

Class Locations in Altoona

UPMC Altoona
620 Howard Ave.
Station Medical Center
17th St. and 9th Ave.
For Conference Room,
use K-4 entrance

Altoona Alliance Church
3220 Pleasant Valley Blvd.



Programs are free of charge and open to all adult age groups, unless otherwise noted. For a complete list of Healthy Living Club classes, visit UPMC.com/classes.

Healthy Steps in Motion



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

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

If you are 55 or older, this fun, peer-led weight resistance and strength training program is designed with your good health in mind.

To register, call 814-889-2630.

Seniors for Safe Driving



Mature Driver Improvement Course (for drivers age 55 or older)

Saturdays, Oct. 13, Nov. 10, or Dec. 8
9 a.m. to 1 p.m.

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Cost: \$16

Successful completion of this course may qualify you for a car insurance discount. (Most companies require that both spouses insured under the same policy take the class for the discount.)

Registration required.
Call 1-800-559-4880 or visit sfsd-pa.com.

Peripheral Artery Disease (PAD) Screening



Tuesdays, Oct. 16,
Nov. 20, or Dec. 18
8 a.m. to 2:30 p.m.

UPMC Heart and
Vascular Institute
at UPMC Altoona,
3rd Floor

PAD occurs when
plaque clogs arteries
and restricts blood flow. Untreated, it can
increase your risk of heart attack or stroke.

John Madey, technical director of UPMC Altoona's Noninvasive Laboratory, will check for PAD using an ankle-brachial index, a painless process that measures blood pressure in your arms and legs. Be prepared to remove your shoes and socks.

By appointment. Call 814-889-2091.

NEW IN EBENSBURG

Heart Awareness



Wednesday, Oct. 10
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

UPMC Outpatient Center
152 Zeman Drive, Ebensburg

Tiffany Tomlinson, BSN, chest pain coordinator, will present facts about your heart and how lifestyle choices can affect your overall heart health. She also will demonstrate hands-only CPR, which could help you save someone in a life-threatening situation.

Registration required. Register online at UPMC.com/classes or call 814-889-2630.

Free Osteoporosis Screenings: Heel Scans



Fridays, Oct. 12,
Nov. 9, or Jan. 11
12:30 to 3 p.m.

Station Medical
Center, Imaging
Services Department

Osteoporosis is called a "silent disease" because bone loss

happens without symptoms. This painless screening — for women and men — takes just a few minutes. Be prepared to remove your shoes and socks.

By appointment. Call 814-889-7326.

Safe Sitter with CPR Class



Saturdays, Oct. 13,
2018 or Jan. 19, 2019
8:30 a.m. to 3 p.m.

Blair Regional YMCA
1111 Hewit St.
Hollidaysburg

This Safe Sitter with
CPR course is a
nationally recognized

babysitter training program for students ages 11 to 15. Learn how to care for a choking infant or child, basic first aid/CPR, personal safety as a babysitter, injury prevention, feeding, diapering, behavior management, and more.

Contact the Blair Regional YMCA at 814-695-4467 for information on how to register and cost of the program.

Medicare Basics

Thursday, Oct. 18
6 to 8:30 p.m. (light dinner followed
by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor
Outpatient Center

Friday, Oct. 19
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

Altoona Alliance Church

Melissa Hey and **John Vellone** of Blair Senior Services will provide an overview of Medicare, highlight important things to know before you turn 65, and changes you can make during the open enrollment period.

Registration required. Register online at UPMC.com/classes or call 814-889-2630.

Childbirth Education Classes

Mondays, Oct. 22 to Nov. 12, 2018 or
Jan. 7 to Feb. 4, 2019
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

As your delivery date gets closer, childbirth classes become especially important. Each 4-week session is designed to help expectant mothers and their coaches prepare for a positive labor and delivery experience.

Register online at UPMC.com/classes or call 814-889-2754.

Freedom From Smoking®: Be Tobacco Free in 7 Weeks



Tuesdays, Nov. 6 to Dec. 18 or
Jan. 8 to Feb. 18, 2019
4:30 to 6 p.m.

Lung Disease Center
800 Chestnut Ave., Altoona

Freedom From Smoking representatives will help you become tobacco free. This American Lung Association program, offered in conjunction with the Lung Disease Foundation of Central Pennsylvania, will provide you with information to understand tobacco addiction, create a plan to quit, change your behavior and thinking about tobacco use, manage stress and weight, and prevent a relapse. Free nicotine replacement therapy (patches, gum, or lozenges) will be available to participants. Seating is limited.

To register, call the Lung Disease Center at 814-946-2845.

Interpreter and Special Needs Requests

If you need an interpreter or have other special needs, please call Healthy Living at 814-889-2630 or 1-888-313-4665. Call at least 2 weeks before class starts so that we have time to process your request.

Weather Cancellations

Please listen to local radio for program cancellations, or call 814-889-2630 for a cancellation message.

Parking

Parking is free in the garage for program attendees at the hospital if you follow this procedure:

1. Take a ticket from the machine when you enter the garage.
2. Get a free parking voucher at the program you're attending.
3. Take both the ticket and voucher to a pay station. The voucher will act as your payment. You will receive a "paid ticket."
4. Return to your car with your "paid ticket" and exit the garage using that ticket in the machine at the exit gate. If you lose either your ticket or the voucher, you will have to pay to exit.

