



HealthView

November 2017 - February 2018

GVH GRAND VIEW HEALTH

Community Health Events

Programs

Classes

Support Groups

HealthView

Grand View Health is committed to creating a healthier community. We have been providing 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, emergency services and a variety of educational and screening programs to keep you healthy and informed.

With our convenient outpatient locations in Sellersville, Harleysville, Pennsburg and Quakertown, and urgent care services in Chalfont, Kulpsville and Quakertown, Grand View Health offers a wide range of classes, services and support groups. As a part of our commitment to the community, we are dedicated to bringing quality healthcare close to home.

Registration is required up to 24 hours in advance at gvh.org/classes unless otherwise noted. Call 215-453-4300 if you have any questions.

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The information provided in this publication is not a substitute for medical advice, diagnosis or treatment from a physician or healthcare provider. Some of the providers listed herein are neither employees nor agents of Grand View Health.



Get the latest news, classes and updates from Grand View Health delivered straight to your inbox.

Join today at gvh.org/gvh-health-e-news.

BARIATRICS

Is Bariatric Surgery Right for You?

If your weight is keeping you from the activities you enjoy, surgical weight loss may be an option to help you lose weight and achieve a healthier lifestyle. Join us for an information seminar on who is a candidate for bariatric surgery, and which surgical procedure is best for you.

Speakers: Bariatric Surgeon,
Michael Fishman, MD and
Bariatric Clinical Coordinator,
Stephanie Baer, RN, CBN

Date: Second and fourth Tuesday of
the month
Check website for dates

Time: 5-6 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Bariatric Surgery Support Group

Our nutrition, exercise and behavioral specialists can help you stay on track to achieve the lifestyle changes needed for lasting success following bariatric surgery. You'll have the added support of fellow bariatric patients just like you who understand what it's like post-bariatric surgery. They'll inspire and motivate you with tips and share experiences from their own weight-loss journeys. See our website for monthly topics.

Date: First Tuesday of the month

Time: 5-6 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

One-on-one Bariatric Surgery Consultation

If you think you may be a candidate for bariatric surgery, a one-on-one evaluation with our bariatric surgeon can help you understand the risks, benefits and alternatives of the various weight-loss procedures. At the Grand View Health Bariatric & Metabolic Institute, we offer a comprehensive team committed to educating, evaluating and guiding patients living with obesity-related issues. Most major insurances accepted.

Information: Grand View Surgical
Associates
215-453-3400



Nutrition Counseling

Our registered dietitians at Grand View Health offer individual counseling services to help you set personal, achievable goals while improving your overall health. One-on-one counseling will help you make healthy food choices, learn proper portion sizes, modify eating behaviors and assist with health issues such as controlling diabetes, weight management, heart health and more. Most major insurance plans accepted.

To learn more or to schedule an appointment call **215-453-4633**.

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BONE AND JOINT HEALTH

Struggling with Hip or Knee Pain?

If arthritic joint stiffness and pain are preventing you from enjoying life to its fullest, this educational seminar will help you understand minimally invasive joint replacement procedures and non-surgical options such as medications, injections, physical therapy, weight loss and exercises.

Speakers: Orthopaedic Surgeon,
Paul Weidner, MD
GVH Joint Center Coordinator,
Janice Hunsberger, RN

Date: Tuesday, November 14

Time: 2-3 p.m.

Location: The Community at Rockhill
Learning/Wellness Center
3250 State Road,
Sellersville, PA 18960

Fee: FREE

Register: gvh.org/classes

Sports Injuries and Concussions

This educational seminar, designed for parents, athletes, coaches and teachers, will address the importance of recognizing the signs and symptoms of a concussion and the treatment options available. Our expert speaker will discuss computer-based concussion testing to help determine when it's safe for an athlete to return to physical activities.

Speaker: Orthopaedic Surgeon,
John M. Minnich, MD

Date: Tuesday, January 16

Time: 6:30-7:30 p.m.

