Health Education Programs

The following programs are free unless otherwise noted, and require pre-registration.

Atrial Fibrillation
Anita Kelsey, M.D. or Atique A. Mirza, M.D.
Atrial fibrillation is the most commonly diagnosed heart rhythm disturbance. This condition may simply cause palpitations, but in some cases it can also lead to problems as serious as a stroke. Learn about risk factors and strategies for treatment.

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Osteoporosis: What You Need to Know
Jorge Diez, M.D.
One in every two women age 50 or older will develop osteoporosis. Dr. Jorge Diez will present an update on osteoporosis including risk factors, diagnosis, strategies for prevention, and treatment options.

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Understanding Your Medicare Benefits
Karen Prior Topalis, R.N., C.C.M., M.B.A.
Medicare coverage can be confusing and overwhelming, especially when you are in the middle of a health concern. This program will review the basics of coverage in all levels of care, hospital, rehabilitation or nursing home and home care.

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Stroke Prevention and Education Program
Join us and learn about the primary risk factors for stroke, including high blood pressure, high cholesterol, diabetes, obesity, physical inactivity and diet. Participants will learn to better manage their risk factors and lower their risk for stroke.

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Medical Research: Should I Participate?
Latha Dulipsingh, M.D., Lauren Cadiz, M.A.
Are you interested in volunteering for a research study? Dr. Dulipsingh, Chairperson for the Institutional Review Board (IRB) at Saint Francis Hospital and Medical Center, and Lauren Cadiz, Program Coordinator, will answer your questions and will discuss how IRB at Saint Francis could protect your rights as a participant.

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Gallbladder Disease and Treatments
Laureen Forgione–Rubino, M.D.
Dr. Rubino will provide information about the location and function of the gallbladder. The discussion will include gallbladder disease, symptoms and diagnostic tools. Treatment options, including robotic–assisted surgery, will be discussed as well as post–operative expectations.

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The Latest in Spinal Stenosis Surgery
Jesse Eisler, M.D.
Join Dr. Eisler as he discusses the most common spinal disorders including degenerative conditions of the spine such as cervical or lumbar spinal stenosis, cervical or lumbar disc herniation, and scoliosis or adult deformity of the spine, including non–surgical and surgical treatments for the full spectrum of spinal disorders.

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Common Foot and Ankle Running Injuries
Kurt Rode, D.P.M.
With the arrival of spring and its warmer weather, for many comes the urge to run. Dr. Rode will discuss good running practices and injury prevention, with some treatment options for common running injuries.

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How Well Are You Sleeping?
Asher Qureshi, M.D.
Sleep problems like snoring, sleep apnea, insomnia, sleep deprivation and Restless Legs Syndrome are common among millions of Americans. Dr. Qureshi will explain symptoms and treatment options available to help you get a better night’s sleep.

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Chronic Pain Management
Raymond Squier, M.D.
Chronic pain affects millions of Americans. Join Dr. Raymond Squier to find out how advances in pain management can help you cope with chronic pain.
April 26 6:30 – 8 p.m. Avon

Shoulder Instability and Rotator Cuff Tears
Randall Risinger, M.D.
Join Dr. Randall Risinger as he discusses common shoulder conditions in patients of all ages. Discussion will include: non-surgical and surgical management, arthroscopic treatment, and the treatment for failed stabilization and rotator cuff tears.
April 26 6:30 – 8 p.m. Manchester
July 27 6:30 – 8 p.m. Glastonbury

Know Your Numbers?
Needasabrina Russell, R.N.
This is an interactive audience participation class on reading food labels, understanding portion size, understanding daily recommended intake of salt, and sugar and how it affects your health. Anyone and everyone interested in improving their health should attend!
April 26 6:30 – 8 p.m. Enfield

Hip and Knee Arthritis
Robert Green, M.D.
Arthritis can greatly affect your quality of life. Dr. Robert Green, a specialist in orthopedic surgery, will discuss potential causes and will explain available surgical and non-surgical options to treat this condition.
April 27 1 – 2 p.m. Enfield Senior Center

Urinary Incontinence and Pelvic Floor Disorders
Marybeth Norman, A.P.R.N.
Loss of bladder control or urinary incontinence can be caused by a variety of reasons. Join Marybeth Norman, A.P.R.N. to learn more about the treatment of pelvic floor disorders such as urinary incontinence and prolapse of the bladder and uterus.
April 27 6:30 – 8 p.m. Mandell Jewish Community Center

How Strong Is Your Core?
Is your back constantly bothering you? Learn how to strengthen your core muscles and improve your flexibility to help support your back.
May 3 6:30 – 8 p.m. Simsbury

Community-acquired MRSA
Lauren Ibrahim, M.D.
Join Dr. Lauren Ibrahim as she discusses the risks and treatment of Methicillin Resistant Staphylococcus Aureus (MRSA), a type of staph bacteria which is resistant to several antibiotics and can cause skin and other infections. Dr. Ibrahim will discuss who is at risk for MRSA, how to prevent its spread in the community, the symptoms and treatment of MRSA.
May 5 6:30 – 8 p.m. Glastonbury

