



HealthView

July 2018 - October 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, Jacqueline Zipay, CRNP

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.

Information: GVH Nutrition Services
215-453-4633



HealthView

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 L. Weidner, MD and
GVH Joint Center Coordinator,
Janice Hunsberger, RN

Session 1

Date: Friday, October 5

Time: 11 a.m.-Noon

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

Fee: FREE

Session 2

Date: Friday, October 26

Time: 11 a.m.-Noon

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Register: gvh.org/classes

Common Shoulder Problems

Common causes of shoulder pain include tendonitis, bursitis, arthritis, muscle sprain and an inflamed or torn rotator cuff. These problems can be extremely painful and life altering if left untreated. During this seminar you'll learn about surgical and non-surgical treatment options available.

Speaker: Orthopaedic Surgeon,
James M. Hurley, MD

Date: Thursday, September 6

Time: 9-10 a.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Ankle Arthritis/Total Ankle Replacement

Our ankles support our entire body weight, making them vulnerable to fractures, sprains, swelling and stiffness. This educational seminar will help you identify potential causes of ankle pain, preventive measures and surgical and non-surgical options such as orthotics, medication, physical therapy and exercise.

Speaker: Orthopaedic Surgeon,
Steven E. Casey, MD

Date: Wednesday, September 19

Time: 10-11 a.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.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.

Session 1

Speaker: Pain Management Physician,
Robert Kelly, DO

Date: Wednesday, July 11

Time: Noon-1 p.m.

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

Fee: FREE

Session 2

Speaker: Pain Management Physician,
David Qu, MD

Date: Wednesday, September 12

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient
Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

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.

Date: Monday, September 17

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 Oncology Social Worker
215-453-4137

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 Oncology Social Worker
215-453-4137

Free Clinical Breast Exams

Monday, October 29

5:30-7 p.m.

**GVH Sellersville Outpatient Center
First Floor Conference Room**

In recognition of Breast Cancer Awareness month, Grand View Health is offering free clinical breast exams and a chance to meet one-on-one with Breast Surgical Oncologist, Monique Gary, DO. A clinical breast exam can help detect changes or abnormalities in breast tissue and plays a role in lifelong breast health. All women are welcome. Light refreshments will be provided. No appointment necessary.

Information: GVH Breast Care Coordinator
215-453-3223



Dr. Gary is director of the Cancer Genetic Risk and Prevention Program at Grand View Health, is fellowship-trained in a variety of breast surgical oncologic techniques and a Certified Hidden Scar™ Breast Cancer Surgeon.

Monique A. Gary, DO
Breast Surgical Oncologist
Grand View Surgical Associates
915 Lawn Avenue | Sellersville PA
215-453-3400

HealthView

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: gvh.org/diabetes



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

EXPECTANT PARENTS AND PARENTING

Breastfeeding ABC's

Designed for anyone wishing to learn about breastfeeding, a certified lactation consultant will provide you with techniques needed for breastfeeding success. Topics include the benefits for moms and babies, how to get started, correct latching methods, pumping, and incorporating breastfeeding into your lifestyle. We encourage your support partner to attend as well and recommend taking this class after you have reached your 34th week of 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

Parent Support Network

Anyone who has had a child will tell you, that while it is an amazing experience, it can be overwhelming at times. Grand View Health's Parent Support Network is a free community group for new and experienced parents. Sharing your experiences with others builds confidence and that is our goal. Monthly topics are posted online. Your baby and support team are welcome to attend.

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

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 on or about your 32nd week 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 Conference Room 1L
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 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: Check website for dates/times and locations

Fee: FREE

Register: Maternity Care Coalition
215-348-9770
maternitycarecoalition.org

Tiny Wonders: Newborn Care

Prepare yourself for when your baby comes home with our newborn care class. A Grand View Health pediatrician and nurse educator will present valuable information including skills to calm and soothe your baby, when to call the doctor, caring for a healing circumcision, umbilical cord care and what to expect during the first few weeks with your newborn. Learn about newborn assessments and procedures while in the hospital. We recommend taking this class after you have reached your 34th week of 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

HealthView

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. Tour our Labor and Deliver area, Postnatal Care Unit including a visit to one of our spacious post-partum rooms. You'll have the opportunity to ask questions and get an early look at the environment where you'll have your baby.

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: Monday, July 16 or Tuesday, October 30

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, August 9 or Thursday, October 4

Time: 6:30-8 p.m.

Location: GVH Conference Room 1L
First Floor, Hospital

Fee: FREE

Register: gvh.org/classes

EYE HEALTH

Diabetic Eye Disease

Diabetes is one of the leading causes of irreversible blindness worldwide, and in the United States it is the most common cause of blindness in people younger than 65 years of age. Learn about the stages, signs and symptoms as well as treatments available for diabetic eye disease.

Speaker: Ophthalmologist,
Leo Santamarina, MD

Date: Tuesday, September 11

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

MyGVH.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**.

HEART AND VASCULAR HEALTH

Know Your Heart: Atrial Fibrillation

Abnormal heart rhythms, commonly referred to as "AFib," are characterized by rapid and irregular beats in the atria or upper chambers of the heart. People with AFib are five times more likely to have a stroke than people without the condition. Learn about AFib, the symptoms and available treatments.

Speaker: GVH Stroke and Heart Failure Navigator,
Karen Lynott, MSN

Date: Thursday, October 11

Time: 1-2 p.m.

Location: GVH Sellersville Outpatient Center
First-Floor Conference Room

Fee: FREE

Register: gvh.org/classes

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

HealthView

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, August 4 and August 11 or
Saturday, October 6 and October 13

Time: 9:15 a.m.-1:15 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

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

Register: gvh.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, July 7 or
Saturday, September 8

Time: 9:15 a.m.-1:15 p.m.

