



GVH GRAND VIEW HEALTH

HealthView

SPRING/SUMMER
2015

Community Health Events

Programs

Classes

Support Groups

HealthView

At Grand View Health, we are committed to creating a healthier community. Whether you want to learn first aid, quit smoking or improve your lifestyle, you can find help through Grand View’s community health programs.

We have provided residents of Bucks and Montgomery counties with comprehensive healthcare services since 1913. As a private, non-profit hospital, we take great pride in serving our neighbors with modern technologies, advanced medicine and a variety of educational and screening programs to keep you healthy and informed.

With our convenient outpatient locations at Sellersville, Harleysville, Pennsburg and Quakertown, Grand View offers a wide range of classes, services and support groups—close to home. As a part of our devotion to the community, we are dedicated to bringing quality healthcare to all the lives we touch.

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BARIATRICS

Bariatric Surgery Information Seminar

The Grand View Center for Bariatric Surgery offers informational seminars about bariatric surgery. These seminars are a great way to learn about surgical choices in a judgment-free setting. Your questions will be answered by members of our bariatric team, including bariatric surgeon, Michael Fishman, MD.

Date: 2nd and 4th Tuesday of the month

Time: 5:00 – 6:00 pm

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Grand View Center for Bariatric Surgery

Grand View Health is pleased to announce they are now accepting patients for evaluation for weight loss surgery. This new bariatric weight loss program is led by an experienced and compassionate team.

For more information, please call Grand View Surgical Associates at 215-453-3400.

We Are Grand View Health



We are committed to making healthcare more accessible and more convenient.

Pictured from left to right:

Lewis M. Gill, MD; Michael K. Fishman, MD; John J. Pagan, MD, FACS; James Christopher Watson, MD, FACS and Thomas J. Coyle, MD, FACS

HealthView

CANCER CARE

GI & Colon Cancer Awareness

Join James Christopher Watson, MD, board-certified, fellowship-trained surgical oncologist, for an informational session on gastrointestinal and colon cancer awareness. Learn what symptoms to be aware of and how to reduce your risk of getting colon cancer, as well as current surgical and non-surgical treatment options.

Date: Thursday, March 12

Time: 11:00 am – Noon

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Skin Cancer Awareness 101

Join Daniel I. Shrager, MD, board-certified dermatologist of Alpha Dermatology, during Skin Cancer Awareness month for an informational session. During this class you will learn about skin cancer awareness, screenings and new non-surgical treatments for skin cancer.

Date: Wednesday, May 6

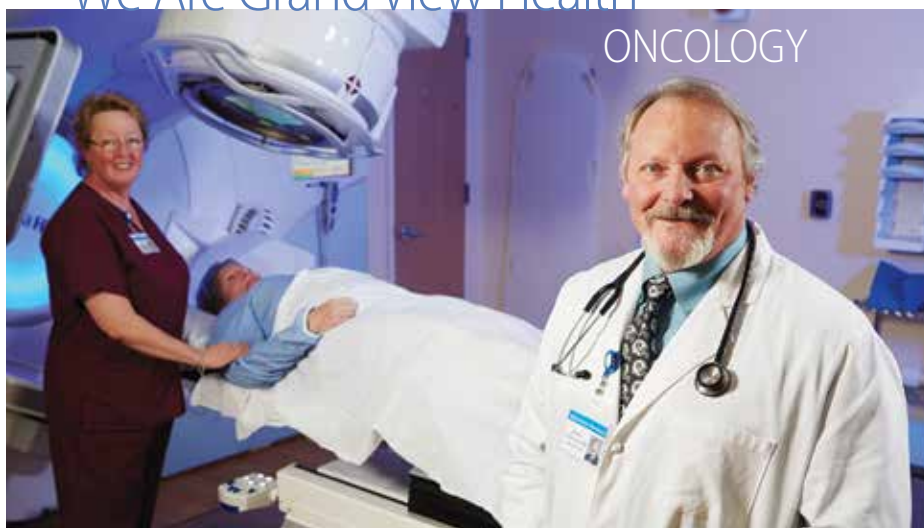
Time: 1:00 – 2:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

We Are Grand View Health



We are committed to making cancer treatment more accessible, convenient and close to home.

Pictured: Martin C. Hightower, MD

Survivorship, Life After Cancer

This one hour workshop instructed by Sarah Goodyear, MD, is directed at cancer survivors and will cover issues such as how to manage your health after survivorship, adjusting to life after treatment, managing stress, relationships with family and friends and changes in physical function.

