

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.

Beginning in late 2018, some of our Healthy Living Club events will be offered at our **newly opened UPMC Outpatient Center in Ebensburg**. Check future calendars for a full schedule.

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, July 7, Aug. 11, or Sept. 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.

**Freedom From Smoking®:
Be Tobacco Free in 7 Weeks**



Tuesdays, July 10 to Aug. 21 or
Sept. 11 to Oct. 23
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.

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



Thursdays,
July 12 to
Sept. 20
(no class
July 26) or
Oct. 4-Dec. 13
(no class
Nov. 22)

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 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.

Child Safety Seat Inspections



Fridays, July 13,
Aug. 3, Sept. 7, Oct. 5
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.

Register online at UPMC.com/classes or call 814-889-2121 for an appointment.

**Free Osteoporosis Screenings:
Heel Scans**



Fridays, July 13,
Aug. 10 or Sept. 14
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.

**Free Peripheral Artery Disease
(PAD) Screening**



Tuesdays, July 17, Aug. 21, or Sept. 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.

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.

What You Need to Know About Hearing Loss

(Free hearing screenings for attendees)



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

UPMC Altoona, Rotunda,
6th Floor, Outpatient Center

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

Altoona Alliance Church

Karen Lemme, AuD, of Lemme Audiology Associates, will talk about hearing loss. By the end of the seminar, you will learn the three types of hearing loss, medical conditions caused by hearing loss and those that can cause a hearing loss, how to prevent hearing loss, treatment options available, and how to communicate with someone who has a hearing loss.

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

Childbirth Education Classes

Mondays, July 23 to Aug. 13 or
Oct. 22 to Nov. 12
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

As your delivery date gets closer, childbirth classes become especially important. This 4-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.

Look Good, Feel Better

A Free Program for Women Undergoing Cancer Treatment



Mondays, Aug. 6 or Oct. 1
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.

Bullying Prevention and Emotional Intelligence

Thursday, Aug. 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, Aug. 17
11 a.m. to 1 p.m. (light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

Jacqueline Harpster, MS, supervisor, UPMC Altoona Behavioral Health programs, will describe bullying types, as well as tactics, misconceptions, and causes. She will also discuss ways to address bullying with a specific focus on emotional intelligence, which is the ability to recognize, understand, label, express, and regulate emotions.

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

Yoga



Tuesdays, Aug. 21 to Sept. 25
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 this 6-week series in mind/body exercise, breath control, stretching, and strengthening to promote mental, physical, and spiritual well-being.

Class size limited to 20. 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



Wednesday, Aug. 29
2 to 3:30 p.m.

Tuesday, Oct. 2
6 to 7:30 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.

Building Self-Esteem in Children

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

Station Medical Center,
Conference Room

David Hammerle, chaplain with UPMC Altoona's Pastoral Care Department, will share his experience as a professional counselor about the importance of positive self-esteem in children. This 2-hour adult-only program will provide guidelines for parents and child care workers on ways to help build a child's positive understanding of themselves.

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

Safe Sitter Class with CPR



Saturdays, Sept. 15 or Oct. 13
8:30 a.m. to 3 p.m.

Blair Regional YMCA
1111 Hewitt St., Hollidaysburg

This Safe Sitter 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 more information on how to register and cost of the program.

Your Advantage: UPMC Health Plan

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

UPMC Altoona, Rotunda,
6th Floor, Outpatient Center

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

Altoona Alliance Church

Eric Middleton, UPMC Health Plan Connect Service and Sales representative, will be on-site to discuss UPMC Health Plan products or plans. He will review plan details and benefits. The presentation also will include information about what the UPMC Health Plan Connect Service and Sales Center can do for members and those who are new to insurance.

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