

CALENDAR of EVENTS

COVID-19: IMPORTANT INFORMATION

COVID-19 ALERT: If you think you have been exposed to COVID-19 and develop a fever and symptoms such as coughing or difficulty breathing, call your health care provider for medical advice. For the latest information, visit [UPMC.com/Coronavirus](https://www.upmc.com/coronavirus).

IMPORTANT: Event dates in this calendar may be postponed or canceled, or registration numbers may be limited for the health and safety of all. Please check [UPMC.com/Classes](https://www.upmc.com/classes) or call the phone number listed to confirm a class of interest.

FOUNDATION EVENTS: The UPMC Altoona Foundation annual Golf Classic (June 22) and Cast & Blast (Aug. 25 and 26) may also change dates or format. Please visit [UPMCAltoonaFoundation.org](https://www.upmc.com/altoona-foundation) or call **814-889-6740** for information.

BLAIR COUNTY HIGHLIGHTS

Diabetes: Prevention Is Power

Thursday, July 9

6 to 8:30 p.m. (Light dinner provided.)

UPMC Altoona, Rotunda, 6th Floor
620 Howard Ave., Altoona

Friday, July 10

11 a.m. to 1 p.m. (Light lunch provided.)

Altoona Alliance Church
3220 Pleasant Valley Blvd., Altoona

Monica Richers-Kelly, RD, a clinical dietitian at UPMC Altoona, will discuss prediabetes, and review the risk factors for diabetes and how to prevent it.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

Caring for the Wounded Caregiver

Monday, July 13

6:30 to 8:30 p.m.

Station Medical Center
Conference Room, K-4 entrance
1516 9th Ave., Altoona

The stress of caring for others can put strain on the caregiver. Chaplain David Hammerle of UPMC Altoona's Pastoral Care Department will share some of the ways that caregivers can help themselves deal with their own struggles while caring for the needs of others.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

Organ Donation: The Gift of Life

Thursday, Aug. 20

6 to 8:30 p.m. (Light dinner provided.)

UPMC Altoona, Rotunda, 6th Floor
620 Howard Ave., Altoona

Few people know the important facts about organ donation. Erica Hetzel, a professional services liaison with the Center for Organ Recovery & Education, will dispel some common myths about organ donation and answer questions about this important topic.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

Keep Your Smile

Friday, Aug. 21

11 a.m. to 1 p.m. (Light lunch provided.)

Altoona Alliance Church
3220 Pleasant Valley Blvd., Altoona

Daniel Novak Jr., DMD, a dentist with UPMC Altoona Partnering for Dental Services, will talk about preventing cavities and tooth decay. He'll also explain why good dental health is important and provide a better understanding of how you can prevent cavities.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

Stroke Information and Aftercare

Thursday, Sept. 17

6 to 8:30 p.m. (Light dinner provided.)

UPMC Altoona, Rotunda, 6th Floor
620 Howard Ave., Altoona

Friday, Sept. 18

11 a.m. to 1 p.m. (Light lunch provided.)

Altoona Alliance Church
3220 Pleasant Valley Blvd., Altoona

Brent Dodson, PT, DPT, NCS, a neurological clinical specialist, will talk about the role and effectiveness of support groups for patients, caregivers, and families after a stroke or brain aneurysm.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

The UPMC Stroke Center hosts a **Stroke and Brain Aneurysm Support Group** for patients, families, and caregivers. The group meets the second Tuesday of every other month. Next meeting is **June 9 from 5 to 6 p.m.** Visit [UPMCAltoona.com/SupportGroups](https://www.upmc.com/altoona/supportgroups).

BEDFORD COUNTY HIGHLIGHTS

Surgical Services at UPMC Bedford: An Update



Wednesday, July 22

6 to 7:30 p.m.

UPMC Bedford
10455 Lincoln Hwy., Everett

Howard Black, MD, and Stephen Schmidt, MD, experienced general surgeons with UPMC Altoona Cove Surgical Associates, recently joined UPMC Bedford's general surgery department and are now seeing patients in Everett. Attend this presentation to learn more about inpatient, outpatient, and same-day surgical procedures available at UPMC Bedford.

Free. Registration required. Call **814-623-3773**.