Date: Thursday, June 18

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Cancer & Exercise

If you have recently been diagnosed with cancer or are currently undergoing treatment, it is important to take special care of yourself. Studies show that one of the best ways to do this is to stay physically active. Research has found that those who exercised regularly had 40% to 50% less fatigue.

Date: Thursday, July 16

Time: 2:00 – 3:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Cancer & Nutrition

Join a Grand View registered dietitian to learn about the key components of nutrition after a cancer diagnosis. Maintaining a healthy balance and adjusting to specific types of foods during this difficult time can help you understand what your body is going through and reduce fatigue.

Date: Wednesday, August 12

Time: 1:00 – 2:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Breast Cancer Support Group

Handling a breast cancer diagnosis can be challenging for everyone involved. It is helpful to process and verbalize with others and hear from those experiencing similar circumstances. This support group is held for patients, families and caregivers dealing with a breast cancer diagnosis.

Dates: 1st Wednesday of the month

Time: 10:00 – 11:30 am

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: No registration required

Information: Grand View Breast Care
Navigator
215-453-3223

Look Good, Feel Better

Talk and laugh with other cancer patients as you learn how to cope with hair loss, skin changes and other appearance-related side effects resulting from chemotherapy and radiation treatments. This program, sponsored by the American Cancer Society, is available to all female cancer patients. The program includes a step-by-step makeover, demonstrations, professional advice and free cosmetic kits.

Dates: Monday, March 16

Monday, May 18

Monday, July 20

Time: 2:00 – 4:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: American Cancer Society
1-800-227-2345

Information: Grand View Breast Care
Navigator
215-453-3223

HealthView

CANCER CARE

Grand View's Lymphedema Program

Early detection and treatment make it easier to manage lymphedema. Grand View's certified lymphedema therapists use Manual Lymph Drainage/Complete Decongestive Therapy (MLD/CDT). This includes manual lymph drainage, compression bandaging and home exercise – to treat and control symptoms. Treatment is most effective when started early so talk with your doctor about prescribing lymphedema therapy as soon as you notice any abnormal swelling or pressure.

Information: Grand View Physical Medicine and Rehabilitation
215-453-3220

Grand View's Cancer Rehabilitation Program

Licensed therapists focus on cancer rehabilitation, helping you manage the physical effects of cancer and treatment including fatigue, lymphatic problems, muscle tightness, loss of range of motion and balance problems.

Information: Grand View Physical Medicine and Rehabilitation
215-453-3220

EXPECTANT PARENTS & PARENTING

Childbirth Preparation

Expectant parents will learn relaxation techniques and breathing patterns to help you and your partner remain calm during the labor and delivery of your baby. During this four-part labor and birth series, you will learn about medications and procedures and comfort measures to use during labor and postpartum. Questions and concerns will be addressed in a small group setting. Early registration is recommended to ensure you have completed the class by your eighth month of pregnancy.

Dates: Various class sessions offered, check website for details

Location: Grand View Hospital Physical Medicine Department, 1st floor

Time: 6:30 – 8:30 pm

Fee: \$80 per family

To Register: www.gvh.org/classes

Childbirth Preparation Saturday Session

This complete childbirth preparation course is held on a Saturday and emphasizes breathing techniques and coping strategies for labor and birth. Taught by a certified childbirth educator in a small group setting, you will learn what to expect during your childbirth experience. Included is a tour of the Birth & Family Center and breakfast and lunch for both you and your support person.

Dates: Various class sessions offered, check website for details

Location: Grand View Community Education Center and Sellersville Outpatient Center

Time: 9:00 am – 5:00 pm

Fee: \$100 per family

To Register: www.gvh.org/classes

EXPECTANT PARENTS & PARENTING

Focus on Motherhood

This 12-week childbirth and newborn care series is specifically designed to prepare adolescents for the physical and emotional changes that occur during pregnancy. Ensuring prenatal healthcare and increasing the opportunity for healthy births is the focus. Focus on Motherhood is taught by trained instructors for pregnant teens and young adults from 12-to-24 years old, fathers-to-be, and their families. Master breathing and relaxation techniques, learn what to expect during labor and delivery and gain information on infant care, health, nutrition and life skills.

Dates: Tuesdays, check website for dates

Time: 7:00 – 9:00 pm

Location: Grand View Community Education Center

Fee: FREE

To Register: Child, Home and Community
215-348-9770
www.chcinfo.org

Newborn Care

Led by a certified childbirth educator, this class prepares you for the first few months of life with your new baby. Learn skills to calm and soothe your newborn during this interactive session. A Grand View pediatrician will present helpful information and answer your questions. We recommend taking this class during your last trimester.