Child Safety Seat Inspection



Friday, Nov. 9
10 a.m. to 1 p.m.

UPMC Altoona, G Building (Green Building),
Parking Lot

Find out if your child's safety seat is installed properly. Your child's life may depend on it.

By appointment. Call 814-889-2453.

Overcoming Secondary Depression



Monday, Nov. 12
6:30 to 8:30 p.m.

Station Medical Center, Conference Room

David Hammerle, chaplain at UPMC Altoona, will lead this seminar that begins by establishing the differences between primary and secondary depression. He will focus on causes of secondary depression and ways to overcome it using guidelines from his book *A Biblical Pathway Through Depression*.

Registration required. Register online at UPMC.com/classes or call 814-889-2630.

Advances in Concussion Care



Thursday, Nov. 15
6 to 8:30 p.m.
(light dinner followed by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor
Outpatient Center

Friday, Nov. 16
11 a.m. to 1 p.m. (light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

Brandon Gillie, PhD, of the UPMC Sports Medicine concussion program, shares the latest information on how concussions are evaluated and managed. His presentation will debunk myths about concussion, review current diagnostic and treatment options, and introduce a new concussion evaluation and management service now available at UPMC Altoona.

Registration required. Register online at UPMC.com/classes or call 814-889-2630.

Don't Put It on the Table Until You Read the Label: Supermarket Tours



Wednesdays,
Nov. 28 or
Jan. 30
2 to 3:30 p.m.

Giant Eagle,
Logan Towne
Centre, Altoona
(meet in the
produce section)

UPMC Altoona clinical dietitian **Randy Grabill** will show you how to shop smart and follow a nutritious diet. You'll learn about foods to look for, foods to avoid, and how to read nutrition labels.

Tour size limited. Registration required; priority given to those who have not previously taken this tour.

Register online at UPMC.com/classes, or call 814-889-2239.

SAVE THE DATE

Diabetes & Sleep Health Day

Saturday, Nov. 17
8 a.m. (registration begins)

The Casino at Lakemont Park
300 Lakemont Park Blvd., Altoona

UPMC Altoona will host an all-day information session on coping with diabetes and sleep health. Activities will include a food preparation demonstration, a meal, health screenings, and a panel discussion with diabetes and sleep health doctors and other medical professionals.

For more information, call 814-889-2630.

Yoga



Tuesdays, Oct. 9 to Nov. 13 (6 weeks),
Nov. 27 to Dec. 18 (4 weeks) or
Jan. 8 to Feb. 12 (6 weeks)
5:30 to 6:40 p.m.

The Building II
1000 Howard Ave., Altoona

Cost: \$20 (4 weeks) or \$30 (6 weeks)
Bring a yoga mat to class.

Gail Murphy, a registered yoga teacher, leads classes in mind/body exercise, breath control, stretching, and strengthening to promote mental, physical, and spiritual well-being.

Class size limited to 25. Registration required. Call 814-946-8014 or send an email to register@thebuilding2.com.

Coping with Holiday Grief



Monday, Dec. 10
6:30 to 8:30 p.m.

Station Medical
Center,
Conference Room

David Hammerle,
chaplain to UPMC's
faith-based grief

support group, shares strategies to help grieving individuals cope during the holidays. This program is in its 9th year.

Registration required. Register online at UPMC.com/classes or call 814-889-2630

Your Heart Health

Thursday, Dec. 13
6 to 8:30 p.m. (light dinner followed by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor
Outpatient Center

Friday, Dec. 14
11 a.m. to 1 p.m. (light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

Kristi Montrella, CRNP, of UPMC Altoona's Department of Cardiology, will discuss heart health, cardiac disease, risk factors you can control, and the importance of making healthy lifestyle choices. She also will share information about medical advancements in cardiac care.

Registration required. Register online at UPMC.com/classes or call 814-889-2630.

Real Solutions for Success: 10-Week Session for People Seeking to Lose Pounds and Maintain a Healthy Weight



Thursdays,
Jan. 17 to
March 21, 2019

UPMC Altoona,
Cafeteria Dining
Room B, 4th Floor

Cost: \$60 (includes workbook and other course materials)*

UPMC Altoona
clinical dietitian

Monica Richers-Kelly provides practical guidance on important topics for people seeking to lose pounds and maintain a healthy weight.

Class size limited. Registration required. Register online at UPMC.com/classes, or call 814-889-2239.

*Attend 8 of the 10 sessions and keep food and activity records for at least 3 days each week to receive a \$30 cost rebate.

Diabetes Education & Support



For information about the next available class, call 814-889-2487.

Cost: \$20* for six 1.5-hour sessions (including materials)

Diabetes requires daily care to manage blood glucose levels and reduce complications. To give patients and their caregivers the information and skills to effectively manage the disease, this program meets the national standards for diabetes self-management education as established by the American Diabetes Association. Instructors include a registered nurse certified in diabetes education, a registered dietitian, and an exercise physiologist.

Each class is limited to 6 participants. No doctor's referral required.

*refunded if all six sessions are completed