Location: Souderton Area High School,
LGI Room
625 Lower Road,
Souderton, PA 18964

Fee: FREE

Register: gvh.org/classes



FREE ACL Screenings

Did you know that **females are four to five times more likely** than males to experience a non-contact tear of their Anterior Cruciate Ligament (ACL), one of the four main ligaments in the knee?

Grand View Health physical therapists are offering free ACL screenings and prevention education for female athletes to determine if they are at risk for a knee ligament injury.

Schedule a screening appointment:

Grand View Health and Wellness Center
at Genesis Fitness Centre

671 Main Street | Harleysville, PA 19438

215-453-3091

samoyer@gvh.org

GVH Sellersville Outpatient Center

915 Lawn Avenue | Sellersville, PA 18960

215-453-3220

CANCER

Look Good, Feel Better

Regaining self-esteem and feeling attractive during or after a cancer diagnosis can be difficult. Talk 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. A step-by-step makeover, demonstrations, professional advice and free cosmetic kits are included. Sponsored by the American Cancer Society, this program is available to all female cancer patients.

Dates: Monday, November 20

Monday, January 15

Time: 2-4 p.m.

Location: GVH Sellersville Outpatient Center

First Floor Conference Room

Fee: FREE

Register: American Cancer Society
800-227-2345

Information: GVH Breast Care Navigator
215-453-3223

Survivorship Circle Cancer Support Group

Handling a cancer diagnosis is challenging, but it can be helpful to process and verbalize your concerns with others. This support group provides patients, families and caregivers the opportunity to meet and talk with others who are facing similar circumstances.

Date: First Tuesday of the month

Time: 4-5 p.m.

Location: GVH Radiation Oncology Conference Room
First Floor, Hospital

Information: GVH Breast Care Navigator
215-453-3223

DIABETES

Diabetes Self-Management Training

If you are diabetic or pre-diabetic, Grand View Health offers Diabetes Self-Management Training, a series of interactive classes led by our registered dietitians and certified diabetes educators. Participants take part in a one-on-one introductory session and four two-hour small group

sessions covering topics such as meal planning, medications, how to prevent complications, exercise and lifestyle adjustments. This program is recognized by the American Diabetes Association.

Register: GVH Nutrition Services
215-453-3094

Information: gv.h.org/diabetes



**American
Diabetes
Association®**

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

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EXPECTANT PARENTS AND PARENTING

Labor and Delivery Preparation Class

Expectant parents, join us for a labor and delivery preparation class led by a childbirth educator/labor and delivery nurse. Learn what you'll need to make informed decisions about the birth of your baby, such as signs of labor, labor coping techniques, and the role of your support person. Medical procedures and medication options will also be discussed. 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. Choose one of three options:

Option 1

Date: First and second Monday of the month, two-part series
Check website for dates

Time: 6-8:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$85 per family

Option 2

Date: Third and Fourth Wednesday of the month, two-part series
Check website for dates

Time: 6-8:30 p.m.

Location: GVH Physical Medicine
Department
First Floor, Hospital

Fee: \$85 per family

Option 3

Date: Third Saturday of the month
Check website for dates
**Please bring lunch.*
Refreshments provided.

Time: 8:30 a.m.-1:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$85 per family

Register: gvh.org/classes

Focus on Motherhood

This eight-week childbirth and newborn care series is designed to prepare pregnant teens and young adults from 12-24 years old, fathers-to-be and their families for the physical and emotional changes that occur during pregnancy. We will discuss the importance of regular prenatal care to improve the chances of a healthy pregnancy, breathing and relaxation techniques, what to expect during labor and delivery, infant care, health, nutrition and life skills.

Dates: Tuesdays
Check website for dates

Time: 7-9 p.m.

