

Class Locations in Altoona

UPMC Altoona
620 Howard Ave.

Station Medical Center
17th St. and 9th Ave.

For Conference Room, use K-4 entrance, left of Fresenius Dialysis Center

Altoona Alliance Church
3220 Pleasant Valley Blvd.

Lung Disease Center
800 Chestnut Ave.

Use entrance closest to alley



Programs are free of charge and open to all adult age groups, unless otherwise noted. For a complete list of Healthy Living Club classes, visit AltoonaRegional.org/Classes_HealthyLiving.htm.

To register online (only available for some programs, as indicated), visit UPMC.asapconnected.com.

Healthy Steps in Motion



Mondays, Wednesdays, and Fridays
8:15 and 10 a.m.

Abundant Life Assembly of God Church,
231 Howard Ave., Altoona

If you are 55 or older, this fun, peer-led weight resistance and strength training program is designed with your good health in mind.

To register, call 814-889-2630 or 1-888-313-4665.

Look Good, Feel Better



A Free Program for Women Undergoing Cancer Treatment

Monday, Oct. 2
2 to 4 p.m.

UPMC Altoona, Radiation Oncology,
Conference Room

Taught by trained cosmetologists, this special workshop is designed to help women undergoing cancer treatments look and feel better. The program is sponsored by the American Cancer Society, in association with the Personal Care Products Council Foundation and the Professional Beauty Association.

Each woman receives a free makeup kit to use during the workshop and to take home.

Registration required.
Call 1-800-277-2345.

Don't Put It on the Table Until You Read the Label: Supermarket Tours



Tuesdays, Oct. 3 or Nov. 7
6 to 7:30 p.m.

Wednesdays, Oct. 25 or Nov. 29
2 to 3:30 p.m.

Giant Eagle, Logan Town Centre, Altoona
(meet in the produce section)

UPMC Altoona clinical dietitians **Randy Grabill** and **Megan Schall** show you how to shop smart and follow a nutritious diet. You'll learn about foods to look for, foods to avoid, and how to read nutrition labels.

Tour size limited. Registration required; priority given to those who have not previously taken this tour.
Call 814-889-2630 or 1-888-313-4665, or register online.

Peripheral Artery Disease (PAD) Screening



Tuesdays, Oct. 3, Nov. 7, or Dec. 5
8 a.m. to 2:30 p.m.

UPMC Altoona Heart and Vascular Institute, 3rd Floor, Outpatient Center

PAD occurs when plaque clogs arteries and restricts blood flow. Untreated, it can increase your risk of heart attack or stroke.

John Madey, technical director of UPMC Altoona's Noninvasive Laboratory, will check for PAD using an ankle-brachial index, a painless process that measures blood pressure in your arms and legs. Be prepared to remove your shoes and socks.

By appointment. Call 814-889-2091.

Real Solutions for Success: 10-Week Session for People Seeking to Lose Pounds and Maintain a Healthy Weight



Thursdays, Oct. 5 to Dec. 14
(no class Nov. 23)
4:30 to 5:15 p.m.

UPMC Altoona, 4th Floor,
Cafeteria Dining Room B

Cost: \$60 (includes workbook and other course materials)*

UPMC Altoona clinical dietitian **Monica Richers-Kelly** provides practical guidance on important topics for people seeking to lose pounds and maintain a healthy weight.

Class size limited. Registration required.
Call 814-889-2630 or 1-888-313-4665.

*Attend 8 of the 10 sessions and keep food and activity records for at least 3 days each week to receive a \$30 cost rebate.

Yoga



6-Week Series: Tuesdays, Oct. 10 to Nov. 14
4-Week Series: Tuesdays, Nov. 28 to Dec. 19
5:30 to 6:40 p.m.

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Cost: \$30 for the 6-week series; \$20 for the 4-week series (bring a yoga mat to class)

Gail Murphy, a registered yoga teacher, leads the class in mind/body exercise, breath control, stretching, and strengthening to promote mental, physical, and spiritual well-being.

Class size limited to 30. Registration required. Call 814-889-2630 or 1-888-313-4665, or register online.

Interpreter and Special Needs Requests

If you need an interpreter or have other special needs, please call Healthy Living at 814-889-2630 or 1-888-313-4665. Please call at least 2 weeks before class starts so that we have time to process your request.

