

# May 2019 Calendar of Events

## May 1

### 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.**

## May 6

### 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.**

## May 14

### Dine with the Docs:

#### Stroke Awareness and Prevention

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](http://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.**

#### Bariatric Information Session

6:00 p.m.

Sr. Marie Lenahan Wellness Center

2nd Floor 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).**

## May 15

### His and Hers Screening Event:

#### Helping Each Other Stay Healthy

5:00 p.m. – 8:00 p.m.

Rooms A – E, Medical Science Building

Men and women are welcome to Mercy Fitzgerald Hospital's free breast and prostate cancer screening and education event. Light refreshments, free health information, giveaways and informative lectures with breast surgeon Karen Kish, MD, and urologist Noah May, DO. The first 12 women to register will receive a free Clinical Breast Exam. The first 15 men to register will receive a free Digital Rectal Exam.

**Call 1.877.GO MERCY to reserve your spot.**

## May 15

### 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.**

## May 28

### Memorial Day Ceremony at Mercy Fitzgerald Hospital

12:00 p.m. – 1:00 p.m.

Horseshoe in front of the hospital

Join Mercy Fitzgerald Hospital and Mercy LIFE to commemorate U.S. Service Members who died while on active duty. For those who are able to show military ID, there will be giveaways including a lunch voucher to the hospital's cafeteria. Free health and wellness information will be provided.

## Recurring Events and Meetings

### May 1, 8, 15, 22 & 29

#### 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.**

### May 2, 16 & 30

#### 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.**

### May 6 & 20

#### 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.**



**Mercy Fitzgerald Hospital**

A Member of Trinity Health