Dates: Various class sessions offered, check website for details

Time: 6:30 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$25 per family

To Register: www.gvh.org/classes

Parent Education and Support

During this class, led by a registered nurse and childbirth educator, you will learn about sleep patterns, feeding yourself and child, your child's teeth, traveling with a baby, childproofing safety and much more. For parents with infants under one year of age. An optional weight check for your baby is also available.

Dates: 2nd Friday of the month

Time: 1:00 – 2:30 pm

Dates: 4th Wednesday of the month

Time: 11:00 am – 1:00 pm

Location: Various locations

Fee: FREE

To Register: www.gvh.org/classes

Breastfeeding

During this class, designed to help you get started with breastfeeding, mothers will learn positions to use while breastfeeding, latching the baby to the breast and the benefits it provides your newborn. Mothers and a support person are welcome to learn how to handle common problems and what to expect when your baby is born.

Dates: 2nd Tuesday of the month

Time: 6:30 – 8:30 pm

Dates: 4th Saturday of the month

Time: 11:00 am – 1:00 pm

Location: Various locations

Fee: \$25 per family

To Register: www.gvh.org/classes

HealthView

EXPECTANT PARENTS & PARENTING

Infant Massage

This hands-on series, benefits both parents and babies. During this program, parents will learn benefits including alleviating baby's discomfort and improving their sleep and blood circulation which aids in the infant's development. Infant massage also allows for an increase in bonding which can decrease the mother's stress hormones allowing for better milk production. This class can be taken prior to birth or a few weeks after your baby has arrived. Babies up to six months of age are welcome.

Dates: Tuesday, April 7
Tuesday, August 4

Time: 6:30 – 7:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: \$30 per family

To Register: www.gvh.org/classes

Baby Talk & Sign Language

This class is designed to help parents learn the basic signs to help your pre-verbal baby communicate needs. This session will discuss ways babies acquire speech, how to assist the process and reduce temper tantrums. This class is led by a registered nurse and childbirth educator. All babies are welcome.

Date: Tuesday, May 19

Time: 6:30 – 7:30 pm

Location: Grand View Hospital, 2nd
floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

We Are Grand View Health



We are with you every step of the way, committed to providing quality care through each stage of your life.

Pictured: David A. Levin, DO

Maternity Tours

Join us for a guided tour of our Birth & Family Center for expecting parents. Learn what to expect, information regarding Grand View's security procedures and visiting guidelines.

Dates: 1st & 3rd Saturday & Sunday of every month

Time: 3:30 – 4:30 pm

Location: Tour begins in hospital main lobby

Fee: FREE

To Register: Grand View Central Scheduling
215-453-4100

Car Seat Checks

Properly installing a car seat is something every parent should know how to do.

A trained technician from Grand View's paramedic team will teach you how to install the car seat base, insert and remove the seat and the appropriate fastening instructions to ensure your baby's safety.

Dates: 3rd Tuesday of the month

Time: 5:00 – 8:00 pm in 1 hour increments

Location: Grand View Ambulance Bay (located directly behind hospital, near water tower)

Fee: FREE

To Register: www.gvh.org/classes

Prenatal Yoga by Moondog Yoga

Pregnancy is an exciting and sometimes tiring time in a woman's life. Your body is doing amazing things. Changes are happening every day. Your body's ability to conceive, nurture and birth another human being is amazing. Using prenatal yoga poses you'll learn to relax, release and let it all go for one hour. All stages of pregnancy are welcome and encouraged.

Session 1

Dates: Saturday, March 7

Saturday, March 14

Saturday, March 21

Saturday, March 28

Time: 11:30 am – 12:30 pm

Location: Grand View Community Education Center

Fee: \$60

To Register: www.gvh.org/classes

Session 2

Dates: Wednesday, April 8

Wednesday, April 15

Wednesday, April 22

Wednesday, April 29

Time: 5:30 – 6:30 pm

Location: Grand View Community Education Center

Fee: \$60

To Register: www.gvh.org/classes

Session 3

Dates: Wednesday, May 6

Wednesday, May 13

Wednesday, May 20

Wednesday, May 27

Time: 5:30 – 6:30 pm

Location: Grand View Community Education Center

Fee: \$60

To Register: www.gvh.org/classes

HealthView

EXPECTANT PARENTS & PARENTING

Sibling Class Ages 2-5

This one-time class will provide basic information to children 2-to-5 years old about how and where babies grow during a pregnancy, how they will be born and how things will change with the addition of a baby to the family. This class, led by a certified teacher with a master's in education, includes a tour of the Birth & Family Center.