Stroke Awareness: Every Second Counts

Wednesday, Sept. 9

6 to 7:30 p.m.

UPMC Bedford
10455 Lincoln Hwy., Everett

Time is of the essence when it comes to strokes, so you must act quickly. Roger Arnold, BSN, stroke care coordinator at UPMC Bedford, will talk about how important it is to recognize the signs and symptoms of a stroke. Emergency treatment can help improve a stroke patient's chances for survival and recovery while lowering the risk of common disabilities that can result from a stroke.

Free. Registration required. Call **814-623-3773**.

CAMBRIA COUNTY HIGHLIGHTS



Let's Talk About Incontinence

Friday, July 17
11 a.m. to 1 p.m.
(Light lunch provided.)

UPMC Outpatient Center
152 Zeman Drive, Ebensburg

Deanna Johnson, PT, DPT, CLPT, a physical therapist with UPMC Centers for Rehab Services, will talk about incontinence — an embarrassing condition that most people choose to hide from friends and family. Topics will include urinary/fecal urgency, frequency, and leakage, as well as available treatments.

Free. Registration required. Call **814-889-2630** or visit [UPMC.com/Classes](https://www.upmc.com/classes).

Seniors for Safe Driving (For drivers age 55 and older.)

Friday, Aug. 7
9 a.m. to 1 p.m.

UPMC Outpatient Center
152 Zeman Dr., Ebensburg

Designed specifically for adults age 55 and older, this driver improvement course will help you refresh your driving techniques, regain confidence, and develop a positive driving attitude. Successful completion of this course may qualify you for a car insurance discount.

Cost: \$16.

To register, call **1-800-559-4880** or online at [sfsd-pa.com](https://www.sfsd-pa.com).

Also offered in Altoona. See other side of calendar for details.



HEALTH SCREENINGS

Osteoporosis Screening Heel Scans

Fridays, June 12, July 10, Aug. 14, Sept. 11
12:30 to 3 p.m.

Station Medical Center,
UPMC Imaging Services, Altoona

Be prepared to remove shoes
and socks. By appointment.

Free. Call **814-889-7326**.

Also available at the
**UPMC Outpatient Center in
Ebensburg**. For information,
call **814-471-2202**.

Peripheral Artery Disease (PAD) Screening

Tuesdays, July 28, Aug. 25, Sept. 29
8 a.m. to 2:30 p.m.

UPMC Altoona Heart and Vascular Institute,
3rd Floor

Be prepared to remove shoes
and socks. By appointment.

Free. Call **814-889-2091**.

Walk-In Screening Mammography

For women age 40 and over without
a doctor's order and who've not
already scheduled a mammogram.
Health insurance will be billed.
Financial assistance available for
those without health insurance.

For dates, times, and locations,
call **814-889-4222** (Altoona),
814-623-3797 (Bedford),
or **814-471-2238** (Ebensburg).



HEALTHY LIVING

Bariatric Surgery Information Sessions

Third Wednesday of each month
5 to 6 p.m.

UPMC Altoona, Rotunda, 6th Floor

Free. For information or to register,
call **814-889-7500**.

Diabetes Education

Call for available dates and times

UPMC Altoona, Cafeteria Dining
Room B, 4th Floor

Cost: \$20 for six 90-minute sessions.
Class size limited.

To register, call **814-889-2487**.
No doctor's referral needed.

Freedom from Smoking—Altoona

Tuesdays, July 7 to Aug. 18 OR
Sept. 8 to Oct. 20
4:30 to 6 p.m.

Lung Disease Center
800 Chestnut Ave., Altoona

Freedom from Smoking—Bedford

Tuesdays, July 14 to Aug. 25 (extra class
on Thursday, Aug. 6) OR Sept. 8 to
Oct. 20 (extra class on Thursday, Oct. 1)
4:30 to 6 p.m.

Bedford County Chamber of Commerce
203 S. Juliana St., Bedford

Nicotine replacement patches, gum,
or lozenges available to participants.

Free. To register, call **814-946-2845**.

Shopping for Smart Nutrition Supermarket Tours

Tuesday, July 7
6 to 7:30 p.m.

