

April 2019 Calendar of Events

April 3

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.

April 8

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.

April 9

Dine with the Docs: Knee and Hip Arthritis presented by Dr. Michael Yang, Mercy Sports Medicine

6:00 p.m.

Norman N. Cohen, MD Auditorium.

Dinner is complimentary. Hear from our experts while enjoying a complimentary meal.

Call 1.877.GO MERCY to reserve your spot or register online at mercyhealth.org.

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 Floor Community Room

For persons having or considering joint replacement surgery.

Please call 1.877.GO MERCY for information or to register.

April 17

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.

April 20

Faithfully Fit Fair

12:00 p.m. – 3:00 p.m.

Mt. Sinai Baptist Church, 123 Bartram Ave., Lansdowne, PA

Mercy Fitzgerald Hospital will provide free screenings and health and wellness information.

Recurring Events and Meetings

April 4, 11, 18, & 25

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.

April 4 & 18

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.

April 8 & 22

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 Ctr.

Physician prescription, insurance card and

photo ID required.

For more information, call 610.237.2525.