

February 2019 Calendar of Events

February 6

Women's Cancer Support Group

2:00 p.m. – 4:00 p.m.
Cancer Center Resource Room
Medical Science Building
Registration is not required.
For more information,
please call 610.237.2648.

GO RED Health Fair

11:30 a.m. – 1:30 pm.
Mercy Fitzgerald Hospital Gift Shop Lobby
Come learn how to take better care of your heart with tips on exercise and eating heart healthy. You can also distress with "Stress Reduction for a Healthy Heart" deep breathing exercise demonstration every 15 minutes.

February 11

Bariatrics Support Group

5:00 p.m. – 6:00 p.m.
Sr. Marie Lenahan Wellness Center
2nd Floor Community Room
Learn more about life-changing bariatric surgery options, support services, and meet our bariatric surgeons.
For more information,
call 610.237.3641.

February 12

Total Joint Replacement Class

9:00 a.m.
Sr. Marie Lenahan Wellness Center
2nd Floor Community Room
For persons having or considering joint replacement surgery.
Please call 610.237.4907 for information or to register.

February 20

Men's Cancer Support Group

2:00 p.m. – 4:00 p.m.
Cancer Center Resource Room
Medical Science Building
Registration is not required.
For more information, please call 610.237.2648.

Recurring Events & Meetings

February 7, 14, 21 & 28

Diabetes Self-Management Education Classes

5:00 p.m. – 8:00 p.m.
Whether you are newly diagnosed or have been dealing with diabetes for years, proper management of the disease is essential to your health. Learn how to successfully manage all aspects of your diabetes.
Pre-registration required. To sign up or for more information, call 610.237.4192.

February 7 & 21

WRAP (Wellness Recovery Action Plan) Workshop

1:00 p.m. – 2:30 p.m.
Sr. Marie Lenahan Wellness Center
2nd Floor Community Room
Take control of your mental health recovery with WRAP, a self-management and recovery system.
Registration not required.
For more information, call 610.237.7340.

February 11 & 25

Bariatric Nutrition Class

4:30 p.m. – 5:00 p.m.
Sr. Marie Lenahan Wellness Center
2nd Floor Community Room
Nutrition class to help you successfully keep off the weight and maintain overall improved health.
For more information, please call 610.237.3641.

Every Wednesday, Thursday & Friday

Walk-In Screening Mammogram

8:00 a.m. – 4:00 p.m.
Women's Imaging Suite, Sr. Marie Lenahan Wellness Center
Physician prescription, insurance card and photo ID required.
For more information, call 610.237.2525.