



# Healthy Living

*The following programs encourage better health for you and your family. Programs are FREE unless otherwise noted.*

## CHIP and MEDICAL ASSISTANCE INFORMATION

Insurance Counselors will be available to help families enroll in CHIP and Medical Assistance.

*Monday mornings, 8:30 to 10:30 a.m.*

*Monday evenings by appointment,*

*Spanish translation available*

*Tuesday evenings, 5 to 7 p.m.*

*Wednesdays mornings, 8:30 to 11:30 a.m.*

Counselors will be at the Bensalem Family Resource Center located in the

Bensalem Square Shopping Center on

2546 Knights Road, Bensalem, PA 19020.

For more information, contact 215.245.8563

ext. 26.

## DIABETES AND YOU

*Tuesdays, May 25 to June 22, 10 a.m. to noon*

*Thursdays, May 20, to June 10, 7 to 9 p.m.*

Neshaminy Middle School Library

1200 Langhorne-Newtown Road

Langhorne, PA 19047

There is a fee for this program and a doctor's referral is required.

To register, call 215.710.5812.

## COMMUNITY SKIN CANCER SCREENINGS

*Wednesday, May 26, 6 to 9 p.m.*

St. Mary Regional Cancer Center

Outpatient Care Facility, Ground Floor

Physicians will assess areas of concern. Learn

about risk factors and early detection of the

most common form of cancer in the U.S.

**Registration is required.** To register,

call 215.710.5888

## STROKE CLASSES

Educational sessions for stroke survivors and

caregivers are held in the St. Mary CVCU

Training Room from 3 to 4 p.m.

**Transfer Training**

*Thursday, May 27*

**Community Resources**

*Thursday, June 10*

To register, e-mail

[ddevine1@stmaryhealthcare.org](mailto:ddevine1@stmaryhealthcare.org).

## PROMOTING HEALTHIER LIVES FOR WOMEN

St. Mary Medical Center is offering free

mammograms for women 40 years and older

without insurance.

*Thursday, May 20, 12 to 2 p.m.*

*Thursday, June 3, and Wednesday, June 16*

To find out if you qualify, call 215.710.2738

## CREIGHTON MODEL FERTILITYCARE SYSTEM

**Free Educational Program**

**Hosted by St. Mary Medical Center**

*Thursdays, May 20, June 17,*

*and July 15, 7 to 9 p.m.*

St. Mary Medical Center, Spiritual Care

Conference Room

1201 Langhorne-Newtown Road

Langhorne, Pa 19047

The Creighton Model can be used effectively to

avoid or to achieve pregnancy. It also can be

used to help couples with infertility, and to

assist in the assessment and management of

women's health problems. To register, please

contact Liz Parrish, RN, CFPC, at 215.249.9829

or [fertilitycareservices@comcast.net](mailto:fertilitycareservices@comcast.net) or visit

[www.fertilitycarefriends.org](http://www.fertilitycarefriends.org).

## THE LOOK GOOD...FEEL BETTER PROGRAM

*Monday, May 24, 10 a.m. to noon*

Cancer Center Conference Room

St. Mary Regional Cancer Center,

Ground Floor Outpatient Care Facility

This free program teaches beauty techniques to

women who are actively undergoing cancer

treatment, to help them combat the appearance-

related side effects of radiation and

chemotherapy. Refreshments will be served. To

register, contact Josi Costalas at 215.710.4511 or

via email at [jcostalas@stmaryhealthcare.org](mailto:jcostalas@stmaryhealthcare.org).

## CHAT IT UP FEATURE

*Thursday, June 3, 5 to 6 p.m.*

Web chat on Female Pelvic Health, including

incontinence and prolapse, with St. Mary

physician experts.

Go to [www.6abc.com/stmary](http://www.6abc.com/stmary) to register and

ask your question. Questions may be submitted

in advance beginning May 28.