Location: GVH Physical Medicine
Department
First Floor, Hospital

Fee: FREE

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

Newborn Care

Learn skills to calm and soothe your newborn during the early stages of life. A Grand View Health pediatrician will present helpful information and answer your questions. A childbirth educator will also provide information about newborn assessments and procedures in the hospital. We recommend taking this class during the last trimester of your pregnancy.

Date: Second Tuesday of the month

Time: 6:30-8:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$25 per family

Register: gvh.org/classes

EXPECTANT PARENTS AND PARENTING

Breastfeeding Basics

Breastfeeding is natural but not always easy. This class, led by a lactation consultant, will help expectant moms learn the benefits of breast milk and breastfeeding, positions to use while breastfeeding, properly latching the baby to the breast, and recognizing baby's hunger cues. Mothers and a support person are welcome to learn how to handle common problems and what to expect when your baby is born. We recommend taking this class during the last trimester of your pregnancy.

Date: Fourth Thursday of the month

Time: 6:30-8:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$25 per family

Register: gvh.org/classes

Breastfeeding Support Group

Breastfeeding is one of the best ways to give your baby a healthy start in life, but it can be challenging especially in the early days. Our breastfeeding support group is led by a registered nurse and lactation consultant who will help you learn about the breastfeeding basics, mother and infant nutrition, expressing, freezing breastmilk, traveling with baby and more.

Date: Second Friday of the month
Check website for monthly topics

Time: 1-2:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: FREE

Register: gvh.org/classes

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Convenient Location**

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gvhurgentcare.com

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EXPECTANT PARENTS AND PARENTING

The Birth & Family Center Tours

Expectant parents are invited to join us for a guided tour of The Birth & Family Center. Learn what to expect during your stay in one of our spacious private rooms, security practices, visiting guidelines, photography and videotaping policies, labor area and postpartum information.

Dates: First and third Saturday and Sunday of the month

Time: 3:30-4:30 p.m.

Location: Tour begins in hospital main lobby

Fee: FREE

Register: GVH Central Scheduling
215-453-4100

Keeping Baby Safe: Car Seat Checks

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

Date: Third Tuesday of the month

Time: 5-8 p.m. in one-hour increments

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

Fee: FREE

Register: gvh.org/classes

Grandparenting Today

Are you an expectant grandparent? If so, join a group of other expectant grandparents to find out how you can help your child as he or she grows in the parenting role while making the most of your time with your grandchild. A tour of The Birth & Family Center is included in this class led by a childbirth educator.

Date: Thursday, January 11

Time: 6:30-8:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: \$15 per couple

Register: gvh.org/classes

Super Siblings! (Ages 2-5)

Encourage your children to be super hero siblings as you welcome another child into your home. This one-time preparation class for big brother(s) or sister(s) 2-5 years of age will offer education on baby basics, such as how and where babies grow during pregnancy, how they will be born, and how the family dynamic may change. A tour of The Birth & Family Center is included.

Date: Third Thursday of the month

Time: 6:30-7:30 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: FREE

Register: gvh.org/classes

Super Siblings! (Ages 5-10)

Encourage your children to be super hero siblings as you welcome another child into your home. This one-time preparation class for big brother(s) or sister(s) 5-10 years of age will offer education on newborn babies and how they are cared for before and after pregnancy. Stories and activities will help your child explore his or her feelings about life with a new sibling. A tour of The Birth & Family Center is included.

Dates: Thursday, December 7
Thursday, February 1

Time: 6:30-8 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: FREE

Register: gvh.org/classes

EYE HEALTH

Macular Degeneration Causes and Treatments

Macular degeneration, the leading cause of vision loss, is a deterioration of the macula, the small central area of the retina of the eye that causes blurred or no vision in the center of the eye. While macular degeneration cannot be cured or reversed, progression of the disease can be slowed or stopped. In this seminar you'll learn what causes macular degeneration, warning signs if you have the beginning stages of the disease, diagnostic testing and treatments most commonly used, including injections.

