

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.

Free Osteoporosis Screenings: Heel Scans



Fridays, Feb. 8
or March 8
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.

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



Thursdays,
Jan. 17 to March 21
or April 4 to June 6
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.

Seniors for Safe Driving



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

Saturdays, Jan. 19 or March 16
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.

Safe Sitter with CPR Class



Saturdays, Jan. 19
or April 13
8 a.m. to 3 p.m.

Blair Regional YMCA
1111 Hewit 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.

Childbirth Education Classes



Mondays, March 25 to April 15
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

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

Freedom From Smoking®: Be Tobacco Free in 7 Weeks



Tuesdays,
March 5 to April 16
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 Center at 814-946-2845.

Child Safety Seat Inspection



Friday, March 22
10 a.m. to 1 p.m.

UPMC Altoona, G Building (Green Building),
Parking Lot

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.

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



Wednesday,
Jan. 30
2 to 3:30 p.m.
Tuesday, March 5
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.

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.

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.

Peripheral Artery Disease (PAD) Screening



Tuesdays, Feb. 19 or March 19
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**.

Foot and Ankle Pain



Thursday, February 21
6 to 8:30 p.m. (Light dinner followed by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor Outpatient Center

Friday, February 22
11 a.m. to 1 p.m. (Light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

Gregory Meloy, MD, an orthopaedic surgeon at UPMC Altoona Elite Orthopaedics, will talk about common painful conditions of the foot and ankle and how they are treated. He'll also share information about innovative ways to treat ankle arthritis with joint replacement.

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

Yoga



Tuesdays, Feb. 26 to April 2 (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 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.

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)

Diabetes requires daily care to manage blood glucose levels and reduce complications. To give patients and their caregivers the information and skills to effectively manage the disease, 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*

EBENSBURG PROGRAM

Black Lung Q&A



Tuesday, March 19
10 to 11:30 a.m.
(Refreshments will be served)

UPMC Outpatient Center
152 Zeman Drive,
Ebensburg, PA

Are you or a family member a coal miner? If you've ever wondered if black lung testing would be beneficial, please join **Katelyn Grados** and **Renee Henry** of the UPMC Altoona Black Lung Program to learn more about the testing program at UPMC Altoona.

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

Stroke Awareness



Thursday, March 21
6 to 8:30 p.m. (Light dinner followed by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor Outpatient Center

Friday, March 22
11 a.m. to 1 p.m. (Light lunch followed by program at 11:30 a.m.)

Altoona Alliance Church

How stroke aware are you?

Cynthia Kenmuir, MD, PhD, an endovascular neurologist at UPMC Altoona, will help you get up to speed on risk factors, warning signs of stroke, lifestyle changes that can help prevent a stroke, and more.

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

EBENSBURG PROGRAM

Rotator Cuff Injuries



Tuesday, February 26
11 a.m. to 1 p.m. (Light lunch followed by program at 11:30 a.m.)

UPMC Outpatient Center
152 Zeman Drive, Ebensburg, PA

Did you know that a common cause of shoulder pain is injury to the rotator cuff? **Stephanie Grilli, DO**, an orthopaedic surgeon at UPMC Altoona Elite Orthopaedics, will lead a discussion on how shoulder pain can result from overuse or traumatic injury, and also talk about symptoms and treatments.

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

Using the Pen to Control Your Emotions



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

Station Medical Center,
Conference Room

Chaplain **David Hammerle** from UPMC Altoona's Pastoral Care Department will describe emotions that may cause you to react in a negative way. A professional counselor, he will teach how the proper use of writing can help control emotions to produce a positive outcome.

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

SAVE THE DATE

Women's Night Out



Thursday, April 25

The Casino at
Lakemont Park

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

For more information, visit UPMCAaltoonaFoundation.org and click Events, or call Jeanette Bender at **814-889-2630**.