



# 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.

## INJURY PREVENTION AND PERFORMANCE IMPROVEMENT CLINIC FOR SPRING SPORTS: BASEBALL, SOFTBALL, LACROSSE, SOCCER, AND TRACK

**FEATURE**

*Saturday, January 23, 8 a.m. to noon*

Sheraton, Bucks County

400 Oxford Valley Rd., Langhorne, Pa 19047

St. Mary Medical Center designed two injury prevention programs to educate coaches, athletes and parents in preparation for spring sports including baseball, softball, lacrosse, and soccer.

8 to 9 a.m. – Registration and Breakfast

9 a.m. to Noon – Two Programs

### “Power”

The Throwing Shoulder: Maximize Velocity, Prevent Injury

Development of Raw Power

Kinetic Taping: What is that Tape on His Shoulder?

Feed the Machine: The Necessary

Information to Optimize Explosive Power

Back Pain in Athletes

### “Endurance”

Foot/Ankle Injuries in Runners

Knee Pain – What Is It?

Run Forever: Nutritional Supplements for Optimal Endurance

Prevention of ACL Injury: Keeping Her in the Game

Registration required for this free

program, please call 215.710.5888.

## BREAST CANCER SUPPORT GROUP

*Wednesday, January 27, 6:30 to 8:30 p.m.*

Cancer Center Conference Room  
St. Mary Regional Cancer Center, Ground  
Floor Outpatient Care Facility

Program will feature guest speaker Benjamin Lam, DO, FACOS, double board certified plastics and reconstruction surgeon. Refreshments will be provided.

For more information, contact Josi Costalas at 215.710.4511.

## ST. MARY MEDICAL CENTER

**FEATURE**

### WOUND HEALING AND HYPERBARIC MEDICINE CENTER

#### Ribbon-Cutting and Open House

*Wednesday, February 3, 2010*

*5:30 to 7:30 p.m.*

Cornerstone Executive Suites  
1 Cornerstone Drive, Suite 500  
Langhorne, PA 19047

Ribbon-cutting ceremony, tours, demonstrations, hors d'oeuvres and desserts  
Brief remarks featuring Dr. David Brotman, Medical Director St. Mary Wound Healing and Hyperbaric Medicine Center

**Seating is limited for this free event.**

**Please register early by calling ext. 5888.**

The St. Mary Wound Healing and Hyperbaric Medicine Center is conveniently located just off Woodbourne Road in the Cornerstone Executive Suites near the Oxford Valley Mall. Free parking is available on site.

## MAN-TO-MAN PROSTATE SUPPORT GROUP

*Monday, February 8, 7 p.m.*

Cancer Center Conference Room  
St. Mary Regional Cancer Center, Ground  
Floor Outpatient Care Facility  
Refreshments will be served. For information, contact Stan Wortman at 215.704.2042.

## STROKE CLASSES

**FEATURE**

Educational sessions for stroke survivors and caregivers:

### Spiritual needs

*Wednesday, February 10, 3 to 4 p.m.*

St. Mary Medical Center  
Outpatient Wellness Center, Second Floor

### Dysphasia

*Thursday, February 25, 3 to 4 p.m.*

St. Mary Cardiac Rehab Unit

## SMOKING CESSATION CLASSES

*Mondays, January 25, February 1, 8, 15, 22, and March 1, 6 to 7:30 p.m.*

BCHIP Adult Health Clinic  
2546 Knights Road, Bensalem, PA 19020  
*Thursdays, January 28, February 4, 11, 18, and 25, 7 to 8:30 p.m.*

Lower Bucks Family YMCA

601 S. Oxford Valley Road

Fairless Hills, PA 19030

Free nicotine replacement patches, gum, and lozenges are available.

To register, call 215.710.2264

## DIABETES AND YOU

*Tuesdays, February 16, 23, March 2, 9, 16, 10 a.m. to noon*

*Thursdays, February 25, March 4, 11, 18, 25, 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.

## KINDERSHAPE, KIDSHAPE, and TEENSHAPE

**KinderShape – Ages 3 to 5, KidShape – Ages 6 to 14 and TeenShape – Ages 13 to 18**

Eight-week programs designed for Bucks County youth and their families who want to lead healthier lives. Students must be in the 85th percentile or higher for their body-mass index (BMI). For more information or to register, please visit:

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

contact Joann Dorr at 215.710.4590.

### KidShape Program

**Tuesday, February 23**

Newtown Middle School

116 Richboro Road

Newtown, PA 18940

## February, 2010

### PRENATAL AND POSTPARTUM EDUCATION CLASSES

All sessions are held in the CVCU Training Room at St. Mary Medical Center.

To register, e-mail [nrenn@stmaryhealthcare.org](mailto:nrenn@stmaryhealthcare.org).

### Childbirth Preparation

Five-week series covering labor, delivery, and newborn care

*Sunday, February 28, to March 29, 4 to 6 p.m.*

*Tuesdays, March 2 to 30, 7 to 9 p.m.*

*Wednesdays, March 3 to 31, 7 to 9 p.m.*

### Perfect Package Weekend

Weekend course for expectant parents

*Saturday, February 20, and Sunday,*

*February 21, 9 a.m. to 3 p.m.*

### A New Baby in our House

Prepares children ages 3 to 6 for the arrival of a new sibling.

*Sunday February 14, 1 p.m.*

### PARENTING CENTER

The St. Mary Parenting Center is in the Child Development Center building at the rear of St. Mary campus. For program information, call 215.710.5976.

#### Tuesday Mornings

Baby Boppin Jam, *10:15 to 11 a.m.*

After the Stork, *11:15 a.m. to noon*

#### Wednesday Mornings

Tot R Cise, *10:15 to 11 a.m.*

Infant Massage, *11:30 a.m. to 12:15 p.m.*

Breastfeeding Tea, *11:30 a.m. to noon*

First and third Wednesday of the month

#### Thursday Mornings

Play N Share, *10 to 11 a.m.*

#### Evening Workshops

Limit Setting for Toddlers

*Thursday, February 4, 7 to 8:30 p.m.*

Parents, Toddlers, and Potty Time

*Thursday, February 11, 7 to 9 p.m.*



***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.**