

What's Happening at:

AugustaTM
HEALTH

E·V·E·N·T·S CALENDAR

March 2016

BLOOD PRESSURE SCREENING WITH VITA

Thursdays, March 3 and March 17

3:30 pm – 6:00 pm

Booker T. Washington Community Center, Staunton. Free. Call 540.332.4976 for more information.

TYPE ONEderful KID'S DAY (Event for Children with Diabetes and Their Families)

Saturday, March 19 • 1:00 pm – 4:00 pm

Augusta Community Care Building

Insulin pump and CGM representatives, JDRF, the Artificial Pancreas Project at UVA, nutrition education, exercising with diabetes, kid's activities, discussions with other parents of diabetics. Free. Call 540.332.4190 for more information and to register.

FITNESS SCREENING

Lipid Panel Screening

Thursday, March 10 • 7:30 am – 11:00 am

Lifetime Fitness

Cholesterol, triglycerides, HDL, LDL, glucose and your ratio. Results can be faxed to your physician and kept on file for future screenings. *To register, contact Angela Kaltenborn, 540.332.5527. Cost: \$25.00 Lifetime members, \$30.00 for non-Lifetime members.*

WELLNESS CLASSES

Gain Independence from Tobacco (GIFT) Begin Your Journey to Stop Smoking/Using Smokeless Tobacco

Taught by a Certified Tobacco Treatment Specialist. Guidelines and recommendations are given on an individual basis. *For class information or one-on-one consultation, contact Dana Breeding, 540.332.4988.*

Diabetes Prevention Class

This one-session program, taught by a Diabetes Health Educator, is designed for individuals who have been diagnosed with pre-diabetes.

Thursday, March 10 from 6:00 pm – 8:00 pm in the Augusta Community Care Building. Free. For class information and to register, call 540.213.2537.

Living Well With Diabetes Class

Designed for newly diagnosed and those needing an update on diabetes self-management.

March 1, 8, 15 from 4:30 pm – 6:30 pm in the 1st Floor Heart and Vascular Conference Room.

Free. For class information and to register, contact Jean Magee at 540.213.2538.

LUNCH AND LEARN

Topic: Medical House Call Program

Speaker: Thomas Shapcott, M.D.

Tuesday, March 22 • 12:00 noon – 1:00 pm

Augusta Community Care Building Free. Reservations Required; Call 540.245.7900.

SUPPORT GROUPS

Diabetes and Nutrition

Type 1 Diabetes Support Group

For those with Type 1 Diabetes and their family and friends.

Thursday, March 3 from 6:00 pm-7:30 pm

Free. Reservations preferred; Call 540.213.2537 for exact location information.

Oncology and Cancer

For more information about Cancer Support Groups, contact Leigh Anderson, 540.245.7105.

Friends Listening to Friends

For newly diagnosed cancer patients who have fears, questions or concerns. This group also addresses life after cancer treatments.

Tuesdays, March 1, 8, 15, 22, 29 from 11:00 am-12:15 pm Augusta Health Cancer Center Conference Room.

Continuing Survivorship Group

For cancer patients who have completed treatment but still feel the need for continued support. *For more information, call 540.245.7105.*

Parkinson's Disease

Parkinson's Disease Support Group

For those who are impacted by Parkinson's Disease and their family members, partners and friends.

Speaker: Karen Hurt, Director, Waynesboro Senior Center. *Saturday, March 5 from 2:00 pm – 4:00 pm Augusta Community Care Building; for information, email Ben Herz at*

nherz@augustahealth.com or nherz@mbc.edu.

Stroke

Shenandoah Valley Stroke Club

For those who have experienced a stroke and their family members, and friends.

Friday, March 4 at 12:00 pm. For more information contact Shelley at 540.332.4047

Check out our website for other classes
– www.augustahealth.com/calendar