Tame the Noise in Your Ears
Benjamin Wycherly, M.D., Claire McChesney, Au.D.
Are you suffering from tinnitus or ringing in the ears? Join Dr. Benjamin Wycherly, and audiologist Claire McChesney, as they discuss the causes and treatments of tinnitus.
May 9 6:30 – 8 p.m. Hartford

Breast Health 101
Laureen Forgione-Rubino, M.D.
Join Dr. Rubino as she discusses the differences between mammogram, ultrasound, and Magnetic Resonance Imaging (MRI). Also included will be a discussion on different options for breast biopsy, radiation, and chemotherapy.
May 11 6:30 – 8 p.m. Manchester

Lumbar Disc Herniation Surgery
Aris Yannopoulos, M.D.
The indications for spine surgery are a controversial subject. Dr. Yannopoulos will explain the decision-making process behind operative and non-operative treatment for microdiscetomy.
May 12 6:30 – 8 p.m. Simsbury

Foot and Ankle Concerns
James Cancilleri, D.P.M.
Learn more about injury prevention, medical concerns, and surgical options for common aches and pains, foot and ankle deformities, and diabetic foot care.
May 16 6:30 – 8 p.m. Hartford
Aug. 31 6:30 – 8 p.m. Enfield

Knee Pain and Subchondroplasty
Scott Bissell, M.D.
Do you suffer from chronic knee pain? Join Dr. Bissell from the Connecticut Sports Medicine Institute at Saint Francis to learn about subchondroplasty, a new minimally invasive procedure to treat osteoarthritic knee pain.
May 17 6:30 – 8 p.m. Enfield
July 28 6:30 – 8 p.m. Hartford

Congestive Heart Failure
J. Scott Galle, M.D., F.A.C.C.
Dr. Galle will discuss risk factors and treatment options – including lifestyle modification – for congestive heart failure.
May 17 6:30 – 8 p.m. Mandell Jewish Community Center
Aug. 10 6:30 – 8 p.m. Enfield

Preventive Skin Care
Paul Stanislaw, Jr., M.D.
Dr. Paul Stanislaw, a board certified facial plastic surgeon, will describe some of the most effective non-surgical treatments to slow down the aging process and keep a healthy, young-looking skin. Dr. Stanislaw will also discuss the roles of Botox / Dysport injections and injectable fillers as a means to prevent wrinkles and sagging skin.
May 18 6:30 – 8 p.m. Glastonbury
Aug. 3 6:30 – 8 p.m. Avon
Blood Sugar Monitoring
Wendy Spurrier, R.N., M.S.N., C.D.E.
If you have diabetes you probably are monitoring your sugar levels. Do you know if you readings are accurate? Are you sure what the best times to check are? How many times a day should you check? Has anyone told you what the recommended range is? Do you know about “pattern management?” This class will focus on these subjects to help ensure you are getting the most out of monitoring.

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Memory Loss in the Elderly
Victoria Costello, M.D., Vincent Varilla, M.D. or Vickie Dauphinais, M.S.N., F.N.P.-B.C., G.N.P.-B.C.
Is it just age–related memory loss or the early signs of Alzheimer’s disease? Learn about the differences between normal memory loss among the elderly and dementia–related memory loss, as well as treatments to manage the condition.

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Varicose and Spider Veins
Laureen Forgione–Rubino, M.D.
No one needs to suffer with the discomfort and unsightliness of varicose veins. Learn the difference between varicose and spider veins, causes and symptoms of both, what you can do to minimize their progression and current treatment options to eliminate them.

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Orthopedic Injury and Female Athletes
Renee Prince, M.D.
Do you regularly engage in sports or go to the gym? Dr. Renee Prince will discuss injury prevention and treatment strategies, as well as performance optimization techniques for female athletes.

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Hormonal Imbalance: The Benefits of Bio–Identical Hormones
Miriam Schwartz, A.P.R.N.
Do you suffer from fatigue and irritability? Are you gaining weight, and can’t seem to stop it? Don’t miss this opportunity to learn about how the RENEW program can help balance your hormones and improve your overall well-being.

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Acne Scarring
Paul Stanislaw, Jr., M.D.
Acne scarring can be a difficult problem to deal with, and people often waste time and money on treatments that don’t work. Board certified facial plastic surgeon, Dr. Paul Stanislaw, will educate you on the different treatments for acne scarring, with before-and-after photos to illustrate the dramatic improvement that can be achieved.

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Women’s Heart Program
Heart disease is the biggest health threat that women will face. It is the number one killer of women in the U.S., but much of it is preventable. Staff from the Women’s Heart Program at Saint Francis will discuss how to reduce a woman’s individual risk of heart disease.

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Thyroid Disease: Current Treatments
Jorge Diez, M.D.
Thirteen million Americans suffer from thyroid disease, yet half of them don’t know it. Thyroid disease is of particular concern to women, who are five times more likely to be diagnosed with it. Join Dr. Diez as he discusses risk factors, symptoms, diagnosis, and medications.

