

CALENDAR of EVENTS

BLAIR COUNTY HIGHLIGHTS

How Divorce Affects Children



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

Station Medical Center
Conference Room, K-4 entrance
1516 9th Ave., Altoona

Chaplain David Hammerle of UPMC Altoona's Pastoral Care Department will discuss the effects of divorce on child development through the lens of Maslow's hierarchy of needs and Erik Erikson's life cycle theory. The goal is to help adults who work with children understand childhood development in a stressful setting.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.



All About Peripheral Artery Disease (PAD)

Thursday, Feb. 20
6 to 8:30 p.m.
(Light dinner provided)

UPMC Altoona, Rotunda, 6th Floor
620 Howard Ave., Altoona

Friday, Feb. 21
11 a.m. to 1 p.m. (Light lunch provided)

Altoona Alliance Church
3220 Pleasant Valley Blvd., Altoona

Nicholas J. Madden, DO, a vascular surgeon at UPMC Altoona, will explain what PAD is and who is at risk. He will talk about ways to minimize progression of the disease and explain various treatment options available at UPMC Altoona.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.



Let's Talk About Heel Spurs

Thursday, March 12
6 to 8:30 p.m.
(Light dinner provided)

UPMC Altoona, Rotunda, 6th Floor
620 Howard Ave., Altoona

Join Gregory Meloy, MD, an orthopaedic surgeon at UPMC Altoona Elite Orthopaedics, to learn what causes painful heel spurs and how they are treated.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

Manage Stress With a Healthy Lifestyle

Friday, March 13
11 a.m. to 1 p.m. (Light lunch provided)

Altoona Alliance Church
3220 Pleasant Valley Blvd., Altoona

Thomas Marra, regional director of cardiopulmonary rehabilitation at UPMC Altoona/UPMC Bedford, will explain how lifestyle changes such as eating a healthy diet, exercising regularly, and getting enough sleep can help you manage stress.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.



Friday, January 17, 2020
Blair County Convention Center
6 to 10:30 p.m.

For more information, visit
UPMCAltoonaFoundation.org.

UPMC Altoona Foundation

BEDFORD COUNTY HIGHLIGHTS



The Future of Diabetes Management

Tuesday, Feb. 11
6 to 8 p.m.

Homewood at Spring House Estates
150 Victoria Ave., Everett

Tammie Payne, CRNP, CDE, a certified diabetes educator and nurse practitioner, will discuss the latest and newest trends in diabetes care. She will also provide an overview of diabetes complications, and treatments, and talk about the importance of diabetes self-management.

Free. Registration required. Call **814-623-3773**.

CAMBRIA COUNTY HIGHLIGHTS



Advances in Concussion Care

Tuesday, March 17
11 a.m. to 1 p.m.
(Light lunch provided)

UPMC Outpatient Center, 152 Zeman Dr., Ebensburg

Brandon Gillie, PhD, of the UPMC Sports Medicine Concussion Program, will talk about the latest in concussion evaluation and care practices, as well as the level of specialized treatment offered at UPMC Altoona.

Free. Registration required. Call **814-889-2630** or visit **UPMC.com/Classes**.

SAVE THE DATE!

Women's Night Out

Guest speaker
Nancy Norton

Thursday, April 23, 2020
at the
Blair County Convention Center

For more information, visit UPMCAltoonaFoundation.org and click Events or call Michelle Dodson at 814-889-6740.



HEALTH SCREENINGS

Osteoporosis Screening Heel Scans

Fridays, Feb. 14, March 13, and April 10
12:30 to 3 p.m.

Station Medical Center,
UPMC Imaging Services, Altoona

Be prepared to remove shoes
and socks. By appointment.

Free. Call **814-889-7326**.

Also available at the
**UPMC Outpatient Center in
Ebensburg**. For information,
call **814-471-2202**.

Peripheral Artery Disease (PAD) Screening

Tuesdays, Feb. 18 and March 24
8 a.m. to 2:30 p.m.

UPMC Altoona Heart and Vascular
Institute, 3rd Floor

Be prepared to remove shoes
and socks. By appointment.

Free. Call **814-889-2091**.