Speaker: Ophthalmologist,
Leo Santamarina, MD

Date: Thursday, November 16

Time: 6–7 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Treating Cataracts

If you're experiencing vision changes, like blurry or cloudy vision that has gotten worse over time, it may be related to cataracts. Cataracts are the clouding of a normally clear lens in the eye and are a common cause of poor vision and blindness among older adults. But they can be removed and replaced with artificial lenses. During this seminar, you'll learn about the latest techniques, including dropleass cataract surgery and lifestyle lens implants that assist with vision correction.

Speaker: Ophthalmologist,
Michael G. Posner, MD

Date: Thursday, January 11

Time: 5:30–6:30 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Dropleass Cataract Surgery and Advanced Lens Technology

Dropleass cataract surgery is a convenient option for the removal of cataracts. This advanced procedure eliminates the need for most patients to administer a costly and time-consuming series of eye drops before and after surgery. By attending this seminar, you will learn about the benefits associated with this technique.

Speaker: Ophthalmologist,
Deepak P. Grover, DO

Date: Thursday, February 22

Time: 5:30–6:30 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

*My***GVH**.org

Connect with Grand View's Patient Portal

MyGVH.org is an online tool that allows patients to easily and securely access their healthcare information, medications, appointments and billing.

Enrollment is easy! Sign up at
gvh.org/patient-portal-my-gvh.

For more information, call
Grand View Health Information
Management at **215-453-4850**.

HealthView

HEART AND VASCULAR HEALTH

Grand View Health has received the 2017 Get With The Guidelines®-Heart Failure Gold Plus Quality Achievement Award for meeting specific quality achievement measures for the diagnosis and treatment of heart failure patients.



Grand View Health Cardiac Rehabilitation Program

Whether you are recovering from a heart attack, coronary bypass surgery or other heart-related conditions, the Grand View Health Cardiac Rehabilitation Program will help you get back on track with a custom plan. Designed to strengthen your heart and help you develop healthy habits, this program combines a pleasant environment, contemporary fitness equipment and trained staff specializing in cardiac care.

Information: GVH Cardiac Rehabilitation
215-453-3260

LUNG HEALTH

Breathe Easy

If you suffer from coughing, shortness of breath, wheezing or chronic chest pain, these may be warning signs of something more serious such as chronic obstructive pulmonary disease (COPD), chronic bronchitis or asthma. In addition to learning about the anatomy and functions of the lungs, this educational seminar will address symptoms and prevention for these common diseases.

Speaker: Respiratory Therapist,
Kim Ryan, RRT

Date: Thursday, November 2

Time: 1:30-2:30 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes



The Lung Center at Grand View Health

The Lung Center, led by Interventional Pulmonologist, Nina Maouelainin, DO, offers the latest technologies for early detection and screening of the lung, early diagnosis of pulmonary nodules, laser therapy and stent placement in the airways for various tumors and diseases.

To learn more or to schedule an appointment call **215-453-3415**.

SENIOR HEALTH

AARP Smart Driver™ Course

Looking to refine your driving skills and develop safe, defensive driving techniques? Pennsylvania residents 55 and older may receive an auto insurance discount after completing this two-part course held in a classroom. Driving test not required.

Dates: Saturday, December 2 and 9

Time: 9 a.m.-1 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

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

Register: gv.h.org/classes

AARP Smart Driver™ Renewal Course

If you have taken AARP's Smart Driver™ course within the past three years, you are eligible to take their four-hour renewal course. Participants may continue to receive an auto insurance discount upon completion.

Dates: Saturday, November 18

Saturday, January 6

Saturday, February 3

Time: 9 a.m.-1 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

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

Register: gv.h.org/classes

Ailing Joints? We Can Help

Many conditions can lead to painful joints, including osteoarthritis, rheumatoid arthritis, bursitis and sprains. Learn the newest, least invasive techniques for reducing joint pain.