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Healthy Lifestyle Changes
Erin Ballou, B.S.
Join us as we discuss the daily strategies to stay healthy and live life to the fullest. Learn what you can do to reduce your risk for cardiovascular disease, and other chronic health problems, and improve your overall health.

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Please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit: www.stfranciscare.com
Back Pain
Kathleen Abbott, M.D.
Join rehabilitation physician Dr. Kathleen Abbott as she reviews causes, prevention, and treatments for back pain, including spinal injections. Discover what your options are and how to get back to leading an active life.

July 21 6:30 – 8 p.m. Hartford

Everything You Need To Know about Rhinoplasty
Paul Stanislaw, Jr., M.D.
Join Dr. Paul Stanislaw, board certified facial plastic surgeon, for a comprehensive discussion on rhinoplasty. Topics will include closed (endonasal) rhinoplasty, open approach rhinoplasty, revision rhinoplasty, and liquid (non–surgical) rhinoplasty. This lecture is geared for teenagers and adults who are contemplating rhinoplasty.

July 27 6:30 – 8 p.m. Avon

Shoulder Pain: Rotator Cuff Relief
Renee Prince, M.D.
Dealing with injuries of the rotator cuff can be very uncomfortable. Join orthopedic surgeon Dr. Renee Prince as she discusses surgical and non–surgical treatments for rotator cuff tears.

Aug. 4 6:30 – 8 p.m. Enfield

How to Develop Your Own Exercise Program
Starting an exercise program is one of the best things you can do to improve your overall health. Come and learn basic principles that will help you develop your own fitness routine.

Aug. 18 6:30 – 8 p.m. Hartford

Common Disorders of the Foot and Ankle
Danielle Butto, D.P.M., A.A.C.F.A.S
Join Dr. Butto as she discusses the most common foot and ankle problems, including ankle sprains, heel pain (achilles tendonitis and plantar fasciitis), forefoot pain (metatarsalgia – under the balls of the foot), bunions and hammertoes.

Aug. 24 6:30 – 8 p.m. Glastonbury

Irritable Bowel Syndrome
Richard Stone, M.D.
Irritable bowel syndrome (IBS) is one of the most common disorders seen by doctors, and while there is no treatment or cure, there are ways to manage IBS so that you feel better. Join Dr. Richard Stone to learn more about IBS and how to start feeling better soon.

Aug. 25 6:30 – 8 p.m. Manchester

Health Screenings
Bone Density Screening
In women, bone density tends to decrease with age, leading to osteopenia or osteoporosis. Staff from Radiology Associates of Hartford will provide heel bone density screenings on a walk–in basis and information on what you can do to maintain your bone health. Fee: Free

April 27, June 29 10 – 11:30 a.m. Glastonbury

May 3 8:30 – 10:30 a.m. Enfield Senior Center

Nutrition and Weight Management
Bariatric (Weight-Loss) Surgery Informational Seminar
Jon Pirrello, M.D., and/or Nissin Nahmias, M.D.
Obesity is linked to significant health conditions affecting life expectancy and quality of life. Weight loss surgery, along with healthy eating and routine physical activity, has proven to help people lose weight and keep it off long term improving people’s quality of life. Join us to learn more about the different weight-loss surgeries available and the process before, during, and after surgery. Fee: Free

April 14, May 12, June 9, July 14, Aug. 11 6 – 7:30 p.m. Hartford

April 27 6 – 7:30 p.m. Enfield

May 24 6 – 7:30 p.m. Avon

June 22 6 – 7:30 p.m. Manchester

Aug. 4 6 – 7:30 p.m. Glastonbury

Bariatric Surgery Support Group
Join us for guidance and support as we share experiences and explore opportunities for success during your weight–loss surgery journey. Whether preparing for bariatric surgery, or days, months, or years since having it, you are likely to benefit from participating. Fee: Free

April 6: Transforming Yourself 6 – 7:30 p.m. Hartford

May 4: Maintaining a Positive Body Image 6 – 7:30 p.m. Hartford

June 1: Biking Fitness 6 – 7:30 p.m. Farmington

Aug. 3: Get Inspired! 6 – 7:30 p.m. Hartford

Nutrition and Weight Management
Individual Nutritional Consultation
Available in Avon, Enfield, and Hartford. Call 1-877-STFRANCIS for more information. Fee: $75 per hour
Integrative Medicine

Acupuncture for Addictions, Cravings, Trauma, and Stress Management
Becky LaPlante, M.Ac., L.Ac.
Using five designated auricular (ear) points, clinicians trained by the National Acupuncture Detox Association (NADA) apply fine gauge, sterilized, one–time use stainless steel needles just under the skin, where they remain for up to an hour, while the patient relaxes quietly in a comfortable chair. The procedure calms the nervous system, detoxes the body, and increases an overall sense of well–being. Fee: $20

