, MD**, director of the thoracic surgery program at UPMC Altoona, will discuss common causes of lung cancer, tests and tools to diagnose this disease, and treatment options.

Free. Registration required. Call **814-623-3773** or visit **UPMC.com/Classes**.

## CAMBRIA COUNTY HIGHLIGHTS

### SECOND DATE ADDED IN EVERETT!

Tuesday, July 30,  
at 6 p.m.  
Call **814-623-3773**.

### Colon Cancer Prevention

Thursday, July 18  
11 a.m. to 1 p.m. (Light lunch provided)

UPMC Outpatient Center, 152 Zeman Dr., Ebensburg

While there is no sure way to prevent colon cancer, **Robert Bailey, DO**, a gastroenterologist at Blair Gastroenterology Associates, will discuss ways to help lower your risk and the importance of colonoscopy screenings.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.



### Gynecological Cancers: What Every Woman Should Know

Thursday, Sept. 19  
11 a.m. to 1 p.m.  
(Light lunch provided)

UPMC Outpatient Center, 152 Zeman Dr., Ebensburg

**Amy Anderson, MD**, a gynecologist with UPMC Magee-Womens Specialty Services, will share symptoms for cervical, uterine, and ovarian cancers, tips on prevention, and appropriate screenings.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

### Life Beyond Leakage

Wednesday, Aug. 14  
11 a.m. to 1 p.m. (Light lunch provided)

UPMC Outpatient Center  
152 Zeman Dr., Ebensburg

If you're experiencing bowel or bladder issues, join **Breanne James, PT, DPT, CLT**, a physical therapist with UPMC Centers for Rehab Services, for a discussion about urinary/fecal urgency, frequency, and leakage; pelvic pain/pressure; and low back/abdominal pain, as well as available treatments.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.



## HEALTH SCREENINGS

### Multiphasic Blood Screenings

\$25 screenings are offered monthly at varying locations in Bedford County.

Requires 12-hour fast and no alcohol for 24 hours before screening.

Visit [UPMCBedford.com/screenings](http://UPMCBedford.com/screenings) for information or call **814-623-3506**.

### Osteoporosis Screening Heel Scans

Fridays, July 12, Aug. 9, Sept. 13, Oct. 11, and Nov. 8  
12:30 to 3 p.m.

Station Medical Center,  
UPMC Imaging Services, Altoona

Be prepared to remove shoes and socks. By appointment.

Free. Call **814-889-7326**.

### Peripheral Artery Disease Screening

Tuesdays, July 16, Aug. 20, and Sept. 17  
8 a.m. to 2:30 p.m.

UPMC Altoona, Heart and Vascular Institute, 3rd Floor

Be prepared to remove shoes and socks. By appointment.

Free. Call **814-889-2091**.

### Walk-In Screening Mammography

For women 40 and over without a doctor's order and who've not already scheduled a mammogram. Health insurance will be billed. Financial assistance available for those without health insurance.

For dates, times, and locations, call **814-889-4222** (Altoona), **814-623-3797** (Bedford), or **814-471-2238** (Ebensburg).



## HEALTHY LIVING

### Bariatric Surgery Information Sessions

First Monday of each month  
5 to 6 p.m.

UPMC Altoona, Rotunda, 6th Floor

Free. For information or to register, call **814-889-7500**.

### Diabetes Education

Call for available dates and times.  
UPMC Altoona, Cafeteria Dining Room B, 4th Floor

Cost: \$20 for six 1.5-hour sessions. Class size limited, registration required.

Call **814-889-2487**.

No doctor's referral needed.

### Freedom from Smoking

Tuesdays, July 9 to Aug. 20 or Sept. 10 to Oct. 22

4:30 to 6 p.m.

Lung Disease Center  
800 Chestnut Ave., Altoona

Nicotine replacement patches, gum, or lozenges available to participants.

Free. To register, call **814-946-2845**.

### Look Good, Feel Better (For women in cancer treatment.)

Mondays, Aug. 5 and Oct. 7  
2 to 4 p.m.

