



YOUR GUIDE TO
Wellness

JANUARY - MARCH 2012

 **ValleyHealth**

www.valleyhealthlink.com

All events free of charge unless (\$) indicated. Registration required three business days in advance for most programs. If you have special needs please notify us one week in advance. Health classes require a minimum number of participants.

IN BERKELEY SPRINGS

Classes are held at 261 Berkmore Place, Suite 2A, unless noted otherwise. **Registration is required three business days in advance.** To register or for more information, call 304-258-8377 unless otherwise noted.

FREE COMMUNITY PROGRAMS

Resolution Solution: Tips for Successful Change

January 13, 12-12:30 P.M.

War Memorial Hospital

Call 540-536-3050 or 800-662-7831

New Year, New Nutrition Plan: Use Your Intuition for Healthy Eating

January 23, 4:30-5:30 P.M.

Know Your Numbers: Heart Health

February 6, 12-1 P.M.

War Memorial Hospital

Call 540-536-3050 or 800-662-7831

Soup & Nuts: Explore Heart-Healthy Ingredients to Make Soups & Snacks

February 27, 4:30-5:30 P.M.

Get Your Plate in Shape (National Nutrition Month®)

March 12, 4:30-5:30 P.M.

Managing Job Stress

March 23, 12-12:30 P.M.

War Memorial Hospital

Call 540-536-3050 or 800-662-7831

IN FRONT ROYAL

Classes are held in the Warren Memorial Hospital Outpatient Center Conference Room, 120 North Commerce Avenue, unless otherwise noted. **Registration required three business days in advance.** To register or for more information, call 540-636-0263 or 800-662-7831 unless otherwise noted.

FREE COMMUNITY PROGRAMS

Family & Friends® CPR Anytime® Infant CPR

January 12, 5:30 P.M.

Warren Memorial Hospital

Call 540-636-0138 to register

New Year, New Nutrition Plan: Use Your Intuition for Healthy Eating

January 16, 12-12:30 P.M.

Family & Friends® CPR Anytime®

Adult/child CPR

March 12, 5:30 P.M.

Warren Memorial Hospital

Call 540-636-0138 to register

HEALTH CLASSES

Registration required five business days in advance. Minimum participation needed.

Healthy Weight, Module 1: Finding Your Motivation \$

Identify reasons and motivators for making lifestyle changes and to help you achieve a healthy weight. First of three 12-week modules.

Wednesdays, February 1 – April 18, 5-5:30 P.M.

Weigh 2 Go \$

12-week weight management program that focuses on lifestyle behaviors, physical activity and nutrition.

Wednesdays, February 1 – April 18, 5:45-6:45 P.M.

Heartsaver CPR and AED \$

March 8, 5:30 P.M.

Warren Memorial Hospital

For information or to register, call 540-636-0138

SCREENINGS

Blood Pressure Screening **FREE**

Wednesdays, 2-3 P.M.

Warren Memorial Hospital

540-636-0138

IN LURAY

Classes are held in the Page Memorial Hospital Board Room unless otherwise noted. **Registration is required three business days in advance.** To register or for more information, call 540-459-1110 or 800-662-7831.

FREE COMMUNITY PROGRAMS

New Year, New Plan

January 23, 12-1 P.M.

On The Road to Better Diabetes Management

February 21, 7-8 P.M.

Page Memorial Hospital Day Room

Soup & Nuts: Explore Heart-Healthy Ingredients to Make Soups & Snacks

February 27, 9:30-10:30 A.M.

Get Your Plate in Shape (National Nutrition Month®)

March 9, 12-12:30 P.M.

Page Memorial Hospital

March 9, 2-2:30 P.M.

Outpatient Rehabilitation & Fitness Services
12 East Luray Shopping Center

Sensible Sun Safety

March 19, 4:30-5:30 P.M.

Outpatient Rehabilitation & Fitness Services
12 East Luray Shopping Center

Sound The Alert: Know Your Diabetes Score

March 21, 10-11 A.M.

Outpatient Rehabilitation & Fitness Services
12 East Luray Shopping Center

HEALTH CLASSES

Registration required five business days in advance.
Minimum participation needed.

Healthy Weight, Module I: Finding Your Motivation \$

Identify reasons and motivators for making lifestyle changes and to help you achieve a healthy weight. First of three 12-week modules.

Mondays, January 30 – April 16, 12:15-12:45 P.M.

IN ROMNEY

Classes are held at the Hampshire Wellness & Fitness Center unless otherwise noted. **Registration is required three business days in advance.** To register or for more information, call 304-822-7255.

FREE COMMUNITY PROGRAMS

Resolution Solution: Tips for Successful Change

January 18, 12-12:30 P.M.

Hampshire Memorial Hospital
Call 540-536-3050 or 800-662-7831

New Year, New Nutrition Plan: Use Your Intuition for Healthy Eating

January 24, 5:30-6:30 P.M.

Know Your Numbers: Heart Health

February 8, 12-1 P.M.

Hampshire Memorial Hospital
Call 540-536-3050 or 800-662-7831

Soup & Nuts: Explore Heart-Healthy Ingredients to Make Soups & Snacks

February 28, 5:30-6:30 P.M.

Managing Job Stress

March 16, 12-12:30 p.m.

Hampshire Memorial Hospital
Call 540-536-3050 or 800-662-7831

Get Your Plate in Shape (National Nutrition Month®)

March 27, 5:30-6:30 p.m.

HEALTH CLASSES

Registration required five business days in advance.
Minimum participation needed.