Every other Monday beginning April 4
5:30 – 7 p.m. Simsbury

Introduction to Acupuncture and Chinese Medicine
Becky LaPlante, M.Ac., L.Ac.
Join us to learn about the benefits of Chinese Medicine and acupuncture. Fee: Free

April 6, May 11, June 8, July 13
12 – 1 p.m. Simsbury

Nourish Yourself with Art—Support Group for Cancer Patients
Lorraine Greenfield, M.S.
Guided by an art therapist, art–making and creative expression can help alleviate pain, depression, anxiety and stress. This group is designed for cancer patients to express themselves and find comfort in a supportive environment. Group beneficial for experienced artists and those with no art training. Fee: Free

April 8, May 13, June 10
1 – 3 p.m. Hartford

Prepare for Surgery, Heal Faster Workshop™
Certified Facilitators
Medical studies show that people who prepare for an operation have less pain, fewer complications, and recover sooner. Peggy Huddleston’s steps to prepare for surgery will help you calm preoperative jitters, visualize a positive recovery, and establish supportive doctor–patient relationships. Fee: $45 – includes book, CD and group education (one support person may attend at no charge). One–on–one sessions also available for $75

April 11, May 9, June 20, July 18, Aug. 8
6:30 – 8 p.m. Hartford

April 12, May 10, June 14, July 12, Aug. 9
6:30 – 8 p.m. Enfield

April 14, May 31, June 14, Aug. 18
2 – 3:30 p.m. Manchester

April 21, May 12, June 9, July 7, 21; Aug. 11
2 – 3:30 p.m. Avon

April 28, June 30, July 14
2 – 3:30 p.m. Glastonbury

Aug. 11 6 – 7:30 p.m. Avon

Aug. 18 6 – 7:30 p.m. Glastonbury

Treating Migraines with Acupuncture and Acupressure
Christopher Gaunya, L.Ac., Dipl.Ac.
Migraines have been successfully treated with Oriental Medicine techniques for centuries. Join licensed acupuncturist Christopher Gaunya to learn how acupuncture may provide drug–free relief to debilitating headaches. Participants will receive a certificate for a free treatment at our Community Acupuncture Clinic. Fee: Free

April 18 7 – 8 p.m. Hartford

Healing Sounds – The Energy of Vibrations
Maria Eberle, R.N. and Edie Jemiola
Experience the healing power of sound using pure quartz crystal bowls, voice, and djembe drums. No experience needed. A limited quantity of djembe drums will be available so when you register please indicate if you need one. Fee: $25

April 19 6 – 8 p.m. Enfield

May 14 10 a.m. – 12 p.m. Hartford

Permission To Breathe – A Women’s Wellness Series
Escape for this three–part series and give yourself the gift of relaxation and education to better care for yourself – morning, noon and night! Each session will also include refreshments and experiential sessions. Fee: Free

April 20 – May 18 5:30 – 7:30 p.m. Hartford

April 20: Starting Your Day: Self–regulation and Energy Management
Joan Harovas, B.S.N., R.N., H.N.B. – B.C.
Energy affects us in more ways than we realize. Learn simple ways to create awareness, make positive choices, and enhance your life.

May 4: Sustaining Your Day: Eating for Optimal Well–Being
Maureen Wasik, R.D.
Learn how to nourish yourself for good health and well–being and taste new recipes to add to your Spring menu.

May 18: Ending Your Day: Sleeping Well
Kathleen N. Mueller, M.D.
Busy days and modern stressors have put a strain on us creating insomnia. Learn ways to improve sleep without medication.

Hypnosis – Learning to Reduce Stress
Mary Jo Conti, M.B.A., C.H.
Through a combination of guided imagery and hypnosis, learn how to reduce stress, reduce anxiety and promote feelings of peace and calm in your life. Class limited to 12 participants. Fee: $45

April 14 6 – 8 p.m. Manchester

April 21 6 – 8 p.m. Avon

June 9 6 – 8 p.m. Avon
Brave and Beautiful
Please join us as we partner together with community businesses to support cancer patients through their healing journey. Everyone deserves a little pampering – mini makeovers, custom wig consultations and organic salon sessions using safe beauty products. This event includes education, mini massages, refreshments, and is meant to inspire and encourage all who attend. Fee: Free

Drumming Circle for Women
Maria Eberle R.N., H.N. – B.C.
Come and feel the energy of drumming! Research has shown that drumming decreases stress. No experience needed. A limited quantity of djembe drums will be available so when you register please indicate if you need one. Fee: $15 per class

Holistic Birthing
Barbara Fasulo, C.H.
This is a three-week class for expectant parents (mother and birthing companion). Class includes techniques to help parents to relax and experience a calm and serene birthing. Techniques include breathing, meditation, gentle movement, and guided imagery. Fee: $150

Hypnosis and Other Mind–Body Techniques to Enhance Your Golf Game
Mary Jo Conti, M.B.A., C.H.
For decades, hypnosis has helped thousands of people successfully make behavior changes. Gain an introduction to powerful mind–body techniques (relaxation, visualization, affirmations) that will bring out your peak performance on the golf course. Fee: $90