UPMC Altoona, Radiation Oncology Conference Room, 4th Floor

Includes a free makeup kit. Registration required.

Free. Call **814-889-2400**.

### Solutions for Weight Loss

Thursdays, July 11 to Sept. 12 or Sept. 26 to Dec. 5 (no class Nov. 28)  
1:15 to 2 p.m. or 4:30 to 5:15 p.m.

UPMC Altoona, Cafeteria Dining Room B, 4th Floor

Cost: \$60. Class size limited, registration required. \$30 participation rebate available; ask when registering.

Call **814-889-2239** or visit [UPMC.com/Classes](http://UPMC.com/Classes).

### Seniors for Safe Driving

(For drivers age 55 or older.)  
Saturdays, July 20 or Sept. 21  
9 a.m. to 1 p.m.

UPMC Altoona, Rotunda, 6th Floor

Cost: \$16. (Successful completion of this course may qualify you for a car insurance discount.) Registration required.

Call **1-800-559-4880** or visit [sfsd-pa.com](http://sfsd-pa.com).

### Shopping for Smart Nutrition-Supermarket Tours

Wednesday, Aug. 28, 2 to 3:30 p.m.  
Tuesday, Oct. 1, 6 to 7:30 p.m.

Giant Eagle, Logan Towne Center, Altoona (meet UPMC dietitians in the produce section).

Registration required.

Free. Call **814-889-2239** or visit [UPMC.com/Classes](http://UPMC.com/Classes).



## PARENTING & CHILDCARE

### Breastfeeding Classes

First Wednesday of each month  
6 to 8 p.m.

UPMC Altoona, Allegheny Room, 6th Floor

Registration required.

Free. Call **814-889-2557** or visit [UPMC.com/Classes](http://UPMC.com/Classes).

Breastfeeding classes are also offered at UPMC Bedford.

Free. Call **814-623-9712** for details.

### Child Safety Seat Inspections

Fridays, July 12, Aug. 9, or Sept. 13  
10 a.m. to 1 p.m.

UPMC Altoona, G Building (green building), Parking Lot

By appointment.

Free. Call **814-889-2453**.

### Childbirth Education Classes

Mondays, Aug. 26 to Sept 23 and Oct. 28 to Nov. 18  
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall, 6th Floor

Registration required.

Free. Call **814-889-2754** or visit [UPMC.com/Classes](http://UPMC.com/Classes).

Childbirth classes are also offered at UPMC Bedford.

Free. Call **814-623-9712** for details.

### Safe Sitter® Essentials with CPR (Babysitter training for ages 11 to 15.)

Saturday, Sept. 21  
8:30 a.m. to 2:30 p.m.

Blair Regional YMCA-1111 Hewit St., Hollidaysburg

For registration and cost information, contact the YMCA at **814-695-4467**.



## GET MOVING

### Healthy Steps in Motion (For adults 55 and older.)

Mondays, Wednesdays, and Fridays  
8:15 or 10 a.m.

Abundant Life Assembly of God Church  
231 Howard Ave., Altoona

Free. To register, call **814-889-2630**.

### Yoga

Tuesdays, Aug. 20 to Sept. 24 or Oct. 8 to Nov. 12  
5:30 to 6:40 p.m.

The Building II  
1000 Howard Ave., Altoona

Cost: \$30. Class size limited, registration required.

Call **814-946-8014** or email [register@thebuilding2.com](mailto:register@thebuilding2.com).



## UPMC Altoona Cancer Survivors APPRECIATION PICNIC

Saturday, September 21, 2019

DelGrosso's Amusement Park, Tipton, PA • Noon to ?  
For more information: [UPMCAltoonaFoundation.org](http://UPMCAltoonaFoundation.org)

- Parking is free in the garage for programs offered at UPMC Altoona. Use the free parking voucher you receive at the class as payment. If you lose the parking ticket or voucher, you'll pay to exit.
- Need an interpreter or have other special needs? Please call **814-889-2630** or **1-888-313-4665** at least 2 weeks before class starts.