Wednesday, Sept. 30
2 to 3:30 p.m.

Giant Eagle, Logan Towne Center, Altoona
(Meet UPMC dietitians in the produce
section.)

Free. To register, call **814-889-2239**
or visit **UPMC.com/Classes**.

Solutions for Weight Loss

Thursdays, July 9 to Sept. 24
(No classes July 30 or Sept. 10)
or Thursdays, Oct. 1 to Dec. 10
(No class Nov. 26)
1:15 to 2 p.m. or 4:30 to 5:15 p.m.

UPMC Altoona, Cafeteria Dining
Room B, 4th Floor

Cost: \$60 (\$30 participation rebate
available). Class size limited.

To register, call **814-889-2239**
or visit **UPMC.com/Classes**.

Seniors for Safe Driving (For drivers age 55 and older.)

Saturdays, July 25
or Sept. 19
9 a.m. to 1 p.m.

Successful completion of this course may
qualify you for a car insurance discount.

UPMC Altoona, Rotunda, 6th Floor

Cost: \$16.

Free. To register, call **1-800-559-4880**
or visit **sfsd-pa.com**.

Look Good, Feel Better (For women in cancer treatment.)

Monday, Aug. 3
2 to 4 p.m.

UPMC Altoona, Radiation Oncology
Conference Room, 4th Floor

Includes a free makeup kit.

Free. Call **814-889-2400**.



PARENTING & CHILDCARE

Breastfeeding Classes

First Wednesday of each month
6 to 8 p.m.

UPMC Altoona, Allegheny Room,
6th Floor

Free. To register, call **814-889-2557**
or visit **UPMC.com/Classes**.

Breastfeeding classes also are
offered at UPMC Bedford.

Free. Call **814-623-9712** for details.

Child Safety Seat Inspections

Friday, June 12
10 a.m. to 1 p.m.

UPMC Altoona (in front of the hospital)

Free. Call **814-889-2453**.

Childbirth Education Classes

Mondays, Aug. 24 to Sept. 21
6 to 8 p.m.

UPMC Altoona, Magee Lecture Hall,
6th Floor

Free. To register, call **814-889-2754**
or visit **UPMC.com/Classes**.

Childbirth classes also are offered
at UPMC Bedford.

Free. Call **814-623-9712** for details.

Safe Sitter® Essentials with CPR (Babysitter training for ages 11 to 15.)

Call for upcoming course dates

Blair Regional YMCA
1111 Hewit St., Hollidaysburg

For registration and cost information,
contact the YMCA at **814-695-4467**.



GET MOVING

Healthy Steps in Motion (For adults age 55 and older.)

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

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

Free. To register, call **814-889-2630**.

Yoga

Tuesdays

Call for start date of next session
5:30 to 6:40 p.m.

The Building II
1000 Howard Ave., Altoona

Cost: \$30. Class size limited.
Registration required.

To register, call **814-946-8014**
or email **register@thebuilding2.com**.

Support Groups

Support groups give you a place
to share personal experiences and
feelings, learn coping strategies, and
exchange information with people
who share similar experiences.

In Altoona

For information, locations, dates, and
times, visit **UPMCAltoona.com/
SupportGroups** or call **814-889-2630**.

- Adult Brain Injury
- Alzheimer's Disease
- Bariatric Surgery
- Bereavement/Grief
- Breast Cancer
- Breastfeeding
- Children's Grief
- Depression & Bipolar
- Leukemia & Lymphoma
- Ostomy
- Stroke & Brain Aneurysm
- Suicide

In Bedford

For more information, locations, dates,
and times, visit **UPMCBedford.com/
SupportGroups** or call **814-623-3773**.

- Overeating
- Weight Loss

Autoimmune Support Group

Wednesday, July 8 or Sept. 9
5:30 to 7 p.m.

UPMC Altoona, 4th Floor Cafeteria,
Room B

- **Parking is free** in the garage for programs offered at UPMC Altoona. Use the free parking voucher you receive at the class as payment. If you lose the parking ticket or voucher, you'll have to pay to exit.
- **Need an interpreter or have other special needs?** Please call **814-889-2630** or **1-888-313-4665** at least 2 weeks before class starts.