Speaker: Pain Management Physician,
David Qu, MD

Date: Wednesday, November 15

Time: Noon-1 p.m.

Location: Henning's Market
Community Room
290 Main St.
Harleysville, PA 19438

Fee: FREE

Register: gv.h.org/classes

New Ways to Overcome Old Pain

Have you been living with pain for a long time? Do you avoid activities that aggravate your painful condition? Board-certified pain professionals share the newest and least invasive approaches for relieving painful conditions of the back, neck, hip and knee.

Speaker: Pain Management Physician,
Jerry Fang, MD

Date: Wednesday, December 13

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gv.h.org/classes

The Aging Back

Bones and disks in our spines degenerate over time, causing stiffness and soreness. But back pain doesn't have to be an inevitable part of aging. Learn the latest non-invasive techniques and proper lifestyle adjustments that can help keep your back healthy and fit, and slow the degenerative processes.

Speaker: Pain Management Physician,
Douglas Guger, MD

Date: Wednesday, January 10

Time: 1-2 p.m.

Location: Upper Bucks YMCA
401 Fairview Avenue
Quakertown, Pa 18951

Fee: FREE

Register: gv.h.org/classes

HealthView

WELLNESS AND HEALTHY LIFESTYLE

Lose 50-in-50

Achieving a healthy weight by eating a balanced diet has never been more convenient. Grand View Health registered dietitians developed a virtual weight-loss program, where you will receive nutritional menus delivered to your email regularly over the course of 50 weeks.

Date: Based on individual's sign-up date

Time: Programs begin weekly on Mondays

Location: Your email

Fee: FREE

Register: gvh.org/classes

Information: GVH Nutrition Counseling
215-453-3094

Grand New You

Safe and long-lasting weight loss takes time. If you'd like to take steps toward a healthier and more active lifestyle, Grand New You is a 10-week weight-management program to help adults with diet, nutrition, exercise and behavioral modifications. Weekly classes are led by a Grand View Health registered dietitian and exercise physiologist.

Location: Cardiac Rehab Conference Room
GVH Sellersville Outpatient Center

Fees: \$120 per 10-week session
Check with your insurance provider for coverage

Information: Grand New You
215-453-3262

Get Fit With a Doc

Get Fit with Grand View doctors and staff as we join together for community walks and conversations. Each event will begin with a brief educational talk led by a Grand View Health physician. Bring family, friends and a water bottle with you on this 30-minute walk to wellness. Participants are required to sign a Release of Liability waiver and complete a one-time registration form.

Dates: Check website for dates

Time: 5:30 p.m.

Location: James Memorial Park
1027 Ridge Road
Sellersville, PA

Fee: FREE

Information: gvh.org/event/fit-doc
GetFitwithadoc@gvh.org

Clearing the Air: Smoking Cessation

Designed to help you quit smoking, this program addresses behavior modification, nicotine addiction, tobacco education, relapse prevention and peer-group support. 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.

Dates: Mondays beginning January 8
Check website for dates

Time: 7-8:30 p.m.

Locations: GVH Conference Room A
Second Floor, Hospital

Fee: FREE

Register: gvh.org/classes

WELLNESS AND HEALTHY LIFESTYLE

CPR and First Aid Courses

Certified CPR and first aid courses for healthcare professionals, as well as non-certified community members, are held at Grand View Health through Abington Community Health. Course topics range from lifesaving adult and pediatric CPR to choking relief. Registration is required.

Courses: Healthcare Provider CPR
Family & Friends CPR
Heartsaver First Aid and CPR

Dates: Check website for dates

Location: GVH Nursing Education Room
Fourth Floor, Hospital

Fee: Varies by class

Register: Abington Community Health
215-361-6708
abingtonhealth.org/classes-events

Babysitting 101

This interactive program prepares 11-14 year-olds for the challenges of babysitting. Led by experienced and trained facilitators, Babysitting 101 is designed to help young adolescents become qualified and responsible babysitters by teaching childcare and emergency basics.

