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Unless noted, preregistration is required for all classes.

Location addresses for class sites are provided on the back cover.

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(877-783-7262)**

www.stfranciscare.com

ON THE COVER:

Kerri Powers, whose story appears on page 8, performing at The Hungry Tiger in Manchester.

■ This magazine is intended to present medical information and updates to clinical programs and services. Opinions expressed in this publication are not necessarily those of Saint Francis Hospital and Medical Center. For personal health questions, Saint Francis encourages readers to consult with a qualified health professional.

HEALTH EDUCATION PROGRAMS

The following health education programs are free unless otherwise noted, and require pre-registration. Join staff from Saint Francis as they discuss the latest information on health topics that concern you. A question-and-answer session will be included at the end of each program.

Stroke Prevention and Education Program

Join us and learn more about the primary risk factors for stroke, including high blood pressure, high cholesterol, diabetes, obesity, physical inactivity and diet. Participants will learn how to better manage their risk factors and lower their risk for stroke.

*January 10 • 10 a.m.–12 p.m. • Ellington
January 24 • 1–3 p.m. • Avon
February 7 • 10 a.m.–12 p.m. • Glastonbury
February 21 • 5:30–7:30 p.m. • Hartford
March 6 • 10 a.m.–12 p.m. • Ellington
March 20 • 1–3 p.m. • Avon*

Surgical and Conservative Management of Low Back Pain

Aris Yannopoulos, M.D.
Low back pain is the most common complaint in American medicine today. Dr. Yannopoulos will describe ways to treat disc disease, both surgically and non-surgically.

January 10 • 6:30–8 p.m. • Enfield

New Year, New You!

Paul Stanislav, Jr., M.D., F.A.C.S.
Join Paul Stanislav, M.D., and discover how to look young and age gracefully with the most advanced technology used today. The discussion will include both surgical and non-surgical solutions to reverse the effects of aging.

*January 11 • 6:30–8:30 p.m. • Hartford
January 24 • 6:30–8:30 p.m. • Glastonbury*

Chronic Pain Management: What are Your Options?

Raymond Squier, M.D.
Chronic pain is something that affects almost all Americans. Relieving chronic pain has been a major focus of medical researchers over the past few years. Dr. Squier will present some of the latest advances and describe how they can help you.

January 12 • 6:30–8 p.m. • Glastonbury

Taking Care of Your Thyroid

Socorro Vargas, M.D.
Socorro Vargas, M.D., will discuss the risk factors, signs and symptoms, diagnosis and treatment of common thyroid disorders.
*January 17 • 6–7:30 p.m. • Ellington
March 21 • 6:30–8 p.m. • Hartford*

Blood Sugar Monitoring in Diabetes

Sally Cooney, M.P.H., R.N., C.D.E.
Learn how to use blood sugar monitoring to better understand how what you do affects your blood sugar. We will also discuss Medicare Part B coverage of diabetes testing supplies.

*January 18 • 1–2 p.m.
Enfield Senior Center*

Weight Loss — Surgical Options

Nissin Nahmias, M.D.
There are many reasons why we have a hard time losing weight. Dr. Nahmias will discuss medical and surgical options to achieve long-term wellness through weight reduction with a holistic approach. He will discuss details about different surgical procedures including LAP-BAND, sleeve gastrectomy, gastric bypass and single incision “scarless” surgery.

*January 18 • 6:30–8 p.m.
Mandell Jewish Community Center*

Senior Health Series: Alzheimer’s and Dementia

Mahammed Parvez Saiyed, M.D.
Memory loss is a frustrating and frightening experience for those afflicted, as well as for their supporting family members. Knowing the facts and receiving the best care is essential. Join Dr. Mahammed Saiyed as he discusses the warning signs, diagnosis and treatment options for dementia and Alzheimer’s disease.

January 19 • 10–11 a.m. • Ellington

Ooh My Aching Feet!

Christina Kabbash, M.D., Jameela Fulton, D.P.M.
Join Dr. Kabbash, orthopedic surgeon, and Dr. Fulton, podiatric surgeon, as they discuss the most common foot and ankle problems including ankle sprains, ankle arthritis, heel pain (achilles tendonitis and plantar fasciitis), and forefoot pain (metatarsalgia — under the balls of the foot), bunions, hammertoes.

January 19 • 6:30–8 p.m. • Hartford

Varicose Veins and Spider Veins: Treatment Options that Work

Clifford B. Freling, M.D.

Learn more about the treatment options available today to improve the look of your legs and reduce the pain and discomfort associated with varicose and spider veins. Clifford Freling, M.D., will discuss the evaluation process (using ultrasound) and the various treatment options available including sclerotherapy, laser therapy, and phlebectomy. **January 25 • 6:30–8 p.m. • Avon**

Pelvic Health Disorders

David Cherry, M.D., Marlene Murphy-Setzko, M.D., MaryBeth Norman, A.P.R.N.

