



Healthy Living

The following programs encourage better health for you and your family. Programs are FREE unless otherwise noted.

ONLINE OUTPATIENT APPOINTMENT REQUESTS

Online appointment requests are now available for imaging studies, MRI, outpatient therapy, cardio-pulmonary-neurology diagnostics, sleep studies, and other outpatient procedures. Visit www.StMaryHealthcare.org/schedule.

CHIP and MEDICAL ASSISTANCE INFORMATION

Insurance Counselors will be available to help families enroll in CHIP and Medical Assistance. Monday mornings, 8:30 a.m. to 2:00 p.m. Tuesday evenings, 5 to 7 p.m. Wednesday mornings, 8:30 to 11:30 a.m. St. Mary Bensalem Family Resource Center Bensalem Square Shopping Center 2546 Knights Road, Bensalem, PA Spanish translation is available by appointment. For more information, call 215.245.8563 ext. 26.

DIABETES AND YOU

Tuesdays, January 17, 24, 31, February 7, 14, from 10 a.m. to noon
Thursdays, February 16, 23, March 1, 8, 15, from 6:30 to 8:30 p.m.
Wednesdays, March 21, 28, April 4, 11, 18 from 7 to 9 p.m.
Comprehensive diabetes education classes covered in part or in full by many insurance plans, including Medicare. For more information or to register, please call 215.710.5812.

JOINT PAIN SEMINARS

FEATURE

Wednesday, January 25, 6 to 7 p.m.
St. Mary Medical Staff Conference Room
First Floor, Outpatient Care Facility
Thursday, February 2, 9 to 10 a.m.
Cancer Center Conference Room
St. Mary Regional Cancer Center, Ground Floor
Outpatient Care Facility
Wednesday, February 29, 6 to 7 p.m.
St. Mary Medical Staff Conference Room
First Floor, Outpatient Care Facility
Free seminar educating individuals on medications, exercise, surgical and non-surgical treatments for hip and knee pain. To register, contact Donna McNeill at dmcneill@stmaryhealthcare.org or 215.710.2658.

EPILEPSY SUPPORT GROUP

Thursday, February 2, 6:30 to 8 p.m.
St. Mary Medical Staff Conference Room
First Floor Outpatient Care Facility
Provides an avenue for individuals affected by epilepsy/seizure disorder to gather, share, and learn in an informal setting.
To register, please call 215.629.5003, ext. 102.

PROMOTING HEALTHIER LIVES FOR WOMEN

*Are you a woman 40 years of age?
Are you uninsured?*

St. Mary Medical Center is offering free mammograms for women 40 and older without insurance.
Screening Dates: February 2, 9, 15, 16 and 23
Call 215.710.2738 to find out if you qualify.

GILDA'S CLUB AT ST. MARY MEDICAL CENTER

Mondays, February 6 through 27
Cancer Center Conference Room
St. Mary Regional Cancer Center, Ground Floor
Outpatient Care Facility
Social and emotional support for people living with any type of cancer, including various support groups, workshops, yoga, journaling, 'Ask the Nurse', and many others
To register or receive more information, please call 215.710.6828. Look for the full schedule on the St. Mary website
www.StMaryHealthcare.org/Gildasclub.

CREIGHTON MODEL FERTILITYCARE SYSTEM

Tuesday, February 7, from 7 to 9 p.m.
St. Mary Spiritual Care Department – Directions available at the Main Lobby
1201 Langhorne-Newtown Road, Langhorne, PA
The Creighton Model can be used effectively to avoid or achieve pregnancy. It also can be used to help couples with infertility, and to assist in the assessment and management of women's health problems. To register, please call 215.249.9829.

NEW!

PARKINSON'S SUPPORT GROUP

NEW PROGRAM

First Session: Wednesday, February 8 10 to 11 a.m.
Cancer Center Conference Room
St. Mary Regional Cancer Center, Ground Floor
Outpatient Care Facility
To register, please call 215.710.5444.

WOMENHEART SUPPORT GROUP

Tuesday, February 14, 11 a.m. to 1 p.m.
St. Mary Cardiac Rehab Conference Room
First Floor, Outpatient Care Facility
Support group for women with heart disease is held the second Tuesday of every month
To register, please call 215.710.4182 or e-mail glendamendelsohn@gmail.com.

