

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.

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



Tuesdays, April 3, May 8, June 5, or July 10
6 to 7:30 p.m.

Wednesdays, April 25, May 30, or June 27
2 to 3:30 p.m.

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

UPMC Altoona clinical dietitians **Randy Grabill** and **Megan Koehle** 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.

Child Safety Seat Inspections

Fridays April 6, May 4, June 1, or July 13
9:30 to 11 a.m.

UPMC Altoona, Parking Garage,
Blue Level

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

By appointment. Call 814-889-2121.

Helping Children Manage Anger

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

Station Medical Center,
Conference Room

Anger is a powerful motivator and a necessary emotional tool for childhood development. Children need to know it is OK to be angry, but they need to be taught how to manage their anger to create positive results. This adult-only program is designed to help parents understand anger and teach children how to vent it properly.

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,
April 12 to June 21
(no class May 10)
4:30 to 5:15 p.m.

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.

Free Osteoporosis Screenings: Heel Scans

Fridays, April 13, May 11, or June 8
12:30 to 3 p.m.

Station Medical Center,
Imaging Services Department

Osteoporosis is called the "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.

Seniors for Safe Driving

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

Saturdays, April 14, May 12, June 9, or July 7
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. (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, April 17, May 15, June 19,
or July 17
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.

Can You Sleep Your Way to Better Health?



Thursday, April 19
6 to 8:30 p.m. (light dinner followed by program at 6:30 p.m.)

UPMC Altoona,
Rotunda, 6th Floor

Daniel J. Buysse, MD, co-director, UPMC Pittsburgh Sleep Medicine Center, will discuss how and why good sleep is vital for good health. He will explore the biological basis of sleep and biological rhythms, and examine ways that healthy sleep may help improve your overall health.

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

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.

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.

Pulmonary Rehab: An Overview

Friday, April 20
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

Altoona Alliance Church

Thomas Marra, regional director, cardiopulmonary rehabilitation at UPMC, will provide an overview about the benefits of pulmonary rehabilitation and how it can improve your ability to function as well as your quality of life.

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

Childbirth Education Classes

Mondays, April 23 to May 21
5 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

As your delivery date gets closer, childbirth classes become especially important. This 5-week series 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.

Yoga



Tuesdays, April 24
to May 29
5:30 to 6:40 p.m.

The Building II,
1000 Howard Ave.,
Altoona

Cost: \$30 (bring
a yoga mat to class)

Gail Murphy,
a registered yoga
teacher, leads the

class 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.

Women's Night Out 2018



Thursday, April 26
Doors open at 5 p.m.

The Casino at
Lakemont Park,
Altoona

Cost: \$45
(includes dinner)

Kay Frances, comedian, entertainer, and educator, will share her journey along the long, winding, and hilarious road to managing stress.

The event also features a jewelry raffle and a silent auction.

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

Multiphasic Blood Screening

Saturday, May 5
6:30 to 9:30 a.m.

Park Hills Country Club, Altoona

Cost: \$55 for a 36-test screening; other tests available for an additional cost. A 12-hour fast is required.

Sponsored by Altoona AMBUCS, this blood screening includes 36 tests that assist in the early detection of leading health risks. Visit AMBUCSAltoona.com for full details.

To register, call 814-889-4222. Be prepared to provide the name of the doctor who will receive and interpret your test results.



A Free Program for Women Undergoing Cancer Treatment

Monday, May 7
2 to 4 p.m.

UPMC Altoona,
Radiation
Oncology,
Conference Room,
4th Floor

Taught by trained cosmetologists, this special workshop is designed to help women undergoing cancer treatments look and feel better. The program is sponsored by the American Cancer Society, in association with the Personal Care Products Council Foundation and the Professional Beauty Association.

Each woman receives a free makeup kit to use during the workshop and to take home.

Registration required. Call 1-800-227-2345.

Freedom From Smoking®: Be Tobacco Free in 7 Weeks

Tuesdays, May 8 to June 19 or
July 10 to Aug. 21
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 Foundation at 814-946-2845.

A More Positive Me

Monday, May 14
6:30 to 8:30 p.m.

Station Medical Center,
Conference Room

An esteem-building program designed to help you discover ways to create a more positive understanding of yourself. The emphasis will be on helping you believe in your abilities and achieve your goals.

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

Skin Cancer: Diagnosis and Treatment



Thursday, May 17
6 to 8:30 p.m.
(light dinner
followed by program
at 6:30 p.m.)

UPMC Altoona,
Rotunda, 6th Floor

Friday, May 18
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

Altoona Alliance Church

Jill Murphy, MD, PhD, a board-certified plastic surgeon with UPMC Altoona Plastic Surgery, will present an overview of diagnosis and treatment options for both melanoma and non-melanoma skin cancers.

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

Two-Day Safe Sitter Class with CPR

Tuesday, June 5
6 to 9 p.m.
Wednesday, June 6
5:30 to 9 p.m.

Hollidaysburg YMCA
1111 Hewit St., Hollidaysburg

This 2-day Safe Sitter course is a nationally recognized babysitting 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 Hollidaysburg YMCA at 814-695-4467 for more information on how to register and cost of the program.

A Marriage Enrichment Seminar



Monday, June 11
6:30 to 8:30 p.m.

Station Medical
Center,
Conference Room

This seminar
is designed to

provide you with ideas and concepts that will build positive communication skills. The goal is finding ways to improve relationships by conveying positive principles.

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

Healthy Eating During the Summer



Thursday, June 14
6 to 8:30 p.m. (light dinner followed by
program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor

Jody Petrunak, a clinical dietitian at UPMC Altoona, will help you create a healthier life by using summer produce in interesting new ways.

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

Updates in Acute Ischemic Stroke Management



Friday, June 15
11 a.m. to 1 p.m.
(light lunch followed
by program
at 11:30 a.m.)

Altoona
Alliance Church

Nnenna Mbabuibe, MD, director, cerebrovascular neurosurgery and the Comprehensive Stroke Program at UPMC Altoona, discusses the pathology of acute ischemic stroke and recent advances in management, including intravenous thrombolysis and mechanical thrombectomy.

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