Dates: Saturday, November 11
Saturday, January 27

Time: 9 a.m.-3 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

Fee: \$60

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



Traveling abroad?

Before you take off on your next adventure, make sure you're up to date on all recommended vaccinations. We can help you and your family travel safely with:

- Pre- and post-travel counseling
- Vaccination recommendations
- International travel health warnings and advice
- Disease transmission education

Grand View Infectious Diseases Associates

Abby I. Huang, MD and Shirish Jagga, MD
817 Lawn Avenue | Sellersville, PA | 215-257-8450

HealthView

EVENTS

34th Annual Festival of Lights

Join us for an evening of holiday entertainment. Illuminate the trees in front of the hospital with beautiful lights by making a contribution to honor a person or organization, memorialize someone special, recognize a cancer survivor or celebrate the birth of a baby.

Date: Wednesday, December 6

Time: 7 p.m.

Location: Grand View Hospital Main Lobby

Information: Grand View Auxiliary
215-453-4381

Breakfast with Santa

Join Santa for a pancake breakfast in the Grand View Health cafeteria. Reservations required.

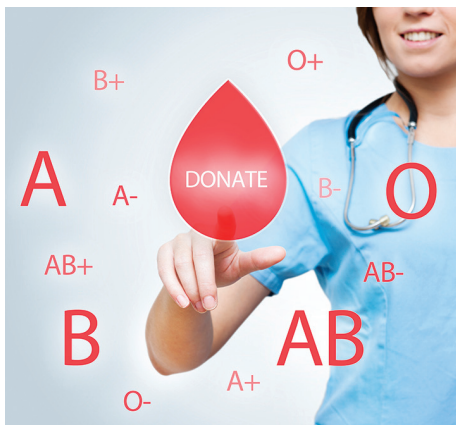
Date: Saturday, December 9

Time: Choose your preferred seating at 8, 9 or 10 a.m.

Location: GVH Cafeteria
Second floor, Hospital

Fee: Adult -\$5.50
Children ages 2-12-\$3.50
Children under 2-FREE

Register: Grand View Auxiliary
215-453-4084



Miller-Keystone Blood Drive

Nearly five million people in the United States receive life-saving blood every year. Consider donating during one of our hospital-wide blood drives. Save a life, become a blood donor.

Date: Friday, November 3

Friday, February 16

Time: 8 a.m.-3:30 p.m.

Location: GVH Community Education Center

Register: giveapint.org
Sponsor Code:6404



Grand View Support Groups

Consider attending a support group or private consultation if you or a loved one needs help coping with changes in life or learning about a new diagnosis or existing condition.

A complete list of support groups and resources is available at gvh.org/support-groups.

VOLUNTEER OPPORTUNITIES

Join the Grand View Volunteer Team and Make a Difference!

At Grand View Health, volunteers are an essential part of our healthcare system. Our capable, dependable volunteers are trained to assist hospital staff with serving patients, their families and visitors.

Assignments are based on individual skills, interests and the hospital's need. Morning, afternoon and evening assignments are available.

For more information about our volunteering opportunities call **215-453-4616** or visit **gvh.org/volunteer**.



Nondiscrimination and Language Assistance

Grand View Health complies with applicable federal civil rights laws and does not discriminate or treat people differently on the basis of race, color, sex, disability, national origin, age, gender, gender identity or expression, sexual orientation, religion or status.

We provide:

Free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats).

Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 215-453-4987.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 215-453-4987。

Information and Cancellations

Registration and pre-payment are required for select programs. If a program is canceled due to minimum class size, a refund 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: gvh.org, Grand View Health's Facebook Page, WNPV 1440 AM Lansdale and KYW 1060 AM Philadelphia. For further information call 215-453-4300.

GVH GRAND VIEW HEALTH

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