Dates: 3rd Thursday of most months

Time: 6:30 – 7:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: FREE

To Register: www.gvh.org/classes

Sibling Class Ages 5-10

This session will provide your 5- to 10-year-old child with information about how babies are nourished during pregnancy, how they will be born and how the family dynamics will change with the addition of another sibling. Stories and activities will help your child explore his or her feelings about life with a sibling. A tour of the Birth & Family Center is included in this series led by a certified teacher with a master's in education.

Dates: Thursday, April 2
Thursday, June 4

Time: 6:30 – 8:00 pm

Location: Various locations

Fee: FREE

To Register: www.gvh.org/classes

Grandparenting Today

Join a group of new and expectant grandparents to find out how you can help without hindering as your child grows in the parenting role. In this class you will learn to keep the lines of communication open between generations, safety aspects and how managing pregnancy and delivery has changed. Learn how to make the most of the time that you have to spend with your grandchild from a registered nurse and childbirth educator. A tour of the Birth & Family Center is included in this one-session class.

Date: Tuesday, April 28

Time: 6:30 – 8:30 pm

Location: Grand View Hospital, 2nd floor Conference Room A

Fee: \$15 per couple

To Register: www.gvh.org/classes

Children's Dental Health Awareness

Join Katie Lapps Wert, DMD, board-certified pediatric dentist of North Penn Pediatric Dental Associates, for an informational session. During this class you will learn about caring for your children's teeth and tips on cavity prevention.

Date: Wednesday, March 18

Time: 6:00 – 7:00 pm

Location: Grand View Community Education Center

Fee: FREE

To Register: www.gvh.org/classes

FIRST AID, CPR & BABYSITTING

CPR/First Aid

Certified CPR and first aid courses for healthcare professionals and non-certified community courses are hosted at Grand View Hospital through Abington Community Health. Registration is required.

Courses: Health Care Provider CPR
Family & Friends CPR
Heartsaver First Aid and CPR

Fee: Varies by class

Location: Grand View Hospital, 4th floor
Nursing Education Room

To Register: Abington Community Health
215-361-6708
www.abingtonhealth.org

Babysitting 101

This interactive program prepares 11- to 14-year-olds for the challenges of babysitting. The six-hour class, taught by experienced and trained workshop facilitators, is designed to help young people become more qualified and responsible as babysitters. The program includes childcare and emergency basics.

Dates: Various dates, check website for listing

Time: 9:00 am – 3:00 pm

Location: Grand View Community
Education Center

Fee: \$60

To Register: Child, Home and Community
215-348-9770
www.chcinfo.org

HEART & VASCULAR CARE

ABC Diabetes Program at Grand View Hospital

Trying to get better control of your diabetes? Whether you are newly diagnosed or have had diabetes long term, the ABC Diabetes Program can help. Learn about meal planning, managing blood sugar problems and other key skills for dealing with the everyday challenges of diabetes. Led by trained diabetes educators, the program is recognized by the American Diabetes Association and is covered by most insurance plans. All participants receive a free blood glucose meter and a diabetes reference guide.

To Register: ABC Diabetes
215-283-2833
www.abcdiabetes.com

Grand View's Cardiac Rehabilitation Program

The Grand View Health Cardiac Rehabilitation Program is designed to strengthen your heart while you develop healthy habits to enhance your quality of life. The program combines a pleasant environment, up-to-date fitness equipment and our cardiac care trained rehabilitation staff.

Information: Grand View Cardiac
Rehabilitation
215-453-3260

HealthView

OPHTHALMOLOGY

Glaucoma: You Have a Lot of Nerve or Do You?

Join Deepak P. Grover, DO, of Bucks-Mont Eye Associates, to learn what it means to be diagnosed with glaucoma, how it is monitored and the available treatment options.

Date: Monday, April 27

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Diabetic Eye Disease: How Sweet It Isn't

This class will teach you how diabetes mellitus can affect your vision. During this discussion provided by Michael G. Posner, MD, of Bucks-Mont Eye Associates, learn how to prevent vision loss and review the treatments for diabetic eye disease.

Date: Thursday, September 24

Time: 6:00 – 7:00 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

The ABC's of Cataract Surgery

Join us for an informational seminar on a guide to understanding cataract surgery and intraocular lens technology. Two sessions are available, provided by Bucks-Mont Eye Associates ophthalmologists.

