

healthy balance

HEALTH & WELLNESS PROGRAMS FOR WESTERN MASSACHUSETTS

wellness programs/classes

Cardiac Rehabilitation Phase III Exercise Program

Supervised exercise for patients with cardiac and vascular diseases. The program requires physician pre-approval. The cost is \$30 per month. For more information, please call 748-6825.

Comprehensive Weight Management Program Optifast 8 week Fast Track Program September 28, 5 to 6 p.m.

Free Informational Session to be held at the Comprehensive Weight Management Program's Conference Room, Weldon Rehabilitation Hospital's first floor.

CPR Classes

September 17, 8:30 a.m. Renewal

September 24, 8:30 a.m. Training

September 29, 8:30 a.m. Renewal


The cost is \$50 for the Renewal class and \$60 for the Training class. Classes will be held at the Memorial House Auditorium on the Mercy Medical Center campus. For more information, contact the Department of Nursing Education at 748-9029.

Diabetes 101 Basics Class

September 27, 2:30 to 3:30 p.m.

This general overview diabetes class is offered at no charge. The class will be held at the Diabetes Education Center at Mercy Medical Center, 300 Stafford Street, Suite 253. People with diabetes, their family members and friends as well as members of the general public are welcome to attend. Registration is required, please call 748-7000.

Donate Blood. It's Safe. It's Simple. It Saves Lives.

During the month of September donors will receive a movie pass and a chance to win a pair of tickets to the Big E. A list of our Community Blood Drives is located on our website, check out MercyCares.com. For more information, please call 748-9511. Follow us on Facebook. 

Free Chapel Concert at Providence Place

September 12, 2:30 p.m.

Providence Place, 5 Gamelin Street, Holyoke, will host renowned four-handed pianists Dana Muller and Gary Steigerwalt. Music by Faure, Mendelssohn, Casella and Ravel. No reservation required. For more information, contact Runa Skar at 534-9700.

Mercy Adult Day Health of Westfield – Open House

September 22, 1 to 3 p.m.

Come take a tour and learn more about how adult day services enrich lives. The public is welcome and refreshments will be served. Location: Mercy Adult Day Health of Westfield, 24 Clifton Street, Westfield. For more information, please call 568-0555.

Mercy Hearing Center Seminar – “Hears to You!”

September 21, 10 to 11:30 a.m.

Topics for discussion: Understanding new hearing aid technology: What's different about the new hearing aids and why today's "open fit" hearing aids are so much more comfortable to wear. Do I really need two hearing aids? What happens if I get my hearing aid wet or I drop it? These questions and others will be answered during this seminar. The hearing seminar will be held in Mercy Medical Center's Deliso Conference Center's Breck Room and is offered at no charge. Call 748-6840 to register.

Mercy Hospice Volunteer Training

Touch a life, become a hospice volunteer. We welcome you to join the next Volunteer Training to be held at 1236 Main Street, Holyoke. For more information or to register, contact Sherri Langevin at 540-0140, x-1143.

health screenings

Cholesterol and Blood Glucose Screening

September 30, 7 to 9 a.m.

The monthly Cholesterol and Blood Glucose Screening will be held in Mercy Medical Center's Deliso Conference Center's Breck Room. The fee is \$10 for the Cholesterol Screening and an additional \$2 for the Blood Glucose Screening. Fasting is required (water is permissible). Pre-registration is not necessary. For more information, contact the Department of Nursing Education at 748-9029.

Free Prostate Screening

September 22, 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

For men 50 to 75 years and 35 to 50 years at high risk for prostate cancer. Examinations will be performed by the Urology Group of Western New England at Mercy Medical Center in the Patient Assessment Unit located on the third floor. (Anyone currently under a urologist's care should contact their physician and should not utilize this program.) This screening is open to the public at no charge, but requires an appointment. Appointments will be accepted on September 7 through September 15 by calling 748-9027 from 7:30 a.m. to 3 p.m. Appointments are limited and accessible on a first come, first served basis.

special program

Feast of St. Francis of Assisi Blessing of the Animals

October 1, 2:30 to 5:30 p.m.

Bring your pet for a blessing in honor of St. Francis of Assisi, the patron saint of animals. All properly restrained pets, farm and service animals are welcome. Mercy Medical Center, Parking Lot #9 (On the corner of Carew and Chestnut Streets). For more information, call 748-9454.

childbirth education

Call 748-7295 to sign up for any childbirth education classes. Pre-registration is required for all classes.

Breastfeeding Class

September 8, 6:30 to 9 p.m.

Class will be held at the Family Life Center's Education Room. The cost is \$10.

Childbirth Classes

September 11, 9:30 a.m. to 4:30 p.m. (all day class)

Mercy Medical Center's Deliso Conference Center's Breck Room. The cost is \$55 or may be covered by some insurances.

September 19 and 26, 1 to 5 p.m.

Mercy Medical Center's Deliso Conference Center's Breck Room. The cost is \$55 or may be covered by some insurances.

Teen Childbirth Class

September 18, 10 a.m. to 12 noon

Mercy Medical Center's Deliso Conference Center's Breck Room. The cost is \$20.

support/therapy groups

Amputee Support Group

Every third Tuesday of each month, 6:30 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-6892.

Aphasia Support Group

Every Friday, 9:30 a.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-7486.

Brain Injury Support Group

Every third Wednesday of each month, 6 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-6892.

Cancer Caregiver Support Group

Every second Monday of each month, 7 to 9 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-9453.

Cancer Support Group

Every Monday, 7 to 9 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-9453.

Diabetes Support Group

September 22, 10:30 to 11:30 a.m.

Join others with diabetes for our new support group. Certified diabetes educators will lead discussions and activities to assist in managing your diabetes day-by-day. The group will be held at the Diabetes Education Center at Mercy Medical Center, 300 Stafford Street, Suite 253. The group is being offered at no charge but registration is required. Please call 748-7000.

Grief Support Group

Every Monday, 5:30 to 6:30 p.m. (excluding holidays)

Mercy Medical Center's Deliso Conference Center. For more information, call 748-9453.

Memory Loss Caregivers Support Group –

Mount Saint Vincent Care Center

Every first Wednesday of each month, 6 to 7 p.m.

Mount Saint Vincent Care Center, 35 Holy Family Road, Holyoke. For more information, call 532-3246.

Spinal Cord Support Group

Every last Tuesday of each month, 6 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-6892.

Stroke Support Group

Every fourth Monday of each month, 7 p.m.

Mercy Medical Center's Deliso Conference Center. For more information, call 748-7486.

If you would like a free subscription to Balance Magazine, call 748-9770.



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