

# Community Health Wellness Programs

## Health Matters

JANUARY – JULY 2012

Registration is required for all programs



### LOSING WEIGHT THE LAP-BAND® WAY

February 6, 6:30 pm  
April 30, 6:30 pm or  
July 30, 6:30 pm

Dr. Elmer Valin and Dr. Ursula McMillian will discuss the risks, benefits, and technical aspects of Adjustable Band surgery along with pre and post operative care and lifestyle changes.



### MOVE FOR YOUR HEART FEATURING ZUMBA®

February 13, 6:30 pm

Wondering if you would like Zumba? Here's your chance. Heather McDaniel will guide you through a one time invigorating, fun Zumba workout. Come try it, you just might like it.

In inclement weather, please call  
203-876-4000 for program cancellations.  
To register call 203-876-4004



### THE DIABETIC EYE

February 27, 6:30 pm

Dr. Levinson will discuss prevention, diagnosis and the latest medical and surgical treatment for the diabetic eye.



### THE POWER OF SPIRITUAL PRAYER

March 26, 6:30 pm

Ed O'Malley, PhD will address the meaning and definition of prayer. Does one have to be religious to pray? Is it different than childhood prayers? Your questions will be invited and certain to be a lively discussion.

### TEA TALK

Saturday, March 24, 10:00 AM -12 noon

Mothers/Daughters (ages 10-13) morning of tea and...  
Informative talk to open communication on adolescent issues and concerns.

by Diane Frankel-Gramelis & Alicia Hanke



MILFORD HOSPITAL

Registration is required for all programs. To register, go to

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

or call the Department of Education

203-876-4004

### WHAT EVERY WOMAN WANTS TO KNOW...

Wednesday, April 25, 6:30 pm

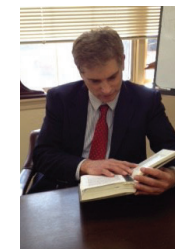


Nancy DeGennaro, CNM,  
MPH, IBCLC  
Nurse Midwife  
Center for Women's Health



Diane Frankel-Gramelis, MS  
Director of Education-  
Milford Hospital  
Adjunct Professor—SCSU

A humorous, frank talk about lives, loves and bodies. Nancy and Diane will be answering your questions about life, relationships and the body from pregnancy to menopause and beyond.



### ELDER CARE LAWS

Thursday, May 3, 6:30 pm

Jay H. Jazer, Attorney and Counselor at Law will explain the basics of Estate Planning and Long Term Care, and the importance of having power of Attorney, advanced health care directives and wills along with Medicaid/Title XIX.

## Health Matters Screenings

### BLOOD PRESSURE & BLOOD GLUCOSE

January 16, April 16, July 16 • 4 pm - 6:45 pm

### CHOLESTEROL – FEE: \$15

January 16, April 16, July 16 • 4 pm - 6:45 pm

Appointment is required. Call 203 876-4004

# Health Matters

## SUPPORT GROUPS

Free support groups for patients and/or members of their families who wish to share experiences, information, concerns and feelings.

### Alzheimer's

1st Monday, monthly, 6:30 pm



### Epilepsy

2nd Monday, monthly, 7:00 pm



### Lupus

3rd Thursday, monthly, 6:30 pm



### Multiple Sclerosis

2nd Saturday, monthly, 1:30 pm



### Y-ME Breast Cancer

Meeting every other Wednesday evening  
6:00-7:30 pm beginning 1/11/12

NON-PROFIT  
U.S. POSTAGE  
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PERMIT#713  
MILFORD, CT



MILFORD HOSPITAL

For more information,  
call Department of Education  
203-876-4004



MILFORD HOSPITAL

300 Seaside Avenue  
P.O. Box 3015  
Milford, CT 06460  
Education Department

ADDRESS SERVICE REQUESTED



MILFORD HOSPITAL

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JANUARY – JULY 2012

SUNDAY  
MAY  
13, 2012  
9 AM



MOTHER'S  
DAY RACE!