Session 1

Michael G. Posner, MD

Date: Thursday, March 26

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Deepak P. Grover, DO

Date: Monday, July 13

Time: 5:30 – 6:30 pm

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes



We Are Grand View Health



Health and Healing Close to Home

1 Hospital

4 Outpatient Centers

Over 100 Medical Offices

A Home Healthcare Team

Almost 2,000 Employees

Over 350 Physicians

More Than 500 Volunteers

We are committed to creating a healthier community, delivering better outcomes and bringing healthcare closer to the people we serve.

We Are Grand View Health

GVH GRAND VIEW HEALTH

www.gvh.org

Pictured: Matthew M. Collins, DO

HealthView

ORTHOPAEDICS

Joint Replacement 101

Meet with orthopaedic physicians who have performed thousands of joint replacements to learn about the latest available procedures and how options like the anterior hip approach can get people back on their feet sooner. Find out how artificial joints work by examining models and why the newest knee joints last longer and fit better than earlier options. Two sessions available:

Session 1

James Bumgardner, MD, Orthopaedic Surgeon
Janice Hunsberger, RN, Grand View Joint Replacement Center Coordinator

Date: Friday, June 5

Time: 11:00 am – Noon

Location: Sellersville Outpatient Center,
1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Paul Weidner, MD, Orthopaedic Surgeon
Janice Hunsberger, RN, Grand View Joint Replacement Center Coordinator

Date: Thursday, July 16

Time: 6:00 – 7:00 pm

Location: Franconia Heritage,
Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Joint Health 101

Don't let pain in your hips or knees keep you from activities you enjoy. Orthopaedic surgeon Paul Weidner, MD, and Grand View Joint Replacement Center coordinator Janice Hunsberger, RN, discuss available treatments ranging from conventional non-surgical options to minimally invasive joint replacement. Refreshments will be provided.

Date: Friday, March 20

Time: 11:30 am – 12:30 pm

Location: Club EZ Fit, Souderton

Fee: FREE

To Register: www.gvh.org/classes

Latest on Knee Pain

Learn about the causes of knee pain and the newest ways to reduce it using non-surgical treatment options. Orthopaedic surgeon James Bumgardner, MD, and Grand View Joint Replacement Center coordinator Janice Hunsberger, RN discuss the latest advances in minimally-invasive knee replacement.

Date: Friday, May 8

Time: 1:00 – 2:00 pm

Location: Franconia Heritage,
Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Foot & Ankle 101

Join orthopaedic surgeon Steven E. Casey, MD, for a presentation on foot pain and ankle issues. Identify potential causes, prevention methods and surgical and non-surgical treatment methods.

Date: Wednesday, May 13

Time: Noon – 1:00 pm

Location: Grand View Health and
Wellness Center at Genesis
Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Controlling Back Pain

Dealing with back pain can result in missed events and opportunities. Don't let it discourage you from enjoying life. Learn about causes of back pain, options and treatment from orthopaedic surgeon Ernest Cope, III, MD.

Date: Tuesday, April 7

Time: 11:00 am – Noon

Location: Grand View Hospital
Community Education Center

Fee: FREE

To Register: www.gvh.org/classes

Sport's Injuries & Concussions

Parents and athletes are welcome to get expert advice on injury prevention. Join orthopaedic surgeon John M. Minnich, MD, to learn about preventing orthopaedic injuries and how to come back strong if one happens. Concussion symptoms and treatment, and how computer-based concussion testing can help in making return-to-play decisions will be covered. Refreshments will be provided.

Date: Saturday, April 25

Time: 11:00 am – Noon

Location: Healthy Kids Day
Upper Bucks YMCA,
Quakertown

Fee: FREE

To Register: www.gvh.org/classes

We Are Grand View Health



We are committed to getting you back on your feet and back to enjoying an active lifestyle.

Pictured left to right: James M. Hurley, MD; Steven E. Casey, MD; Ernest E. Cope, MD; Paul L. Weidner, MD; James L. Bumgardner, MD and John M. Minnich, MD

HealthView

ORTHOPAEDICS

Steady Now

When ordinary movements like rising, bending or turning cause dizziness or vertigo, it may be a sign something is wrong with the inner-ear system. Learn about imbalance and dizziness and how to manage it with vestibular (balance) therapy from physical and vestibular therapist Miriam Kozak and Peggy Wenhold, physical therapist assistant. Plus, see how tai chi can help improve balance. Wear comfortable clothes to participate.