## SENIOR SEMINAR FEATURE

*Wednesday, June 9, 10:30 a.m. to 1 p.m.*

Please note the new time

King's Caterers

4010 New Falls Road, Bristol, PA 19007

10:30 a.m. to 11:15 a.m. – "Spinal Issues in

the Elderly," Presented by Dr. Nirav Shah,

Neurosurgeon, St. Mary Medical Center

11:30 a.m. to 12:15 p.m. – "Common GAIT

Issues in the Elderly," Presented by Physical

Therapy Staff, St. Mary Medical Center

12:15 p.m. – 1 p.m. Lunch

To register call 215.710.5888

## ONLINE OUTPATIENT APPOINTMENT REQUESTS

Now available for imaging studies, MRI,

outpatient rehab, cardio-pulmonary studies

and rehab.

[www.StMaryHealthcare.org/schedule](http://www.StMaryHealthcare.org/schedule)

## INJURY PREVENTION AND PERFORMANCE IMPROVEMENT CLINIC FOR FALL SPORTS:

**FOOTBALL, SOCCER AND CROSS COUNTRY**

*Friday, June 11, 6 to 8 p.m.*

Sheraton, Bucks County

400 Oxford Valley Road

Langhorne, Pa 19047

St. Mary Medical Center designed this free injury

prevention program to help educate coaches,

athletes and parents in preparation for

fall sports.

Dinner served at 6 p.m.

Program begins at 6:30 p.m.

Off-season Power Training

Prevention of ACL Injury: Keeping Her in the Game

Preventing Ankle Sprains

Did I Have a Concussion? How to Recognize Signs

and Symptoms from an Athlete's and Parent's

Perspective

Head, Neck and Shoulder Injuries and

Protective Equipment

Registration required, please call 215.710.5888

or visit our website at

[www.StMaryHealthcare.org](http://www.StMaryHealthcare.org).

## CHOP-CHOP COOKING CAMP

*Monday, June 21, to Friday, June 25*

Silver Lake Nature Center

1306 Bath Road, Bristol, PA 19007

*Monday, June 23, to Friday, July 2*

Snipes Farm and Education Center

890 West Bridge Street

Morrisville, PA 19067

One-week sessions held from 10 a.m. to 2 p.m.

each day. Tuition is \$50 per week. Scholarships

are available. Visit

[www.StMaryHealthcare.org/kidshape](http://www.StMaryHealthcare.org/kidshape) to

register or call 215.710.4590.

## SMOKE-FREE CAMPUS

St. Mary Medical Center is a totally smoke-free

campus. For your convenience, nicotine

replacement gum is available in the Beehive

Gift Shop and in the Emergency Department

Registration area when the gift shop is closed.

June, 2010

## OUTDOOR AND COOKING ADVENTURES FOR TEENS

*Tuesday, June 22 to Thursday, June 24*

Kayaking Guided Tour, 3 to 5 p.m.

Cooking Class and Dinner, 5 to 6 p.m.

Silver Lake Nature Center

1306 Bath Road, Bristol, PA 19007

This summer program is for children 14 to 18

years old interested in staying active and

learning to cook healthy meals. Visit

[www.StMaryHealthcare.org/kidshape](http://www.StMaryHealthcare.org/kidshape) to

register or call 215.710.4590.

## PARENTING CENTER

The St. Mary Parenting Center is in the Child

Development Center building at the rear of St.

Mary campus. Evening workshops require

registration. For program information, call

215.710.5976.

## Tuesday Mornings

Baby Boppin Jamm

*10:15 to 11 a.m.*

After the Stork

*11:15 a.m. to 12:15 p.m.*

## Wednesday Mornings

Tot R Cise

*10:15 to 11 a.m.*

Breastfeeding Tea

First and third Wednesday of the month

*11:15 a.m. to 12:15 p.m.*

## Thursday Mornings

Play N Share

*10 to 11 a.m.*

## THE WELLNESS CENTER

The St. Mary Wellness Center offers aerobics,

strength training, stress reduction, sports

coaching, weight management, and massage

therapy. Contact 215.710.6861 for more

information or to schedule an evaluation

appointment. Located on second floor of

Outpatient Care Facility.



***It's your health. Expect more.***

1201 Langhorne-Newtown Rd. Langhorne, PA 19047

Pre-registration required for all classes. Register online at [www.StMaryHealthcare.org](http://www.StMaryHealthcare.org)

Select "Calendar" and choose the event you wish to attend.