Mindfulness-based Stress Reduction Program
Carol Tyler, M.A., R.D., C.D.N.
Find ways to face stress, chronic pain or illness in this acclaimed course. This eight–week program, developed by Jon Kabat–Zinn, will help you discover ways to tap into your inner resources for bringing balance, health, and peace back into your life. Experience mindfulness with meditation, yoga and other practices. Includes handouts, meditation, and yoga recordings. There is also an all–day retreat on Saturday June 11. Fee: $300

Introduction to Couples Massage
Barry Wixsom, L.M.T.
Couples Massage Class is a great way to connect with your partner. Benefits include relaxation, stress and tension relief, and blood pressure reduction. Fee: $25/couple

Wellness Day for Cancer Patients
Your wellness journey should not take a back seat with a cancer diagnosis. NOW is the time to learn more about how to feel better – spirit, mind, and body! Join us for a Wellness Day to experience relaxation, education, and nourishment – learn about the best nutrition for your body, exercise to get you moving, calming and rejuvenating techniques, and spiritual support. Refreshments provided. Fee: Free

Energize Your Life!
Risa Gaull Brophy, B.S., M.Q.T.
Is your lack of energy making it hard to get through the day? Join us and learn three secrets to boost your energy! Find how you can get more done every day with greater ease, and have all the energy you need to do the things you love. Fee: Free

Basic Therapeutic Touch® Class
Would you like to learn how to decrease stress, ease pain, accelerate healing, and increase your sense of well–being? This class on Therapeutic Touch® will teach you techniques that may help you enhance your quality of life and the quality of life of those you love. Class includes meditations, discussion, and exchanges with students. Fee: $160

Introduction to Active Isolated Stretching
Learn how improve your flexibility and reduce the risk for injuries utilizing Active Isolated Stretching, a dynamic facilitated stretching technique that aims to extend the range of motion in muscles by holding the stretch no longer than two seconds at a time. Please wear loose clothing and bring a yoga mat. Fee: $15
Introduction to Self-regulation, Energy Management and Optimal Performance
Joan Harovas, R.N., B.S.N., H.N.B.–B.C., Certified HeartMath Mentor
With practice and dedication you can manage and self-regulate your energy, allowing for optimal performance. This class will provide an introduction to how and why this is possible. Fee: Free

June 15 6:30 – 7:30 p.m. Hartford

Touch, Caring and Cancer
Julie Olson, L.M.T. and Barry Wixsom, L.M.T.
This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply. Refreshments served. Fee: Free

June 25 10 a.m. – 12 p.m. Hartford

Overview of Craniosacral Therapy and Therapeutic Touch
This class is an overview of Craniosacral Therapy and Therapeutic Touch® and includes demonstrations as well as some techniques you can use to help yourself. Fee: $15

Aug. 30 6 – 8 p.m. Simsbury

How To Lessen the Side Effects of Chemotherapy and Radiation Therapy™
Certified facilitators
In this workshop you will learn mind–body tools to show you how to feel calmer during treatments, replace nausea with appetite, and replace fatigue with more energy. One support person may accompany at no charge. Fee: $75 includes private session, book and CD.

How to Reduce Anxiety and Insomnia Workshop™
Certified facilitators
In this workshop you will learn how to use relaxation and guided imagery to reduce anxiety and help with sleep issues. Fee: $70 includes private session and CD.

Qigong/T'ai Chi Classes

Qigong
Risa Gaull Brophy, B.S., M.Q.T.
Calm your mind and energize your body with the deep breathing and slow, flowing movements of these ancient Chinese healing exercises. Learn simple exercises you can do to relieve stress and enjoy radiant health! Fee: $23 – includes workbook

June 3 7 – 8:30 p.m. Avon
July 16 1:30 – 3 p.m. Avon
Aug. 5 7 – 8:30 p.m. Avon

Qigong: Self-healing for People with Cancer
Risa Gaull Brophy, B.S., M.Q.T.
Learn powerful, evidence-based techniques, designed specifically for people diagnosed with cancer. Learn acupressure points to relieve pain, fatigue and other symptoms. Fee: $57

June 4 1 – 3 p.m. Avon
Aug. 20 1 – 3 p.m. Avon

T’ai Chi
Beth Price
T’ai Chi is equal parts health-nourishing exercise, balanced living and personal growth. This ancient art both energizes and relaxes as you learn to use your body in a coordinated, agile and healthy way that enhances your everyday activities. Fee: $48

April 13, 27; May 4, 11 3:30 – 4:30 p.m. Glastonbury
May 18, 25; June 1, 8 3:30 – 4:30 p.m. Glastonbury
June 15, 22, 29; July 6 3:30 – 4:30 p.m. Glastonbury
July 13, 20, 27; Aug. 3 3:30 – 4:30 p.m. Glastonbury
Aug. 10, 17, 24, 31 3:30 – 4:30 p.m. Glastonbury

T’ai Chi (continued)

April 8, 15, 29; May 6 4:30 – 5:30 p.m. Hartford
May 13, 20, 27; June 3 4:30 – 5:30 p.m. Hartford
June 10, 17, 24; July 1 4:30 – 5:30 p.m. Hartford
July 8, 15, 22, 29 4:30 – 5:30 p.m. Hartford
Aug. 5, 12, 19, 26 4:30 – 5:30 p.m. Hartford

Yoga Classes

Yoga revitalizes the body and the mind and helps to lubricate the joints, stabilize muscles, and increase circulation. Clear instructions are offered for postures, breathing exercises, and relaxation. Modifications are given to accommodate for individuals with movement limitations or those new to yoga. Some classes are specific to various health issues. Please bring a yoga mat to class.