Session 1

Date: Thursday, April 16

Time: 11:00 am – Noon

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Date: Tuesday, October 13

Time: 2:00 – 3:00 pm

Location: Rockhill Mennonite Community Learning Center, Sellersville

Fee: FREE

To Register: www.gvh.org/classes

Shoulders 101

Meet orthopaedic surgeon James M. Hurley, MD, for a discussion on common warning signs of shoulder problems and injuries adults face. During this program you will learn options available including surgical and non-surgical options available.

Date: Thursday, April 9

Time: Noon – 1:00 pm

Location: Grand View Health and Wellness Center at Genesis Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

SENIOR HEALTH

AARP's Mature Driving Program

Refine your driving skills and develop safe, defensive driving techniques. Pennsylvania residents 55 and older may receive an auto insurance discount after taking this course.

Dates: Saturday, May 2 & 9
Saturday, August 1 & 8

Time: 9:00 am – 1:00 pm

Location: Grand View Community Education Center

Fee: \$15 for AARP members;
\$20 for non-members

To Register: www.gvh.org/classes

AARP's Mature Driving Program Renewal

Have you taken the AARP Mature Driving Program within the past three years? Take the AARP refresher course. Participants may continue to receive their auto insurance discount.

Dates: Saturday, March 14
Saturday, April 11
Saturday, June 13
Saturday, July 11

Time: 9:00 am – 1:00 pm

Location: Grand View Community Education Center and Grand View Hospital, 2nd floor Conference Room A

Fee: \$15 for AARP members;
\$20 for non-members

To Register: www.gvh.org/classes

Aging 101

The aging process happens to everyone, and society has opinions and views on what happens as we age. We will talk about these views and opinions to determine which parts of aging actually occur and why, and which parts are simply myths that society has created. By knowing the truth about aging we give an understanding of what can be prevented or treated. Taught by educational coordinator Heather Clark, RN, MSN.

Date: Tuesday, July 14

Time: 2:00 – 3:00 pm

Location: Rockhill Mennonite Community Learning Center, Sellersville

Fee: FREE

To Register: www.gvh.org/classes

Grand View Medical Company

Whether at the hospital or at home, Grand View wants you to have access to the medical equipment you need to stay as healthy as possible. The Grand View Medical Company offers a comprehensive inventory of medical equipment with free, same-day delivery. Participation with Medicare, managed care and most other private insurance.

For additional information, please call the Grand View Medical Company at 215-249-4600.

Wheels in Motion: Finding the Right Chair for You

An improperly fitted wheelchair can lead to issues such as skin breakdown and generalized pain due to poor position. A thorough assessment by a qualified professional will ensure you receive the chair you need to optimize your function and maintain your health. Join Harry Weiler, Assistive Technology Professional (ATP) as he navigates the complex world of manual and power wheelchairs, including options and standards, as well as provides answers to your frequently asked questions, including reimbursement.

Session 1

Date: Wednesday, March 25

Time: 10:00 – 11:00 am

Location: Sellersville Outpatient Center, 1st floor conference room

Fee: FREE

To Register: www.gvh.org/classes

Session 2

Date: Friday, April 10

Time: 3:00 – 4:00 pm

Location: Grand View Community Education Center

Fee: FREE

To Register: www.gvh.org/classes

Session 3

Date: Tuesday, May 12

Time: 11:00 am – Noon

Location: Generations of Indian Valley, Souderton

Fee: FREE

To Register: www.gvh.org/classes

HealthView

WELLNESS & HEALTHY LIFESTYLE

Clearing the Air: Smoking Cessation

Provided by the Bucks County Health Improvement Partnership (BCHIP) through a grant from the PA Department of Health, this five-week series incorporates curriculum from the National Cancer Institute. Designed to help you quit smoking, this program addresses behavior modification, nicotine addiction, tobacco education, relapse prevention and peer-group support.

Dates: Monday, April 13 – May 11
Monday, September 14 – October 12

Times: 7:00 – 8:30 pm

Location: Grand View Community Education Center

Fee: FREE

To Register: www.gvh.org/classes

Healthy Horizons

Healthy Horizons is a four-week healthy eating series taught by a Grand View registered dietitian, which provides a review of the macronutrients; carbohydrates, fats, and proteins. The course will teach you how to fit them all into your diet to promote health and well-being. We conclude the sessions with a grocery tour so you can learn how to translate the information into healthy choices for you and your family.

