

SAINT VINCENT HEALTH HAPPENINGS

Pull out and
post this
calendar!

SAINT VINCENT FITNESS AND WELLNESS CLASSES

Saint Vincent is dedicated to your good health! Please join us for this series of health and wellness classes. Classes are FREE to Highmark members. Nonmembers pay \$65 per class, unless otherwise noted. Purchase a 10-class fitness pass for \$50 in the Saint Vincent Gift Shop to enjoy these exciting classes. Unless otherwise noted, they are held in Room L-60 of the Hardner Building, 2315 Myrtle Street, Erie. Call **814-452-5619** for more information.

Graceful Fitness

Improve strength, balance and flexibility in this combination fitness/yoga/Pilates class.

When: Mondays, 12:30 to 1 p.m.

Kickboxing Knockout

A fun mix of kickboxing and strength

When: Wednesdays, 4:30 to 5:30 p.m.

Boot Camp

A high-energy class, focusing on full-body conditioning with cardio and core work.

When: Tuesdays, 4:30 to 5:15 p.m.

Zumba®

Burn calories to hypnotic musical rhythms and tantalizing moves.

When: Mondays, 4:30 to 5:30 p.m.

Lymphoma, Leukemia, Myeloma Support Group

When: Last Wednesday of each month, 6:30 to 8 p.m.

Where: Saint Vincent Women's Center Classroom

Cost: FREE

Call: 1-800-726-2873 for more information

Look Good, Feel Better

A special program for female cancer patients to help them offset appearance-related changes from cancer treatment

When: Mondays, May 9 and August 8; 2 to 4 p.m.

Where: Saint Vincent Women's Center Classroom

Cost: FREE

Call: 1-800-227-2345 to register.

Regional Cancer Center Breast Cancer Support Group

When: Third Wednesday of every month, 5:30 p.m.

Where: Regional Cancer Center, 2500 West 12 Street

Cost: FREE

RSVP required. Call **814-836-2660**

AARP Driver Safety Course for Drivers Over 55

When: Tuesdays, May 24 or September 13; 5:30 to 9:30 p.m.

Where: Saint Vincent Women's Center Classroom

Cost: \$12 for AARP members; \$14 for nonmembers

RSVP required. Call **814-866-4817**

HIP, KNEE OR SHOULDER PAIN?

Attend a free joint seminar, where you'll hear the latest on treatment from one of our orthopedic surgeons and a Rehab Solutions physical therapist. Call **814-866-4819** to register.

All seminars are held at McGarvey Learning Center,

Weekday Preparation for Labor Classes

A three-session class on pregnancy, labor, relaxation, breathing techniques and postpartum care.

When: Tuesdays, March 1, 8, 15; Mondays, April 4, 11, 18; Tuesdays, May 3, 10, 17; Mondays, June 6, 13, 20; Tuesdays, July 5, 12, 19; Mondays, August 1, 8, 15; OR Tuesdays, September 6, 13, 20; 6:30 to 9 p.m.

Cost: \$30 per couple

Saturday Preparation for Labor Classes

A two-session class on pregnancy, labor, relaxation, breathing techniques and postpartum care.

When: Saturdays, March 5, 12; April 2, 9; May 7, 14; June 4, 11; July 9, 16; August 6, 13; OR September 10, 17; 9 a.m. to 1 p.m.

Cost: \$30 per couple

Labor Refresher Class

When: Saturday, June 18; 9 a.m. to 1 p.m.

Cost: \$20 per couple

Newborn Care

When: Thursdays, March 3, April 7, May 5, June 2, July 7, August 4 OR September 1; 6:30 to 9 p.m.

Cost: \$15 per couple

Breastfeeding for New Parents

When: Thursdays, March 10, April 14, May 12, June 9, July 14, August 11 OR September 8; 7 to 9 p.m.

Cost: \$15 per couple

Working Mothers and Breastfeeding

When: Thursdays, March 24, May 26, July 28 OR September 22; 7 to 9 p.m.

Cost: \$15 per couple



An Independent Licensee of the Blue Cross and Blue Shield Association

HIGHMARK CLASS SERIES

Saint Vincent is pleased to host this series of classes presented by Highmark Blue Cross Blue Shield. Classes are **FREE** to Highmark members; a nominal fee is charged for non-members. All classes are held in room L-60 of the Hardner Building. To register for these classes, call **814-866-4817**.

