

# March 2019 Calendar of Events

## March 6

### Women's Cancer Support Group

2:00 p.m. – 4:00 p.m.

Cancer Center Resource Room, Medical Science Building  
No registration required, free of charge.

**For more information, please call 610.237.2648.**

## March 11

### Bariatrics Support Group

5:00 p.m. – 6:00 p.m.

Sr. Marie Lenahan Wellness Ctr. 2nd Fl. Community Room.  
Learn more about life-changing bariatric surgery options, support services, and meet our bariatric surgeons.

**For more information, call 610.237.3641**

## March 12

### Bariatric Information Session

6:00 p.m.

Sr. Marie Lenahan Wellness Ctr. 2nd Fl. Community Room.  
Learn more about life-changing bariatric surgery options and support services at Mercy Bariatrics at any of the free information sessions, where you can meet our bariatric surgeons.

**To reserve your seat, or to schedule a one-on-one consultation, call 1.855.LESS YOU (1.855.537.7968) or visit us at [mercybariatrics.org](http://mercybariatrics.org).**

### Dine with the Docs: Keeping Your Heart Healthy presented by Thierry Momplaisir, MD, Mercy Interventional Cardiology

6:00 p.m.

Norman N. Cohen, MD Auditorium.

**Dinner is complimentary.**

**Call 1.877.GO MERCY to register for free.**

### Stroke Education Class

1:00 p.m. – 2:00 p.m.

Friendship Circle Senior Center. 1515 Lansdowne Avenue, Lansdowne, PA.

Support for those recuperating from a stroke and for their family members. Receive education, on nutritional, medication and lifestyle changes that can reduce your stroke factors.

**Please call 215.748.9592 for more information.**

### Total Joint Replacement Class

9:00 a.m. – 10:00 a.m.

Sr. Marie Lenahan Wellness Center, 2nd Fl.

Community Room. For persons having or considering joint replacement surgery.

**Please call 1-800-GO-MERCY for information or to register.**

## March 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 and Meetings

### March 6, 13, 20 & 27

#### 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.**

### March 7 & 21

#### WRAP (Wellness Recovery Action Plan) Workshop

1:00 p.m. – 2:30 p.m.

Sr. Marie Lenahan Wellness Ctr., 2nd Fl., 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.**

### March 11 & 25

#### Bariatric Nutrition Class

4:30 p.m. – 5:00 p.m.

Sr. Marie Lenahan Wellness Ctr., 2nd Fl., 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 Ctr.  
Physician prescription, insurance card and photo ID required.

**For more information, call 610.237.2525.**



**Mercy Fitzgerald Hospital**

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