Date: Various dates, times and locations please check website for more information

Fee: \$60.00

To Register: www.gvh.org/classes

Eating Practices for Health

Learn how to have a better relationship with food from growing to purchasing, to preparing and eating. Building a healthier relationship with the foods we eat can help promote overall health and well-being. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Tuesday, March 17

Time: 11:00 am – Noon

Location: Henning's Market, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Fad Diets: Looking Beyond the Promises

A review of the most common fad diets and a discussion of their benefits and downfalls in the quest for lifelong weight maintenance and health. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Wednesday, June 10

Time: 4:30 – 5:15 pm

Location: Club EZ Fit, Souderton

Fee: FREE

To Register: www.gvh.org/classes

The Pros & Cons: Organic and Genetically Modified Foods

During this presentation we will explore what these terms actually mean and what health implications they may have. Learn how to fit these foods into a healthy lifestyle. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Thursday, May 21

Time: 6:30 – 7:30 pm

Location: Wegmans Conference Room, Montgomeryville

Fee: FREE

To Register: www.gvh.org/classes

Managing Weight for Adults

General nutrition information to help you kick start your diet if you are just starting to work on a healthier lifestyle. For those currently working on a healthy lifestyle join in on the conversation to push yourself to the next level of health and wellness. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Tuesday, April 14

Time: 4:30 – 5:15 pm

Location: Grand View Health and Wellness Center at Genesis Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Healthy Eating Kids & Teens

A review of good nutrition based on the specific needs of growing, active children and adolescents. This session is taught by Grand View's registered dietitian Courtney Bloom.

Age Limit: 10 years and older

Date: Friday, August 14

Time: 4:30 – 5:30 pm

Location: Grand View Health and Wellness Center at Genesis Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

We Are Grand View Health



We are committed to improving heart function with a comprehensive approach to diagnosis, treatment and follow-up care.

Pictured: Miroslawa Jablonski-Cohen, MD, FACC

HealthView

WELLNESS & HEALTHY LIFESTYLE

Sports Nutrition: Eating & Training for Your Next Race

A presentation for those who are currently training or thinking about starting to train for a race or athletic event. Learn about what to eat and when to help fuel you for your best performance and aid in recovery. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Monday, July 20

Time: 6:00 – 7:00 pm

Location: Grand View Health and Wellness Center at Genesis Fitness Centre, Harleysville

Fee: FREE

To Register: www.gvh.org/classes

Thinning the Bulge: Tips to Trim Unwanted Fat

Want to lose those last few unwanted pounds that are hanging around your waist, butt, or thighs? This presentation will provide you with quick, easy to implement tips to cut out a few excess calories to aid in meeting your weight loss goals. This session is taught by Grand View's registered dietitian Courtney Bloom.

Date: Monday, September 21

Time: 8:00 – 9:00 am

Location: Club EZ Fit, Souderton

Fee: FREE

To Register: www.gvh.org/classes

Lifestyle Fitness Center at Grand View

Our team of medical professionals develop and supervise an exercise program to help you reach your goals. We specialize in developing healthy lifestyle habits and reducing risk factors for chronic conditions such as diabetes, heart disease and more. With our convenient hours, we help you get in shape at a pace that's right for you. Recommended for those new to exercise or for those looking to enhance their workouts.

Hours: Monday – Thursday,
6:00 – 7:00 pm
Friday, 6:00 – 6:30 pm

Location: Sellersville Outpatient Center

Fees: Monthly or annual membership

Information: Grand View Cardiac Rehabilitation
215-453-3260

Grand New You

A 10-week weight management program that helps adults take steps toward a healthier and more active lifestyle. Weekly classes offered at convenient times are led by a Grand View registered dietitian and an exercise physiologist. Gain stress-management skills and healthy recipe ideas. Join the program at any time. Grand New You Plus Fitness (the Grand New You weight-management program, plus the Lifestyle Fitness Center) can be added to any class time for an extra fee. Check with your insurance carrier regarding coverage.

Dates: Various class sessions offered

Location: Sellersville Outpatient Center

Fees: \$120 per 10-week session

Information: Grand New You
215-453-3262

Get Fit with a Doc

Free community walks with doctors and staff of GVH. Everyone is welcome, including children and pets. Please bring your own water bottle. Registration online and the day of event will be available; all participants must sign a Release of Liability waiver. A brief educational talk from a Grand View Health doctor will be provided at the beginning of each walk. Whether you walk 500 yards or run for 30 minutes- our goal is to Get Healthy Together!

Dates: Various dates & times please check website for details

Location: To be determined

Fee: FREE

To Register: www.gvh.org/classes

Information: Get Fit with a Doc
215-453-4405

Grand View Nutritional Counseling Services

Grand View's team of registered dietitians offers comprehensive nutrition counseling services. Individual counseling is available to assist with nutritional concerns focused on a variety of health issues and diet needs such as controlling diabetes, managing weight issues, being heart healthy and more. Most major insurance plans accepted.