Mind, Body Stress Management \$

A gentle entry into the practice of becoming more mindful, designed to transform your relationship to stress.

Wednesdays, January 18-February 22, 5-6:30 P.M.

Hampshire Memorial Hospital

Call 540-536-3050 or 800-662-7831

Healthy Weight, Module I: Finding Your Motivation \$

Identify reasons and motivators for making lifestyle changes and to help you achieve a healthy weight. First of three 12-week modules.

Tuesdays, January 24 – April 10, 6:30-7:00 P.M.

IN WINCHESTER

Classes are held in the Valley Health Wellness & Fitness Center unless otherwise noted. Registration required three business days in advance unless otherwise noted. Call 540-536-3050 or 800-662-7831 for information or to register unless otherwise noted.

FREE COMMUNITY PROGRAMS

Family & Friends® CPR Anytime®

Adult/child CPR, infant CPR last half hour

January 7, 10 A.M.-12 P.M.

February 13, 2-4 P.M.

March 12, 2-4 P.M.

What Does Your Thyroid Gland Do?

January 19, 2-3 P.M.

Knee & Hip Pain Seminar

March 7, 2-3 P.M.

For information or to register, call 540-536-6840

Get Your Plate in Shape (National Nutrition Month®)

March 14, 12-12:30 P.M.

Inflammation: How It Helps and Harms Us

March 15, 2-3 P.M.

Managing Job Stress

March 20, 12:30-1:30 P.M.

Bones and Hormones

Speaker: John Ghramm, MD

March 21, 11 A.M.-12 P.M.

HEALTH CLASSES

Registration required five business days in advance.
Minimum participation needed.

Healthy Weight, Module 1: Finding Your Motivation

Identify reasons and motivators for making lifestyle changes and to help you achieve a healthy weight. First of three 12-week modules.

Mondays, January 16 – April 2, 12-12:30 P.M.

333 West Cork Street

Mondays, January 16 – April 2, 5-5:30 P.M.

Thursdays, January 19 – April 5, 8-8:30 A.M.

Thursdays, January 19 – April 5, 4:30-5 P.M.

Weigh 2 Go \$

A 12-week weight management program that focuses on lifestyle behaviors, physical activity and nutrition.

Tuesdays, January 17 – April 3, 4-5 P.M.

Thursdays, January 19 – April 5, 9-10 A.M.

Thursdays, January 19 – April 5, 5:15-6:15 P.M.

Habits Not Diets \$

A 12-week weight management program that focuses on changing eating and exercise habits and overcoming attitudes that have sabotaged past weight loss efforts.

Tuesdays, January 17 – April 3, 5:15-6:15 P.M.

Mind, Body Stress Management Program \$

A gentle entry into the practice of becoming more mindful, designed to transform your relationship to stress.

Thursdays, February 16 – March 22, 10-11:30 A.M.

SCREENINGS

Blood Pressure Screening FREE

Second and fourth Monday of the month, 9-10:30 A.M.

Body Composition Screening \$

By appointment only

Bone Density Screening \$

First Monday of the month, 3:30-5 P.M.

Hearing Screening FREE

Third Friday of the month, 9 A.M.-12 P.M.

Medication and Over the Counter Review FREE

Bring your medications and meet with a pharmacist who will review for interactions

Third Friday of the month, 8 A.M.-12 P.M.

Memory & Depression Screenings FREE

Winchester Medical Center Behavioral Health Services

Second Friday of the month, 10 A.M.-12 P.M.

By appointment only

IN WOODSTOCK

Classes are held at Shenandoah Memorial Hospital unless otherwise noted. **Registration required three business days in advance.** To register or for more information, call 540-459-1110 or 800-662-7831 unless otherwise noted.

FREE COMMUNITY PROGRAMS

Family & Friends® CPR Anytime®

Adult / child CPR

January 12, 6-7 P.M.

February 18, 9-10 A.M.

March 8, 6-7 P.M.

Call 540-459-1358 to register

Your Journey With Diabetes: An Interactive Discussion

January 18, 10-11 A.M.

New Year, New Plan

January 25, 12:15-1 P.M.

Know Your Numbers: Heart Smart

February 6, 5:30-6:30 P.M.

Diabetes Complications: Educate & Protect Yourself

February 8, 5:30-6:30 P.M.

New Market Family Health Center

Soup & Nuts: Explore Heart Healthy Ingredients to Make Soups & Snacks

February 20, 12-12:30 P.M.

Searching For Healthy Food: Grocery Store Tour

March 6, 12:30-1:30 P.M.

Community Wellness Fair

March 10, 8-11:30 A.M.

WW Robinson Elementary School

Creating Healthy Meals

March 19, 2-3 P.M.

Sensible Sun Safety

March 21, 5:30-6:30 P.M.

HEALTH CLASSES

Registration required five business days in advance.
Minimum participation needed.

Healthy Weight, Module 1: Finding Your Motivation \$

Identify reasons and motivators for making lifestyle changes and to help you achieve a healthy weight. First of three 12-week modules.

Tuesdays, January 31 – April 17, 12:15-12:45 P.M.

Weigh 2 Go \$

A 12-week weight management program that focuses on lifestyle behaviors, physical activity and nutrition.

Tuesdays, January 31 – April 17, 5:15-6:15 P.M.

SCREENINGS

Blood Pressure Screening FREE

Call for information and times

SENIOR HEALTH SERVICES

Free help with health information and accessing health services for older adults

540-536-3050, 540-459-1110 or 800-662-7831