Parking

Parking is free in the garage for program attendees at the hospital if you follow this procedure:

1. Take a ticket from the machine when you enter the garage.
2. Get a free parking voucher at the program you're attending.
3. Take both the ticket and voucher to a pay station. The voucher will act as your payment. You will receive a "paid ticket."
4. Return to your car with your "paid ticket" and exit the garage using that ticket in the machine at the exit gate. If you lose either your ticket or the voucher, you will have to pay to exit.

Free Osteoporosis Screenings: Heel Scans



Fridays, Oct. 13,
Nov. 10, or Dec. 8
12:30 to 3 p.m.

Station Medical
Center, Imaging
Services Department

Osteoporosis is called the “silent disease” because bone loss happens without symptoms.

This painless screening — for women and men — takes just a few minutes. Be prepared to remove your shoes and socks.

By appointment. Call **814-889-2630** or **1-888-313-4665** to register.

Seniors for Safe Driving



Refresher Mature Driver Improvement Course

Saturdays, Oct. 14, Nov. 11, or Dec. 9
9 a.m. to 1 p.m.

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Cost: \$16

If you've successfully completed the Basic Mature Driver Improvement Course, you must take the Refresher Course every 3 years in order to maintain the 5 percent auto insurance discount.

Registration required. Call **1-800-559-4880**

Cosmetic Surgery: What You Should Know



Thursday, Oct. 19
6 to 8:30 p.m. (light dinner followed
by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Friday, Oct. 20
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

Altoona Alliance Church

Jill Murphy, MD, PhD, a Board-certified plastic surgeon with UPMC Altoona Plastic Surgery, will present an overview of plastic and cosmetic surgery and answer your questions.

Registration required. Call **814-889-2630** or **1-888-313-4665**, or register online.

See Yourself as God Sees You: A Project in Esteem Building



Monday, Oct. 23
6:30 to 8:30 p.m.

Station Medical Center, Conference Room

Requested Donation: \$10 to support Day One of Altoona, a nonprofit, faith-based counseling service.

This seminar is centered around the belief that every human being comes into this world with a God-given purpose. The program focuses on the need to believe that you have been given the ability to discover the task for which you were created.

Offers 0.2 CEUs.

Registration required. Call **814-889-2630** or **1-888-313-4665**, or register online.

Freedom From Smoking®: Be Tobacco Free in 7 Weeks



Tuesdays, Nov. 7 to Dec. 19
4:30 to 6 p.m.

Lung Disease Center

Our Freedom From Smoking facilitators will help you become tobacco free. This American Lung Association program, offered in conjunction with the Lung Disease Foundation of Central Pennsylvania, will provide you with information to understand tobacco addiction, create a plan to quit, change your behavior and thinking about tobacco use, manage stress and weight, and prevent a relapse. Free nicotine replacement therapy (patches, gum, or lozenges) will be available to participants. Seating is limited.

To register, call the Lung Disease Center at **814-946-2845**.

Medicare Basics

Thursday, Nov. 9
6 to 8:30 p.m. (light dinner followed by
program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Melissa Hey and **John Vellone** of Blair Senior Services will lead this discussion about Medicare and what you should know before you turn 65.

Class size limited. Registration required.
Call **814-889-2630** or **1-888-313-4665**,
or register online.

The Aging Eye



Friday, Nov. 17
11 a.m. to 1 p.m. (light lunch followed by
program at 11:30 a.m.)

Altoona Alliance Church

Fusun Cardakli, MD, an ophthalmologist with EyeDoc Associates, LLC, will answer questions about your eyes, how they age, and what you can do to take better care of them.

Registration required. Call **814-889-2630** or **1-888-313-4665**, or register online.

Coping With Holiday Grief



Monday, Dec. 4
6:30 to 8:30 p.m.

Station Medical Center, Conference Room

Requested Donation: \$10 to support Day One of Altoona, a nonprofit, faith-based counseling service.

Grief is about loss, an event that changes your life forever. Holidays are about remembering traditions that will never be the same. This annual seminar is designed to help you learn ways to cope with these difficult changes.

Offers 0.2 CEUs.

Registration required. Call **814-889-2630** or **1-888-313-4665**, or register online.

Healthy Eating During the Holidays



Thursday, Dec. 7
6 to 8:30 p.m. (light dinner followed
by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor,
Outpatient Center

Friday, Dec. 8
11 a.m. to 1 p.m. (light lunch followed
by program at 11:30 a.m.)

Altoona Alliance Church

Monica Richers-Kelly, a clinical dietitian at UPMC Altoona, will share tips to help you eat healthy during the holidays.