Information: Grand View Nutrition Counseling
215-453-3094

EVENTS

Miller-Keystone Blood Drive

Nearly five million people in the US receive life-saving blood every year. Please consider donating during one of our hospital-wide blood drives listed below. Save a life, become a blood donor.

Dates: Thursday, February 12
Thursday, May 14
Thursday, August 13

Time: 7:00 am – 5:00 pm

Location: Grand View Community Education Center

To Register: www.giveapint.org
sponsor code: 6404

Breakfast with the Easter Bunny

Bring the family and enjoy a yummy breakfast. Children will have their photo taken with the Easter Bunny and look for prizes in an egg hunt. Registration required.

Date: Saturday, March 28

Time: Choose your preferred seating at 8, 9 or 10 am

Location: Grand View Hospital Cafeteria, 2nd Floor

Fee: Adult tickets \$5.50; children ages 2-to-12 \$3.50; children under 2 FREE

To Register: Grand View Auxiliary
215-453-4084

HealthView

EVENTS

The God Box

Audiences from around the world have fallen in love with this solo performance by Mary Lou Guinlan, author of "The God Box." Mary Lou shines bright light on the quiet heroism of caregivers with humor and grace.

Date: Sunday, April 19

Time: 1:00 pm

Location: The Sellersville Theater,
Sellersville

Fee: \$20 when purchased at
Grand View or Sellersville
Theater Box Office.
\$26.50 when purchased via
theater phone or online

Tickets: Available for purchase:
Grand View Hospital Corner
Cupboard Gift Shop
Grand View Recovery Room
Thrift Shop
Sellersville Theater
215-257-5808
www.st94.com

Swing Into Spring Fashion Show

A great way to start your day! Enjoy a delicious breakfast followed by a fashion show presented by Shekala's (a Petite, Missy & Plus Boutique). Have fun browsing the auction and raffle items. Reservations required.

Date: Saturday, April 25

Time: Doors open at 9:00 am
Breakfast served at 10:00 am

Location: Franconia Heritage Banquet
and Conference Center,
Telford

Fee: \$28

To Register: Grand View Auxiliary
215-453-4381

42nd Annual Golf Tournament

Enjoy a delicious luncheon, play a round of golf and share a delicious dinner with friends at the Auxiliary's Annual Golf Tournament. For registration and sponsorship details, visit www.gvh.org

Date: Friday, August 7

Time: 1:00 pm shotgun start

Location: Indian Valley Country Club,
Telford

To Register: Grand View Auxiliary
215-513-3935
www.gvh.org/events

VOLUNTEER OPPORTUNITIES

All volunteer positions at Grand View Health are an important part to our healthcare team for both our patients and our staff. Assignments are based upon individual skills, interests and the hospital's needs. Morning, afternoon and evening assignments are available for the following positions:

- Registration Facilitator
- Friendly Visitor
- Thrift Shop processors & cashiers
- Red Coat Escort
- Chaplaincy
- Golf Cart Drivers
- Grandparent Program at Children's Center
- Office Support - Clerical
- Information Desk

Information: Volunteer Services
215-453-4616
www.gvh.org/volunteer

SUPPORT GROUPS

Alcoholics Anonymous

Information: 215-923-7900

Bereavement Support Groups

To Register: 215-453-4210

Better Breathers

Information: 215-453-3250

Breast Cancer Support Group

Information: 215-453-3223

Building the Family: Teen-Parent Support

Information: 215-348-9770

Infant Bereavement Services

Information: 215-453-4902

Multiple Sclerosis Support Group

Information: 215-453-4300

Epilepsy Foundation Eastern PA Support Group

Information: 215-453-4300

For a complete listing of support groups, visit www.gvh.org/support-groups

Information & Cancellations

Registration and pre-payment is required for all programs. Payments are non-refundable. Programs may be cancelled if minimum class size is not met. A refund for any class fees will be issued or reasonable accommodations will be made to enroll you in a future session. In the event of inclement weather, cancellations will be announced on: www.gvh.org, WNPV 1440 AM Lansdale, and KYW 1060 AM Philadelphia. For further information please call 215-453-4300.

The information provided in this publication is not a substitute for medical advice, diagnosis or treatment from a physician or healthcare provider. The majority of physicians providing services at Grand View Health are not employees or agents of the hospital. The exceptions are physicians of Grand View Medical Practices, Lawn Avenue Medical Associates, Grand View Surgical Associates and Grand View Emergency Medicine Associates.

GVH[™] GRAND VIEW HEALTH

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