Mommy, Daddy and Me: A Yoga Workshop for New Families
Shannon Jones, R.Y.T. 500
Developing strength, flexibility and balance during postpartum supports weight-loss and peace of mind for mom, proper brain development for baby, and the overall well-being of the father, mother and child. Infant and crawling babies encouraged. Grandparents are welcome too! Fee: $30

May 14 3:30 – 5 p.m. Integrative Medicine Center, Hartford

Trauma Sensitive Yoga
Maureen Dagon, M.S.W., E–R.Y.T.
Participants may reduce symptoms that accompany trauma by learning to use the mind–body connection as a resource for well-being and to restore balance. Veterans, and all who have experienced trauma due to P.T.S.D., childhood distress, grief, loss, and illness, can benefit significantly through this practice. Fee: $60 or $12 drop-in. 25% discount for active and retired military personnel.

April 2, 9, 16, 23, 30; May 14 8:45 – 10 a.m. Glastonbury
May 21; June 11, 18, 25; July 2, 9 8:45 – 10 a.m. Glastonbury

Please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit: www.stfranciscare.com
Peaceful Pregnancy Yoga
Shannon Jones, R.Y.T. 500
Participants learn techniques to develop mind/body awareness in preparation for childbirth. Safely guided movements will be administered and modified for each trimester and sacral/S.I. stability exercises will be strongly emphasized. Fathers-to-be and birthing coaches will be invited to the last class for learning supportive labor postures. Fee: $40 or $12 drop-in
April 16, 23, 30; May 7 10:30 – 11:45 a.m. Enfield

Gentle YogaChi
Mary Ellen Mullins, C.Y.T.
YogaChi is a gentle class combining gentle yoga and standing ChiGong poses. Fee: $60 or $12 drop-in
April 4, 11, 18, 25; May 2, 9 10 - 11 a.m. Avon
May 16, 23, 30; June 6, 13, 20 10 - 11 a.m. Avon
April 6, 13, 20, 27; May 4, 11 9 - 10 a.m. Simsbury
May 18, 25; June 1, 8, 15, 22 9 - 10 a.m. Simsbury

All Levels Yoga
Lynne Miller, R.Y.T. 500
Fee: $60 or $12 drop-in
April 4, 11, 18, 25; May 2, 9 5:45 - 7 p.m. Enfield
May 16, 23; June 6, 13, 20 5:45 - 7 p.m. Enfield
July 11, 18; Aug. 8, 15, 22, 29 5:45 - 7 p.m. Enfield
April 7, 14, 21, 28; May 5, 12 10 - 11:15 a.m. Enfield
May 19, 26; June 2, 9, 16, 23 10 - 11:15 a.m. Enfield
June 30; July 7, 14, 21; Aug. 11, 18 10 - 11:15 a.m. Enfield

Restorative Yoga
Maureen Dagon, M.S.W., E-R.Y.T.
This class offers 75 peaceful minutes to allow deep relaxation, restore balance, and release stress. Blankets, bolsters, and various props are provided. No drop-ins. Fee: $90
April 26; May 3, 10, 17, 24, 31 4:15 - 5:30 p.m. Glastonbury
June 7, 14, 21, 28; July 5, 12 4:15 - 5:30 p.m. Glastonbury
Aug. 2, 9, 16, 23, 30; Sept. 6 4:15 - 5:30 p.m. Glastonbury

Chair Yoga for Chronic Illness, Stability, and Strength
Barbara Fasulo, E-R.Y.T. 200, R.Y.T. 500
Fee: $60 or $12 drop-in
April 1, 8, 15, 22, 29; May 6 10:15 - 11:30 a.m. Avon
May 13, 20, 27; June 3, 10, 17 10:30 - 11:30 a.m. Avon

Mommy and Me Yoga
Shannon Jones, R.Y.T. 500
Developing strength, flexibility and balance during postpartum supports weight-loss and peace of mind for mom, proper brain development for baby, and the overall well-being of the mother and child. Infant and crawling babies encouraged. Daddies are welcome too! Fee: $50 or $12 drop-in
April 16, 23, 30; May 7, 14 12 - 1 p.m. Enfield