Clear the Air (a smoking-cessation class)

When: Tuesday, April 12 OR Wednesday, July 6; 5 to 7 p.m.
Cost: \$30 or free for Highmark members

Diabetes Awareness and Preventionsm

When: Wednesdays, April 6, 13, 20, 27 OR July 13, 20, 27 and August 3 OR Thursdays, January 12, 19, 26; noon to 12:45 p.m.

Eat Well for Life Ism

When: Wednesdays, February 2, 9, 16, 23, March 2, 9; noon to 12:45 p.m. OR Wednesdays, July 6, 13, 20, 27, August 3, 10; noon to 12:45 p.m.

Eat Well for Life IIsm

When: Wednesdays, April 6, 13, 20, 27, May 4, 11; noon to 12:45 p.m.

Discover Relaxation Within Ism

When: 4-week session: Tuesdays, February 15, 22, March 1, 8 OR Tuesdays, July 5, 12, 19, 26; 5 to 6:30 p.m.

Discover Relaxation Within IIsm

When: 4-week session: Tuesdays, March 15, 22, 29, April 5; OR Tuesdays, May 26, June 2, 9, 16; OR Tuesdays, August 2, 9, 16, 23; 5 to 6:30 p.m.

COMMUNITY SUPPORT

Saint Vincent Cardiac Support Group

When: Thursdays, May 12 and August 4; noon to 1 p.m.

Where: McGarvey Learning Center

Cost: FREE

Call: 814-452-7273 to register

adjacent to the Saint Vincent Health Center main lobby at 232 West 25 Street. It's **FREE!**

Life Without Hip or Knee Pain Seminar

When: Wednesday, March 30, 10 a.m., with Gregg Mason, MD; Wednesday, May 11, 1 p.m., with Mark Buseck, MD; Tuesday, July 12, 10 a.m., with Thomas Fessler, MD; Tuesday, September 13, 10 a.m., with Mark Bloomstine, MD; Tuesday, November 8, 10 a.m., with David German, MD

Shoulder Pain Seminar

When: Tuesday, February 8, 1 p.m., with Mark Bloomstine, MD; Tuesday, April 12, 1 p.m., with Robert Lupo, MD; Tuesday, June 14, 10 a.m., with David German, MD; Wednesday, August 24, 1 p.m., with Mark Bloomstine, MD; Tuesday, October 11, 10 a.m., with David German, MD; Tuesday, December 6, 1 p.m., with Robert Lupo, MD

BEAUTIFUL BEGINNINGS

Classes for expectant and new parents. Unless otherwise noted, classes are held at the Saint Vincent Women's Center, 311 West 24 Street. To register, call **814-452-5664** or e-mail sbuffalari@svhs.org. Beautiful Beginnings classes may be reimbursable, so be sure to check with your health insurance provider.

NEW! ONLINE CHILDBIRTH CLASSES

Now you can learn about childbirth preparation (and more!) from the comfort of home, with Saint Vincent's new online class series for expectant parents. Go to www.SaintVincentHealth.com/babies to learn more and connect to this exciting class series.

Breastfeeding Support Group

When: Wednesdays, March 16, April 20, May 18, June 15, July 20, August 17 OR September 21; 7 to 8:30 p.m.

Cost: FREE

CPR for Infants, Children and Adults

When: Saturdays, March 12 OR June 11; 9 a.m. to 1 p.m.

Where: Saint Vincent Educational Services Classroom

Cost: \$35 per person

Dads Make a Difference

A class for fathers-to-be or new dads

When: Mondays, June 27 OR September 19; 7 to 9 p.m.

Cost: \$10

So, You're Going to Be a Grandparent

A class for expectant or new grandparents

When: Monday, July 18; 7 to 9 p.m.

Cost: \$10 per person

Mommy & Me Playgroup

When: The first and third Tuesday of every month, September through May; 10 to 11 a.m.

Cost: FREE

Sibling Preparation Classes

When: Tuesdays, April 5, June 7 OR August 2; 6:30 to 8 p.m.

Cost: \$10 for one child; \$5 for each additional child

Where: Saint Vincent First Floor Conference Room

Mothers and Daughters: On Growing Up

For girls, 9 to 12, and their moms

When: Saturday, May 21; 9 a.m. to noon

Cost: \$20 per mother-daughter couple; \$5 for each additional daughter