Location: GVH Conference Room A
Second Floor, Hospital

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

Register: gvh.org/classes

Transition Planning and Downsizing

Just thinking about moving from your life-long home can be distressing. Learn practical tips for how to begin the process including making decisions about your personal property, resources for letting items go and decluttering your environment.

Speaker: Alderfer Auction Downsizing Specialist, Trudy Sutter

Date: Friday, October 12

Time: 10-11 a.m.

Location: GVH Sellersville Outpatient Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

Overcoming Arthritis

Arthritis affects more than 50 million adults in the U.S. Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. And although symptoms may come and go, severe arthritis can result in chronic pain and an inability to do daily activities. If you've been diagnosed with Osteoarthritis or inflammation of the joints, then this is the seminar for you. Learn from a leader in the field of pain management what you can do to combat Arthritis to preserve joint function, mobility and quality of life.

Speaker: Pain Management Physician, Robert Kelly, DO

Date: Wednesday, September 26

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes

SENIOR HEALTH

Back and Neck Pain for Beginners

Our backs and necks age over time. Learn about degenerative neck and lower back processes, pain conditions, cutting edge pain management techniques as well as traditional, alternative, and rejuvenating therapy treatments.

Speaker: Pain Management Physician, Douglas Gugger, MD

Date: Wednesday, July 25

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient Center
First Floor Conference Room

Fee: FREE

Register: gvh.org/classes



Aging with Less Pain and More Flexibility

The natural aging process lends itself to more muscle tension, less flexibility and likely, overall aches and. Methods for helping you age with strength and flexibility will be discussed, as well as tips for leading a healthy lifestyle and techniques for reducing pain and inflammation.

Speaker: Pain Management Physician, David Bozak, DO

Date: Wednesday, August 22

Time: Noon-1 p.m.

Location: Wegman's Montgomeryville Community Room
500 Montgomery Mall
North Wales, PA 19454

Fee: FREE

Register: gvh.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, August 8

Time: Noon-1 p.m.

Location: GVH Sellersville Outpatient Center
First Floor Conference Room

Fee: FREE

Register: gvh.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 Gugger, MD

Date: Tuesday, October 9

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

HealthView

WELLNESS AND HEALTHY LIFESTYLE

Understanding Head Injuries and Concussions for Athletes and Parents

Designed for parents, athletes, coaches and teachers, this educational seminar 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: Thursday, August 30

Time: 6-7 p.m.

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

Fee: FREE

Register: gvh.org/classes

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: First and third Thursday each month until November.
Check website for dates

Time: 5:30 p.m.

Location: James Memorial Park
1027 Ridge Road
Sellersville, PA 18960

Fee: FREE

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

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gvhurgentcare.com

Chalfont | Kulpsville | Quakertown

WELLNESS AND HEALTHY LIFESTYLE

Steady Now: Balance and Falls Risk

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.

- Speaker:** Vestibular Therapist, Jill Fontana
- Date:** Friday, September 28
- Time:** 1:30-2:30 p.m.
- Location:** GVH Sellersville Outpatient Center
First Floor Conference Room
- Fee:** FREE

Overcoming Headaches and Chronic Neck Pain

Chronic headaches are a leading cause of impaired daily function, loss of work and time spent with family and friends. Although a complicated phenomenon, new research indicates that the many chronic headaches originate from conditions related to muscles in the neck. If you suffer from headaches and are overwhelmed and frustrated with your prognosis, learn about some of the new techniques our expert physicians use to help their patients finally find relief.

- Speaker:** Pain Management Physician, Jerry Fang, MD
- Date:** Wednesday, October 24
- Time:** Noon-1 p.m.
- Location:** Grand View Urgent Care Conference Room
700 Horizon Circle
Chalfont, PA 18914
- Fee:** FREE
- Register:** gvh.org/classes

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 October 1
Check website for dates
- Time:** 7-8:30 p.m.
- Locations:** GVH Conference Room A
Second Floor, Hospital
- Fee:** FREE
- Register:** gvh.org/classes



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.

HealthView

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: Friday, July 6 or
Saturday, August 11

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

Location: GVH Conference Room 1L First Floor, Hospital

Fee: \$65

Register: Maternity Coalition
215-348-9770
maternitycarecoalition.org

EVENTS

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, August 24

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

Location: GVH Community Education Center

Register: giveapint.org
Sponsor Code: 6404

45th Annual Golf Tournament

Enjoy a luncheon, play a round of golf and share a delicious dinner with friends at the Auxiliary's Annual Golf Tournament. Registration required.

Date: Friday, August 3

Time: Shotgun start at 1 p.m.

Location: Indian Valley Country Club
650 Bergey Road
Telford, PA 18969

Register: Grand View Auxiliary
215-513-3935
gvh.org/golf



VOLUNTEER OPPORTUNITIES



Join the Grand View Volunteer Team and Make a Difference!

All volunteer positions at Grand View Health are important to our healthcare system, providing valuable support to our patients and staff. Assignments are based on individual skills, interests and the hospital's needs. Morning, afternoon and evening assignments are available for the following positions:

- Chaplaincy
- Friendly Visitors
- Food Services Surveyors
- Gift Shop
- Golf Cart Driver
- Information Desk
- Library Cart
- Radiology Liaisons
- Short Procedure Unit Assistants
- Supply & Distribution Aids
- Thrift Shop Processors & Cashiers

Information: Volunteer Services
215-453-4371
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

700 Lawn Avenue
P.O. Box 902
Sellersville, PA 18960-0902

Grand View Health
has joined the
Penn Cancer Network,
part of Penn Medicine.

GVH
**GRAND VIEW
HEALTH**



Penn Medicine
Cancer Network | Member

Learn more at gvh.org

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