CPR for Health Care Providers
Basic Life Support
Erin Ballou, B.S., A.H.A. Instructor
This certification course is for Health Care Providers only. It will cover one- and two-rescuer CPR for adults, children and infants. Also included will be foreign body airway obstruction training for all ages, training on the use of Automated External Defibrillators (AED’s), and rescue breathing using bag-mask ventilation and other barrier devices Fee: $85
May 4 10 a.m. – 2 p.m. Manchester
July 14 10 a.m. – 2 p.m. Glastonbury

CPR and Safety
CPR for Family and Friends
Erin Ballou, B.S., A.H.A. Instructor
Join us for this American Heart Association class, intended for the lay rescuer, to learn CPR and choking management for infants, children and adults. Fee: $55
April 26 10:30 a.m. – 12:30 p.m. Manchester
July 27 10:30 a.m. – 12:30 p.m. Glastonbury

Heartsaver CPR AED Certification Course
Erin Ballou, B.S., A.H.A. Instructor
Heartsaver CPR AED is for anyone with limited or no medical training who needs a certification in CPR and Automated External Defibrillators (AED’s) use to meet job, regulatory or other requirements. This class will also cover foreign body airway obstruction maneuvers for the adult, child and infant age groups. Fee: $65
April 26 12:30 - 2:30 p.m. Manchester
July 27 12:30 – 2:30 p.m. Glastonbury
CPR for Health Care Providers Recertification Course
Erin Ballou, B.S., A.H.A. Instructor
This BLS recertification course is for Health Care Providers only, who have taken an HCP CPR course in the last two years. It will cover one- and two-rescuer CPR for adults, children and infants. Also included will be foreign body airway obstruction training for all ages, training on the use of Automated External Defibrillators (AED’s), and rescue breathing using bag–mask ventilation and other barrier devices. Participants must bring their current certification cards to the class. Fee: $65

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<tr>
<th>Date</th>
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<tr>
<td>May 11</td>
<td>10:30 a.m. – 1:30 p.m.</td>
<td>Manchester</td>
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<td>June 8</td>
<td>10:30 a.m. – 1:30 p.m.</td>
<td>Manchester</td>
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<td>Aug. 24</td>
<td>10:30 a.m. – 1:30 p.m.</td>
<td>Glastonbury</td>
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Center for Diabetes and Metabolic Care

The Center for Diabetes and Metabolic Care at Saint Francis offers comprehensive education, training and support to individuals with diabetes and metabolic disorders and their families. Pre-registration is required and a referral is needed for group and individual sessions.

Group programs are offered at the following locations:

- 114 Woodland Street, Hartford
- 7 Elm Street, Suite 202, Enfield

Visit www.stfranciscare.com/cdmc for more information.

Diabetes Support Group

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<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>First Thursday of each month</td>
<td>2 - 3 p.m.</td>
<td>Hartford</td>
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<tr>
<td>Fourth Monday of each month</td>
<td>3 - 4 p.m.</td>
<td>Enfield</td>
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For Expectant Parents

Saint Francis offers several types of prepared childbirth classes to meet the family’s needs and schedule.

Classic Childbirth Series
This three-week class series includes an overview of labor and delivery, preterm labor, relaxation and comfort measures, breathing techniques, medical interventions during labor, induction of labor and c-section, and the postpartum period. Call or go online for dates. Fee: $100

Mini Beginnings
Designed with the busy mother-to-be in mind, this one–night mini-class gives a concise, brief overview of labor and delivery, comfort measures including breathing techniques, and pain control options. Call or go online for dates. Fee: $100

Weekend Beginnings
This all–day class includes the same topics as the three–week series: breathing techniques, medical interventions during labor, induction of labor, c/section and the postpartum period. No tour is included in this class. Call or go online for dates. Fee: $100

Maternity Tour
Tour of the New Beginnings Family Birth Center is available to expectant families and includes the Labor and Delivery suites and Maternity unit. Tour participants must be 16 years and older. Call or go online for dates. Fee: Free

eBeginnings
Online childbirth classes are also available. Fee: $25

Breastfeeding Class
This one–night class covers topics such as the benefits of breastfeeding and skin-to-skin contact, first feedings, positioning and latching, avoiding common problems, how to know if your baby is ‘getting enough’, pumping and returning to work. Partners are strongly encouraged to attend. Call or go online for dates. Fee: Free

Breastfeeding Support Group
This is a weekly informal group for breastfeeding support and socialization. Mothers and babies are welcome. Call or go online for dates. Fee: Free

Breastfeeding USA Support Group
Breastfeeding USA is a mother–to–mother support group. Our mission is to provide evidence–based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm. All women interested in breastfeeding are welcome at meetings. Babies are welcome! Fee: Free

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<td>Hartford</td>
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<td>June 5</td>
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Kids in Safety Seat
A National Child Passenger Safety Technician will explain the basics of car seat safety, from selection to seat direction and proper installation. Hands–on demonstration is included. Call to schedule an appointment. Fee: Free

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Support/Health Management Groups

Living with Congestive Heart Failure
This educational series is open to all individuals living with congestive heart failure, their families, friends and caregivers. It is designed to provide education on a variety of topics specific to heart failure, including nutrition, exercise and medications. Fee: Free