Walk-in Screening Mammography

For women 40 and over without
a doctor's order and who've not
already scheduled a mammogram.
Health insurance will be billed.
Financial assistance available for
those without health insurance.

For dates, times, and locations,
call **814-889-4222** (Altoona),
814-623-3797 (Bedford), or
814-471-2238 (Ebensburg).



HEALTHY LIVING

Bariatric Surgery Information Sessions

Third Wednesday of each month
5 to 6 p.m.

UPMC Altoona, Rotunda, 6th Floor

Free. For information or to register,
call **814-889-7500**.

Diabetes Education

Call for available dates and times.
UPMC Altoona, Cafeteria Dining
Room B, 4th Floor

Cost: \$20 for six 90-minute sessions.
Class size limited.

To register, call **814-889-2487**.
No doctor's referral needed.

Freedom from Smoking

Tuesdays, March 3 to April 14
4:30 to 6 p.m.

Lung Disease Center
800 Chestnut Ave., Altoona

Nicotine replacement patches, gum,
or lozenges available to participants.

Free. To register, call **814-946-2845**.

Look Good, Feel Better *(For women in cancer treatment)*

Monday, March 2
2 to 4 p.m.

UPMC Altoona, Radiation Oncology
Conference Room, 4th Floor

Includes a free makeup kit.

Free. Call **814-889-2400**.

Solutions for Weight Loss

Thursdays, March 26 to May 28
1:15 to 2 p.m. or 4:30 to 5:15 p.m.

UPMC Altoona, Cafeteria Dining
Room B, 4th Floor

Cost: \$60. Class size limited. Ask about
\$30 participation rebate available.

To register, call **814-889-2239**
or visit **UPMC.com/Classes**.

Seniors for Safe Driving *(For drivers age 55 and older)*

Saturdays, Jan. 18 or March 21
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.)

Free. To register, call **1-800-559-4880**
or visit **sfsd-pa.com**.

Shopping for Smart Nutrition Supermarket Tours

Tuesday, Jan. 28
2 to 3:30 p.m.

Tuesday, March 3
6 to 7:30 p.m.

Giant Eagle, Logan Towne Center,
Altoona (meet UPMC dietitians
in the produce section).

Free. To register, call **814-889-2239**
or visit **UPMC.com/Classes**.



PARENTING & CHILDCARE

Breastfeeding Classes

First Wednesday of each month
6 to 8 p.m.

UPMC Altoona, Allegheny Room,
6th Floor

Free. To register, call **814-889-2557**
or visit **UPMC.com/Classes**.

Breastfeeding classes also are
offered at UPMC Bedford.

Free. Call **814-623-9712** for details.

Child Safety Seat Inspections

By appointment only
(beginning in March)

UPMC Altoona, G Building
(green building), Parking Lot

By appointment.

Free. Call **814-889-2453**.

Childbirth Education Classes

Mondays, March 16 to April 6
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

Free. To register, call **814-889-2754**
or visit **UPMC.com/Classes**.

Childbirth classes are also offered
at UPMC Bedford.

Free. Call **814-623-9712** for details.

Safe Sitter® Essentials with CPR *(Babysitter training for ages 11 to 15)*

Saturday, Jan 18 or March 21
8:30 a.m. to 2:30 p.m.

Blair Regional YMCA
1111 Hewit St., Hollidaysburg

For registration and cost information,
contact the YMCA at **814-695-4467**.



GET MOVING

Healthy Steps in Motion *(For adults age 55 and older)*

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

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

Free. To register, call **814-889-2630**.

Yoga

Tuesdays, Feb. 25 to March 31
5:30 to 6:40 p.m.

The Building II
1000 Howard Ave., Altoona

Cost: \$30. Class size limited.

Registration required.

To register, call **814-946-8014** or
email **register@thebuilding2.com**.

- **Parking is free** in the garage for programs offered at UPMC Altoona. Use the free parking voucher you receive at the class as payment. If you lose the parking ticket or voucher, you'll pay to exit.
- **Weather Cancellations:** In case of inclement weather, please call **814-889-2630** for a cancellation message.
- **Need an interpreter or have other special needs?** Please call **814-889-2630** or **1-888-313-4665** at least 2 weeks before class starts.