

November Healthfare!

The Health Services Division of Wyoming Valley Health Care System offers a cornucopia of health awareness, preventive health, personal enhancement and special event programs designed to promote the overall wellness of the entire family!

HEALTH AWARENESS

An array of enlightening presentations and activities, providing practical information on how you and your family can actively enhance your health and well-being.

Edible Holiday Gifts

Join our STAR dietitians in their country kitchen while they demonstrate how to prepare some decorative and delicious edible gifts. Lucky winners will take home a gift!

TPS Medical Pavilion Health Enhancement Classroom
Monday, November 6 • 7:00PM **Fee: \$5.00**

Presenters: Arlene Feleccia, R.D., C.D.E.
Shelley Gardner, R.D., STAR Dietitians

Please register early – class limited to 30 participants.

Safe Partying

Social events seem endless around the holidays. Learn how to make these gatherings enjoyable and safe; all ages are invited!

TPS Medical Pavilion Health Enhancement Classroom
Monday, November 13 • 7:00PM **Free**

Presenter: Catherine Sabulski, Coordinator
Northeast Highway Safety Program

Please register early – class limited to 30 participants.

Chronic Pain Management

Join us as two anesthesiologists discuss some of the newer treatments being used to control the pain of lower backache and headaches. A representative from the Physical Therapy Department will demonstrate how to decrease the chronic pain suffered by many.

TPS Medical Pavilion Auditorium
Wednesday, November 15 • 7:00PM **Free**

Presenters: Thomas Hanlon, M.D., and Asit Patel, M.D.
Anesthesiologists
Beth Stroud, P.T.

*Children's Corner available.

PERSONAL ENHANCEMENT

Innovative and interactive learning experiences specially developed to help you achieve individual satisfaction and productivity.

Arrest Your "Time Robbers"

Learn how to analyze the use of your time while identifying time robbers and behavior traps. More importantly, develop an action plan for more efficient time management.

TPS Medical Pavilion Health Enhancement Classroom
Thursday, November 30 • 7:00PM **Fee: \$5.00**

Presenters: John Konopki, R.R.T.
Susan Trunzo, M.H.A.
Staff Enhancement Facilitators

Please register early – class limited to 30 participants.

TEEN TALK

The teen years can be a challenging time in a person's life. These programs offer young people the opportunity to talk openly with adults in an informal, nonjudgmental environment.

Let's Talk About AIDS

Join Dr. Zero and your peers (ages 12 to 16) to discuss the facts on AIDS along with your concerns about this rapidly growing disease among young adults.

TPS Medical Pavilion Health Enhancement Classroom
Monday, November 27 • 7:00PM **Free**

Presenter: Jeffrey M. Zero, D.O., Pediatrician
Carol Ann Yozuiak, B.S.N., R.N.C., HIV/AIDS
Nurse Consultant, PA Department of Health

Please register early – class limited to 30 participants.

CHILDREN'S CORNER

Health and safety topics designed just for children. Many of these fun, entertaining and very informative sessions are scheduled for children to enjoy while their parents attend our other programs.

Fire Safety

Children age 5 to 8 years can join the Health Awareness staff as they are instructed on important fire safety messages.

TPS Medical Pavilion Health Enhancement Classroom
Wednesday, November 15 • 7:00PM **Free**

Presenter: Health Awareness Staff

SPECIAL EVENTS

You're invited to join us for these fall special events that are dedicated to everyone's good health!

Breast Cancer Update (American Cancer Society)

Cancer research is a topic of great concern as trends and studies are published daily. Learn some of the new therapies being used in breast cancer treatment.

TPS Medical Pavilion Auditorium
Thursday, November 9 • 7:00PM **Free**

Presenter: Karen Cooper, M.D.
Medical Oncologist

Diabetes Health Fair

Wyoming Valley Health Care System, along with the American Diabetes Association, invites individuals interested in learning more about diabetes to attend the annual Diabetes Health Fair. There will be fitness and cooking demonstrations, many informational booths, and various screenings. Glucose screening from 7:00AM to 9:00AM by appointment only, limited to the first 200 registered.

At the evening session, join us for games, activities, prizes and more...all especially designed to educate young diabetic individuals and their families.

