

**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](http://UPMC.com/classes).

To register online (only available for some programs, as indicated), visit [UPMC.com/classes](http://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  
or 1-888-313-4665.

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



Tuesdays, Jan. 9, Feb. 6, or March 6  
6 to 7:30 p.m.

Wednesdays, Jan. 31, Feb. 28, or March 28  
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](http://UPMC.com/classes),  
or call 814-889-2239.

**Peripheral Artery Disease  
(PAD) Screening**

Tuesdays, Jan. 9, Feb. 20, or March 20  
8 a.m. to 2:30 p.m.

UPMC Altoona Heart and Vascular  
Institute, 3rd Floor, Outpatient Center

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.

**Autoimmune Support Group**

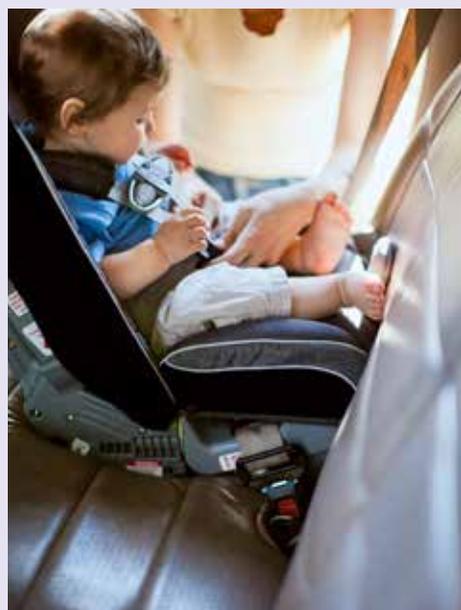
Wednesdays, Jan. 10, Feb. 14, and  
March 14  
6:30 to 7:30 p.m.

UPMC Altoona, Cafeteria, 4th Floor

This monthly support group offers coping skills to improve your quality of life. Share experiences and learn from others who face similar challenges associated with autoimmune diseases.

For information, call 814-931-0192.

**Child Safety Seat Inspections**



Mondays, Jan. 8, Feb. 12, or March 12  
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.

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



Tuesdays, Jan. 9 to Feb. 20 or  
Tuesdays, March 6 to April 17  
4:30 to 6 p.m.

Lung Disease Center

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.

**Free Osteoporosis Screenings:  
Heel Scans**

Fridays, Jan. 12, Feb. 9, or March 9  
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.

**Yoga**

Tuesdays, Jan. 16 to Feb. 20 and Tuesdays,  
March 6 to April 10  
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 each 6-week series 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](mailto:register@thebuilding2.com).

**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. Please 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.

## Childbirth Education Classes



Mondays, Jan. 22 to Feb. 19  
5 to 8 p.m.

UPMC Altoona, Outpatient Center,  
6th Floor, Magee Lecture Hall

As your delivery date gets closer, prepared 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](http://UPMC.com/classes), or call 814-889-2754.

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



Thursdays, Jan. 25 to March 29  
4:30 to 5:15 p.m.

UPMC Altoona, 4th Floor,  
Cafeteria Dining Room B

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](http://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.

## Seniors for Safe Driving



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

Saturdays, Feb. 10 or March 10  
9 a.m. to 1 p.m.

UPMC Altoona, Rotunda, 6th Floor,  
Outpatient Center

Cost: \$16

Successful completion of this course, designed for drivers age 55 and older, qualifies you for a 5% car insurance discount. (Most companies require that both spouses insured under the same policy take the class to receive the discount.)

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

## Listening Skills 101: Can You Hear What I'm Not Saying?

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

Station Medical Center,  
Conference Room

This program is designed to help you develop more positive listening skills in an effort to improve communication. An emphasis will be placed on learning to ask the right questions in order to encourage a person to share their feelings.

Offers 0.2 CEUs.

Registration required. Register online at [UPMC.com/classes](http://UPMC.com/classes), or call 814-889-2630 or 1-888-313-4665.

## Exercise to a Healthy Heart



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

UPMC Altoona, Outpatient Center,  
6th Floor, Rotunda

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

Altoona Alliance Church

**Thomas Marra**, regional director of cardiopulmonary rehabilitation at UPMC Altoona/UPMC Bedford Memorial, will provide an overview of the ways that exercise benefits your heart.

Register online at [UPMC.com/classes](http://UPMC.com/classes), or call 814-889-2630 or 1-888-313-4665.

## Look Good, Feel Better



A Free Program for Women Undergoing  
Cancer Treatment

Monday, March 5  
2 to 4 p.m.

UPMC Altoona, Radiation Oncology,  
Conference Room

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.

## Helping Children Manage Grief



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

Station Medical Center,  
Conference Room

While it is hard to know how a child will react to death, you cannot protect children from the pain of loss. This seminar gives adults the tools they need to help children manage their grief and to learn healthy coping skills that will serve them well in the future.

Offers 0.2 CEUs.

Registration required. Register online at [UPMC.com/classes](http://UPMC.com/classes), or call 814-889-2630 or 1-888-313-4665.

## March Is National Nutrition Month

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

UPMC Altoona, Rotunda, 6th Floor,  
Outpatient Center

UPMC Altoona clinical dietitian **Pam Sepp** leads a group discussion about nutrition and answers your questions.

Register online at [UPMC.com/classes](http://UPMC.com/classes), or call 814-889-2239.

## Colorectal Cancer Awareness and Prevention

Friday, March 9  
11 a.m. to 1 p.m. (light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

March is colorectal cancer awareness month. **Robert Bailey, DO**, of Blair Gastroenterology Associates, will present an overview of colorectal cancer and share prevention tips.

Registration required. Register online at [UPMC.com/classes](http://UPMC.com/classes), or call 814-889-2630 or 1-888-313-4665.

## Save the Date Women's Night Out 2018



Thursday, April 26

The Casino at Lakemont Park

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

Register online at [UPMC.com/classes](http://UPMC.com/classes).