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<thead>
<tr>
<th>Session</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>April 12</td>
<td>How Your Heart Works</td>
<td>Hartford</td>
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<tr>
<td>May 10</td>
<td>Medications and Heart Failure</td>
<td>Hartford</td>
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<tr>
<td>May 24</td>
<td>Exercise and Heart Failure</td>
<td>Hartford</td>
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<tr>
<td>June 14</td>
<td>Coping with Your Illness</td>
<td>Hartford</td>
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<tr>
<td>June 28</td>
<td>Nutrition with Heart Failure</td>
<td>Hartford</td>
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</table>
LEAP: For Stroke Survivors and Caregivers
During this four–session seminar attendees will learn about strokes, strategies to prevent recurrences, and rehabilitation and recovery. Participants are encouraged to attend all sessions. Fee: Free
May 4 – 25 10 a.m. – 12 p.m. Mount Sinai Rehabilitation Hospital
May 4 Learning about Stroke
May 11 Empowering Yourself
May 18 Awareness, Emotions, Communication, Intimacy and Self-esteem
May 25 Positively Surviving

Spinal Cord Injury
These informational sessions provide individuals with a spinal cord injury (and related disabilities), their family members, friends, and interested professionals, an opportunity to discuss topics of interest and share experiences. This monthly group is cosponsored by CTSCIA, a Chapter of United Spinal. Fee: Free
Third Wednesday of each month 4:30 – 6:30 p.m. Hartford

Powerful Tools for Caregivers
An educational program designed to provide caregivers the tools needed for taking care of themselves while caring for a relative or friend. Through six, 2½–hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self–confidence, better communicate feelings, and locate resources. Pre–registration is required. Fee: Free
April 6 – May 11 2 – 4:30 p.m. Hartford

Stroke Support Group
This group offers individuals and families the opportunity to share experiences and information. The group includes individuals who have had a stroke or currently live with a related disability. Fee: Free
Second Monday of each month 1 – 2 p.m. Hartford

Prostate Cancer Support Group
Fee: Free
Third Monday of each month 5 – 6:30 p.m. Hartford

Multiple Sclerosis (MS) Support Group
Patient–led group to discuss and share topics specific to living with MS. Fee: Free
Last Tuesday of each month 6 – 7:30 p.m. Hartford

Men’s Multiple Sclerosis (MS) Support Group
Marlene Murphy–Setzko, M.D.
This program, led by Dr. Murphy–Setzko, Mandell MS Center Urology Medical Director, offers a wide variety of educational sessions on male bladder, employment, social, and cognitive issues. Open forum discussion is encouraged. Fee: Free
April 6 – May 11 2 – 4:30 p.m. Hartford

Aphasia Support Group
Open to individuals living with aphasia, their families, friends and caregivers, the purpose of the group is to help to improve communication, enhance social interactions, meet others in the community living with aphasia and provide caregiver support. Fee: Free
First Wednesday of each month 11:15 a.m. – 12 p.m. Hartford

Bereavement and Spirituality
Grieving the Death of a Spouse
Sandy Van Koevering
Few events in life may be as painful as the death of your spouse or partner. You may be uncertain how you will cope with this loss. Come together as we encourage each other and discuss what it means to grieve in a healthy manner. Fee: Free
April 21 6:30 – 8 p.m. Glastonbury

Grief Support Group
This is an ongoing group for anyone who is experiencing grief from the death of a loved one. You are welcome to come one time or as many times as you choose. Fee: Free
Second and fourth Thursday of each month 1 – 2:30 p.m. Hartford

Pregnancy and Infant Loss Support Group
This group offers grieving parents who have experienced a pregnancy or infant loss through miscarriage, ectopic pregnancy, stillbirth, Neonatal Intensive Care Unit death, or Sudden Infant Death Syndrome, to come together and heal through sharing and listening. Fee: Free
Third Thursday of each month 6 – 8 p.m. Hartford

Caring for Yourself when You Are No Longer a Caregiver
Jill Levin
The passing of a loved one can often bring many changes and new challenges. This program will serve as a great opportunity to learn how you can nurture your spirit and regain strength after a loss. Natural and normal grief responses will be defined, and an interactive discussion will explore healthy coping skills that can guide you through the grieving process. Group participation is encouraged. Fee: Free
May 18 6:30 – 8 p.m. Mandell Jewish Community Center

Finding Hope in Times of Grief
Linda Huff, M.Div.
Acknowledging the process of grief as a journey of hope can add a new perspective to life. Grievers need hope, respect, time alone, understanding, expressions of caring, simple goals, small pleasures, healthy daily routines, and permission to slide backwards and start over again. Come hear more about the journey and share your story with others. Fee: Free
May 25 6 – 7:30 p.m. Manchester

Spinal Cord Injury
Sandy Van Koevering
Few events in life may be as painful as the death of your spouse or partner. You may be uncertain how you will cope with this loss. Come together as we encourage each other and discuss what it means to grieve in a healthy manner. Fee: Free
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May 25 6 – 7:30 p.m. Manchester