TPS Medical Pavilion Auditorium
Tuesday, November 14
7:00AM to 12:00PM and 5:00PM to 8:00PM **Free**

SUBSTANCE ABUSE: COPING AND CARING

Focusing on the impact addiction can have on the entire family, these presentations provide coping skills and care options to loved ones.

Issues On Early Recovery

Discussing specific areas that newly recovering persons must deal with, this forum will also assist their loved ones in coping with daily stressors, thus helping avoid relapse.

Choices Multipurpose Room
518 Wyoming Avenue, Kingston
Tuesday, November 14 • 7:00PM
Free

Presenter:
Daniel Barbera, A.A.C. II

SUPPORT SERVICES

These gatherings assist individuals and families in coping with ongoing personal and medical challenges through an open sharing of emotions and experiences.

Osteoporosis Prevention and Support Group

This group offers educational and emotional support to anyone diagnosed with osteoporosis, and helps avert occurrence of the disease by educating the younger population about its effects and possible prevention measures.

TPS Medical Pavilion Auditorium
Wednesday, November 1 • 12:00NOON **Free**

Topic: "Radiologic (X-Ray) Tests for Osteoporosis"
Presenter: Edward J. Kelly, M.D., Chairperson
Department of Radiology,
Nesbitt Memorial Hospital Campus

Diabetes Education Support Group

A caring and concerned atmosphere helps diabetic individuals and those who love them better manage diabetes through education, nutrition and exercise.

TPS Medical Pavilion Auditorium
Thursday, November 16 • 6:30PM **Free**

Presenter: Mary Louise Langan, R.D.

Breast Cancer

A comfortable, non-clinical setting is provided in which women can learn skills for coping with breast cancer.

TPS Medical Pavilion Auditorium
Monday, November 20 • 7:00PM **Free**

Topic: "Maintaining a Sense of Humor"
Presenter: Carol Sarokas, R.N.C., B.S.N.
Staff Enhancement Coordinator

ESPECIALLY FOR WOMEN

Programs addressing the very special concerns of women, and providing information which can be used as tools of empowerment to shape their lives in a positive fashion. Men are also welcome to attend.

Minutes Every Month (Breast Self-Exam)

Take your health into your own hands! Learn the correct way to perform breast self-exam and discover how this simple action can save your life.

TPS Medical Pavilion Health Enhancement Classroom
Thursday, November 2 • 7:00PM **Free**

Presenter: Wendy Bienias, R.N., Women's Health Specialist
Certified MammaCare® Specialist

Please register early – class limited to 15 participants.

Stereotactic Breast Biopsy: An Alternative to Traditional Breast Biopsy Surgery

This program will discuss a new non-surgical technique known as stereotactic core biopsy. The procedure provides physicians with a new tool to investigate abnormal results found on a mammogram. Dr. Bednarek will also discuss the use of ultrasound in precisely locating breast lesions. (A tour will follow.)

TPS Medical Pavilion Auditorium
Wednesday, November 8 • 7:00PM **Free**

Presenter: Thomas Bednarek, M.D., Radiologist

ESPECIALLY FOR COUPLES

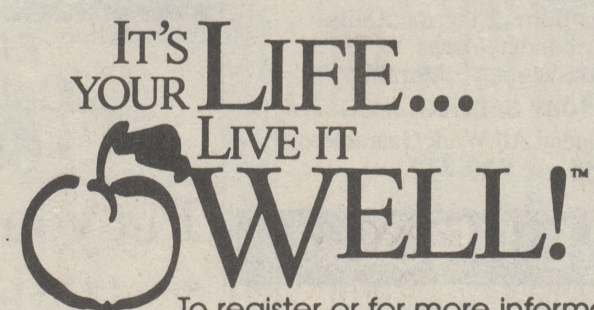
Programs designed specifically to address a variety of issues challenging couples today.

Birth Control Options: Tubal Ligation and Vasectomy

This informative presentation will provide women and men with accurate information and answers to their questions about these surgical birth control procedures.

TPS Medical Pavilion Auditorium
Friday, November 10 • 7:00PM **Free**

Presenters: Peter Warrington, D.O.,
Obstetrician/Gynecologist
Ira Grossman, M.D., Urologist



To register or for more information,
please call 283-7222 or 1-800-838-WELL.

TPS Medical Pavilion
468 Northampton Street, Edwardsville