

# March 2019 Calendar of Events

## March 6

### Colorectal Cancer Information Table

11:30 a.m. – 1:30 p.m.

Mercy Philadelphia Hospital, First Floor Cafeteria  
March is Colorectal Cancer Awareness Month. Receive education on colorectal cancer screenings and prevention.  
**Enjoy giveaways and a raffle.**

## March 7

### Stroke Education Class

2:00 p.m. – 3:30 p.m.

Mercy Philadelphia Hospital  
First Floor, McAuley Conference Room  
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.  
**For more information, please call 215.748.9582.**

## March 16

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

11:00 a.m.

Norman N. Cohen, MD Auditorium, Medical Science Bldg.  
**Lunch is complimentary.**  
**Call 1.877.GO MERCY to register for free.**

## March 19

### Healthy Cooking Demonstration

12:00 p.m.

Mercy Philadelphia Hospital Cafeteria  
Join us in a celebration of National Nutrition Month. The featured item prepared by Chef and Registered Dietitian, Zena, will be available for purchase. The Mercy Philadelphia team of dietitians will be available to answer any diet and lifestyle questions that you may have and provide you with additional information on this day.

## March 20

### Total Joint Replacement Class

1:30 p.m. – 2:30 p.m.

McAuley Conference Room (first floor, near Cafeteria)  
For persons having or considering joint replacement surgery.  
**Please call 1.877.GO MERCY for info. or to register.**

## March 25

### Grief Support Group

2:30 p.m. – 3:30 p.m.

Mercy Philadelphia Hospital, Cafeteria  
Losing a loved one can be a difficult time. Our support group offers extra support, companionship, healing and understanding for individuals who are experiencing any form of grief.  
**For more information, call 215.748.9440.**

## March 28

### Women's Cancer Support Group

2:00 p.m. – 3:30 p.m.

Iris Henderson Conference Room  
**Registration not required. For more information, call 484.800.6376.**

## Recurring Events

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## March 14 & 28

### Bariatric Nutrition Class

12:00 p.m. – 12:30 p.m.

Iris Henderson Conference Room, Ground Floor  
A nutrition classes to help you successfully keep off the weight and maintain overall improved health.  
**For more information, please call 610.237.3641**

## Every Wednesday, Thursday and Saturday Walk-In Screening Mammogram

Wednesdays & Thursdays

8:00 a.m. – 4:00 p.m.

Saturdays

8:00 a.m. – 12:00 p.m.

Radiology Registration  
Ground Floor, Medical Office Building  
Physician prescription, insurance card and photo ID required.  
**For more information, call 610.237.2525.**

Planning an event and need healthcare resources, such as information or a speaker?  
Please contact us at [MPHCommunity@mercyhealth.org](mailto:MPHCommunity@mercyhealth.org) or call 215.748.9700.



**Mercy Philadelphia Hospital**

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