

Class Locations in Altoona

UPMC Altoona
620 Howard Ave.

Station Medical Center
17th St. and 9th Ave.

For Conference Room,
use K-4 entrance, left of
Fresenius Dialysis Center

Altoona Alliance Church
3220 Pleasant Valley Blvd.

Lung Disease Center
800 Chestnut Ave.

Use entrance closest
to alley



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.

Diabetes Education & Support



Offered on various dates throughout the year. Session start times are 9 a.m. and 4:30 p.m.

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

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

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 10 participants. No doctor's referral required.

*Refunded if all six sessions are completed

Free Osteoporosis Screenings: Heel Scans



Fridays, April 12,
May 10, June 14,
or July 12
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, April 13
or June 8
8 a.m. to 3 p.m.

Blair Regional YMCA
1111 Hewitt 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.

Peripheral Artery Disease (PAD) Screening



Tuesdays, April 16,
May 21, or June 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 a painless process to measure blood pressure in your arms and legs. Be prepared to remove your shoes and socks.

By appointment. Call 814-889-2091.

Yoga



Tuesdays, April 16 to May 21 (6 weeks)
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 classes in mind/body exercise, breath control, stretching, and strengthening.

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

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



Tuesday, April 16
6 to 7:30 p.m.

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

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

EBENSBURG PROGRAM

Blood Flow Restricted Exercise for Rehabilitation



Friday, April 12
11 a.m. to 1 p.m.
(Light lunch will
be served)

UPMC Outpatient
Center,
152 Zeman Drive,
Ebensburg, PA

Brian Hmel, DPT, PT, will discuss this new and different way to rehabilitate muscle injuries, particularly those occurring in an arm or leg.

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

DON'T MISS IT!

Women's Night Out



Thursday, April 25

Doors open at
5 p.m. Tickets
are \$45.

The Casino at
Lakemont Park, Altoona

Join us for dinner and an evening of laughter with comedian Sheena Reagan.

For more information and to order tickets, visit UPMCAltoonaFoundation.org/Events 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.

Advances in Concussion Care



Friday, April 26
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, and talks about the concussion evaluation and management service now available at UPMC Altoona.

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

Look Good, Feel Better

A Free Program for Women Undergoing Cancer Treatment



Monday, May 6
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. Each woman receives a free makeup kit to use during the workshop and to take home.

Registration required. Call 814-889-2400 for more information.

Child Safety Seat Inspection



April 12, May 10, or June 7
10 a.m. to 1 p.m.

UPMC Altoona, near the G Building

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.

A Biblical Pathway Through Depression



Monday, May 13
6:30 to 8:30 p.m.
(Light refreshments included)

Station Medical Center, Conference Room

David Hammerle, a chaplain with UPMC Altoona's Pastoral Care Department, will offer biblical guidelines that helped him overcome a personal battle with depression. Offers 0.2 CEUs.

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

Freedom From Smoking®: Be Tobacco Free in 7 Weeks



Tuesdays, May 14 to June 25
4:30 to 6 p.m.

Lung Disease Center

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 will be available. Seating is limited.

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

Cosmetic & Reconstructive Surgery: What You Need to Know



Thursday, May 16
6 to 8:30 p.m.
(Light dinner
followed by
program at
6:30 p.m.)

UPMC Altoona,
Rotunda, 6th Floor
Outpatient Center

Friday, May 17
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 both cosmetic and reconstructive procedures, and answer your questions.

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

Seniors for Safe Driving

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

Saturdays, May 18 or July 20
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.

Childbirth Education Classes



Mondays, June 10
to July 1
6 to 8 p.m.

UPMC Altoona,
Magee Lecture Hall,
6th Floor

As your delivery date gets closer, childbirth classes become especially important. The 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.

Do You Have Insomnia?

How to Get a Good Night's Sleep



Thursday, June 20
6 to 8:30 p.m.
(Light dinner
followed by
program at
6:30 p.m.)

UPMC Altoona,
Rotunda, 6th Floor

Debra Haldeman, PhD, will discuss how insomnia can make it hard to fall asleep, or stay asleep, or cause you to wake too early and feel unrested during the day. She'll also share information about what causes insomnia and a new therapy for treating it without medication.

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

Sleep Disorders & Treatment



Friday, June 21
11 a.m. to 1 p.m. (Light lunch
followed by program at 11:30 a.m.)

Altoona Alliance Church

Join **Suzanne Furman, RN**, of UPMC Altoona Sleep Medicine to learn more about sleep disorders and how the UPMC Altoona Sleep Center can help treat the most common disorders.

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, July 11 to Sept. 5
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.