

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 (HSIM)



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

Seniors for Safe Driving



UPMC Altoona, Rotunda,
6th Floor, Outpatient Center

Cost: \$16

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

Refresher Mature Driver Improvement Course
Saturday, July 8 or Sept. 9
9 a.m. to 1 p.m.

Saturday, Aug. 12
8:30 a.m. to 12 noon

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 discount. The Basic Mature Driver Improvement Course is being offered this summer (see below for details).

Basic Mature Driver Improvement Course
Saturday, Aug. 12
8:30 a.m. to 4:30 p.m.

Designed for drivers age 55 and older, this PennDOT-approved classroom course covers age-related physical changes, perceptual skills, rules of the road, and more. Under Pennsylvania law, you may be entitled to at least a 5% discount on your entire automobile insurance policy if you are 55 or older and successfully complete a driver improvement course approved by PennDOT. Please check with your insurance carrier for the specifics of their program.

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



Tuesday, July 11, Aug. 8, or Sept. 5
6 to 7:30 p.m.

Wednesday, July 26, Aug. 23, or Sept. 27
2 to 3:30 p.m.

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

UPMC Altoona clinical dietitians **Randy Grbill** 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 those 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.

Freedom From Smoking®: Be Tobacco Free in 7 Weeks



Tuesdays, July 11 to Aug. 22
or Sept. 12 to Oct. 24
4:30 to 6 p.m.

Lung Disease Center
800 Chestnut Ave., Altoona
(Use entrance closest to the alley)

Our Freedom from Smoking facilitators will help you take steps to 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 using tobacco, manage stress and weight, and prevent a relapse. Free nicotine replacement therapy (patches, gum, or lozenges) available to participants. Seating is limited.

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

Look Good, Feel Better
A free program for women undergoing cancer treatment



Monday, July 10
2 to 4 p.m.

UPMC Altoona, Radiation Oncology,
Conference Room

This special workshop, taught by trained cosmetologists, 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 at home.

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

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



Thursdays, July 13 to Sept. 21
(no class July 27) or Oct. 5 to Dec. 14
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, covering 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 at least 3 days each week — and you'll receive a \$30 cost rebate.

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

Friday, July 14, Aug. 11, or Sept. 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.

Lyme Disease: What You Need to Know

Friday, July 21 11 a.m. to 1 p.m. (Lunch served 11 to 11:30 a.m.)

Altoona Alliance Church

Lyme disease is on the rise in our area. Join **Andrea Santarelli, DO**, of Altoona Family Physicians, to learn about the risk factors for contracting Lyme disease, as well as symptoms, treatment, and potential complications. Dr. Santarelli also will share prevention tips to help you and your family avoid the disease.

Registration required.

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



STOP the Bleed: Are You Prepared to Save a Life?

Thursday, Sept. 14 6 p.m. (Light dinner followed by program at 6:30 p.m.)

UPMC Altoona, Rotunda, 6th Floor, Outpatient Center

STOP the Bleed is a national initiative aimed at training the general community on how to save lives by identifying and treating severe bleeding. Led by **Simon J. Lampard, MD**, medical director of the UPMC Altoona Regional Trauma Center, this program will teach you how to use tourniquets, pack wounds, and apply pressure to stop a life-threatening bleed.

Class size limited. Registration required by Thursday, Sept. 7.

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

Depression and Suicide



Monday, July 17 6:30 to 8:30 p.m. (includes refreshment break)

Station Medical Center, Conference Room (use K-4 entrance, left of Fresenius Dialysis Center)

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

Led by **Rev. David Hammerle** of UPMC Altoona's Pastoral Care Department, this is a suicide prevention seminar. The program will address primary and secondary depression, the connection to suicide, and key signs to watch for to help prevent suicide.

Offers 0.2 CEUs.

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

Child Safety Seat Checkup Station

Friday, Aug. 11 or Sept. 8 9:30 to 11 a.m.

UPMC Altoona, Parking Garage, Blue Level (look for the Safe Kids van)

Find out if your child's safety seat is installed properly.

By appointment. Call Safe Kids Blair County at 814-889-7802.

Keep Your Feet on the Ground: Fall Risks and Prevention



Friday, Aug. 18 11 a.m. to 1 p.m. (Lunch served 11 to 11:30 a.m.)

Altoona Alliance Church

According to the Centers for Disease Control and Prevention, millions of people fall each year, with 1 out of every 5 falls resulting in serious injury that may require hospitalization. Join **Brent Dodson**, physical therapist for Centers for Rehab Services at UPMC Altoona, to learn how falls can be related to muscle, balance, and gait issues, as well as environmental factors. You'll also learn how to prevent falls.

Registration required.

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



Memory Loss: Normal vs. Abnormal Aging Changes

Friday, Sept. 15 11 a.m. to 1 p.m. (Lunch served 11 to 11:30 a.m.)

Altoona Alliance Church

Join **Joseph Antonowicz, MD**, medical director of UPMC Altoona Behavioral Health Services, to learn how and why memory changes as we age. He'll talk about normal aging changes, as well as abnormal changes associated with diseases such as Alzheimer's.

Registration required.

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

Children of Divorce

Monday, Sept. 18 6:30 to 8:30 p.m. (includes refreshment break)

Station Medical Center, Conference Room (use K-4 entrance, left of Fresenius Dialysis Center)

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

Presented by the **Rev. David Hammerle** of UPMC Altoona's Pastoral Care Department, this program will attempt to help adults see the effects of divorce on children, focusing on the contributions of Erik Erikson and Abraham Maslow with regard to childhood development and needs that go unmet. Childhood grief also will be considered.

Offers 0.2 CEUs.

Registration required.

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

Peripheral Artery Disease (PAD) Screening



Tuesday, July 18, Aug. 8, or Sept. 12 8 a.m. to 2:30 p.m.

UPMC Altoona 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. This painless test measures blood pressure in your arms and legs. Be prepared to remove your shoes and socks.

By appointment. Call 814-889-2091.



Yoga (6-Week Series)

Tuesdays, Aug. 22 to Sept. 26 5:30 to 6:40 p.m.

UPMC Altoona, Rotunda, 6th Floor, Outpatient Center

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

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

Class size limited to 50. Registration required. Call 814-889-2630 or 1-888-313-4665, or register online.