STROKE SUPPORT GROUP

Tuesday, February 14, 4 to 5 p.m.
St. Mary Trauma Center Conference Room
First Floor, Outpatient Care Facility
To register, please call 215.710.7667 or e-mail rdambrosio@stmaryhealthcare.org.

ROAD TO HEALTHIER LIVING

St. Mary is now offering this Chronic Disease Self-Management Program (CDSMP) to help individuals who have been diagnosed with a persistent medical condition better manage their health. The free interactive program consists of six weekly workshops. Participants must attend all six of the sessions as each workshop covers a different aspect of disease management.
Tuesdays, February 14 to March 20
9:30 a.m. to noon
Falls Twp Senior Center
282 Trenton Road, Fairless Hills, PA 19030
Wednesdays, April 4 to May 9
9 to 11:30 a.m.
Northampton Senior Center
165 Township Road, Richboro, PA 18954
To register for Road to Healthier Living or to receive more information, please call 215.710.5888.
Registration is required to attend and space is limited. Visit www.StMaryHealthcare.org/roadtohealth for more details.

KIDSHAPE 2.0 "HEALTHY LIFESTYLES FOR HEALTHY FAMILIES"

Bucks County youth and their families will enjoy 8 weeks of new foods, recipes, physical activities and creative ways to live healthfully. Students must be in the 85th percentile for their body-mass. Space is limited. To register, call 215.710.4590 or e-mail jdorr@stmaryhealthcare.org.
Tuesdays, starting January 17
6:15 to 8:30 p.m.
St. Bede the Venerable Catholic Elementary School
1053 Holland Road, Holland, PA
Tuesdays, starting January 24
6:15 to 8:30 p.m.
Maple Point Middle School
2250 Langhorne-Yardley Road, Langhorne, PA
Wednesdays, starting January 25
6:15 to 8:30 p.m.
Cornwells Elementary School
2215 Hulmeville Road, Bensalem, PA
Thursdays, starting January 26
6:15 to 8:30 p.m.
William Penn Middle School
1524 Derbyshire Road, Yardley, PA

February, 2012

FEATURE

ST. MARY PARENTING CENTER CLASSES

All classes are held in the Parenting Center, at the rear of the St. Mary campus. To register, please call 215.710.5976.
Baby Boppin' Jamm
Tuesdays, 10 to 11 a.m.
After the Stork
Tuesdays, 11:15 a.m. to 12:15 p.m.
Tot R Cise
Wednesdays, 10:15 to 11:15 a.m. and 12:45 to 1:30 p.m.
Meet, Greet and Chat
Thursdays, February 2, 9, 16 and 23
6:45 to 8:15 p.m.
Evenings at the Center
Wednesdays, February 8, 15 and 22
6:15 to 7:30 p.m.

BREAST CANCER SUPPORT GROUP

Monday, February 27, 6 to 7:30 p.m.
Cancer Center Conference Room
St. Mary Regional Cancer Center, Ground Floor
Outpatient Care Facility
To register, please contact Melanie Kaplan at 215.710.6828 or e-mail melanie@gildasclubdelval.org.

OUT AND ABOUT

This spring and summer, the Community League of St. Mary is offering reservations for events and trips, such as: The Philadelphia Museum of Art, Longwood Gardens, The Kitchen Garden Cooking School, and much more. To register or receive more information, please contact Rosanne Bell at tdbell1813@aol.com, or Barbara Pope at bpwc08@verizon.net.

AFTERNOON ON BROADWAY

Hosted by the Community League of St. Mary
On a Clear Day, Starring Harry Connick Jr.
Saturday April 21
St. James Theatre
245 West 44th Street, New York
To purchase tickets or receive more information, please call 215.710.2221.

VISIT US ON FACEBOOK



St. Mary Medical Center is live on Facebook at www.facebook.com/stmaryhealthcare. "Like" our page and receive automatic updates and helpful news. For more information, please call 215.710.6570.



It's your health. Expect more.

1201 Langhorne-Newtown Rd. Langhorne, PA 19047

Pre-registration required for all classes. Register online at www.StMaryHealthcare.org
Select "Calendar" and choose the event you wish to attend.