Pelvic health disorders often go undiagnosed because women are either too embarrassed to discuss their symptoms with doctors or are unaware of their treatment options. Join our team of specialists who can address your concerns including urinary and fecal incontinence, constipation, and pelvic organ prolapse. Learn more about treatment options from lifestyle changes to minimally-invasive procedures.

February 1 • 6:30–8 p.m. • Hartford

Skincare and Makeup 101

Paul Stanislaw, Jr., M.D.

Paul Stanislaw, M.D., a board-certified facial plastic surgeon, will discuss what causes aging and what you can do to minimize and prevent signs of aging. Licensed medical estheticians will analyze each participant's skin type, color match each participant and provide a lesson on mineral makeup application. Participants will learn proper skincare and makeup techniques. Each participant will receive a trial size skincare and basic makeup kit tailored to your skin type.

February 7 • 6:30–8 p.m. • Avon
Fee: \$25

Atrial Fibrillation

Joseph T. Dell'Orfano, M.D.

Atrial fibrillation is the most common heart rhythm disturbance that doctors see, affecting more than two million people in the U.S. It may simply cause palpitations, but it can also be associated with serious problems including stroke. Joseph T. Dell'Orfano, M.D., will discuss risk factors and strategies for treatment.

February 8 • 6:30–8 p.m. • Avon

Integrated Heart Health

Thomas I. Knox, M.D., F.A.C.P., F.A.C.C., F.C.C.P., F.A.S.N.C., F.S.C.A.I., M.B.A.

Thomas Knox, M.D., will discuss the traditional approaches to heart health and prevention of disease as well as proven effective alternative therapies. The key to optimal heart health in the future will be to take the best proven therapies from all available modalities and combine them effectively on an individual basis.

February 15 • 6:30–8 p.m. • Avon

Advances in Spinal Care

Jesse Eisler, M.D.

Join Jesse Eisler, M.D., as he discusses the most common spinal disorders including: degenerative conditions of the spine, such as cervical or lumbar spinal stenosis; cervical or lumbar disc herniation; and scoliosis or adult deformity of the spine. Included in the lecture will be a comprehensive discussion about non-surgical and surgical treatments for the full spectrum of spinal disorders.

February 16 • 6:30–8 p.m. • Ellington

Nutritional Medicine for Heart Disease

H. Robert Silverstein, M.D., F.A.C.C.

Join Dr. Silverstein, cardiologist and author of *Maximum Healing*, as he discusses how to treat heart disease by blending modern medical practices with natural healing methods. Discover which foods, vitamin and mineral supplements are effective.

February 16 • 6:30–7:30 p.m. • Hartford

An Introduction to Mind-Body Medicine

Kathleen Mueller, M.D. and Sharon O'Brien, B.S.

Mind body techniques are well-researched for reducing stress, lessening symptoms of diseases, and helping you cope with life changes. Join us to learn about and experience the power and simplicity of mind-body medicine.

February 22 • 5:30–7 p.m. • Hartford

Facial Rejuvenation: Surgical and Non-Surgical Treatments that Really Work

Paul Stanislaw, Jr., M.D., F.A.C.S.

Join Paul Stanislaw, M.D., and discover how to look young and age gracefully with the most advanced technology used today. The discussion will include both surgical and non-surgical solutions to reverse the effects of aging.

February 22 • 6:30–8:30 p.m. • Ellington
March 27 • 6:30–8:30 p.m. • Avon

Weight Loss Surgery: Laparoscopic Gastric Banding

Scott Ellner, D.O.

Discover ways to achieve long-term weight loss and to reclaim your health. Scott Ellner, D.O., will explain the surgical option of LapBand surgery and review the comprehensive program that is available at Saint Francis.

February 23 • March 13 • 6:30–8 p.m.
Enfield

Lung Disease: Using Traditional and Holistic Medicine

Michael Teiger, M.D.

Discover what you can do to improve your lung health by learning how to use integrative approaches to manage symptoms related to asthma, COPD and other breathing concerns such as shortness of breath and fatigue. Dr. Teiger, a board-certified pulmonary doctor, will discuss the best of conventional medicine with appropriate complementary therapies.

February 22 • 7–8 p.m.
Enfield Public Library

Dizziness and the Ear

Benjamin Wycherly, M.D.

Are you suffering with dizziness? Learn more about dizziness and the treatments directed at eliminating or controlling dizziness caused by the inner ear.

February 29 • 6:30–8 p.m.
Mandell Jewish Community Center

Osteoporosis: What You Need to Know

Jorge Diez, M.D.

One in every two women age 50 or older will develop osteoporosis. Jorge Diez, M.D., will present an update on osteoporosis including risk factors, diagnosis, strategies for prevention, and treatment options.

March 7 • 6:30–8 p.m. • Hartford

HEALTH EDUCATION PROGRAMS (CONTINUED)

Living Well with Hearing Loss

Benjamin Wycherly, M.D., Lynn Firestone, Au.D.
Join Dr. Wycherly, otologist, and Dr. Firestone, audiologist, as they discuss medical and surgical treatments of hearing loss, and the latest advancements in hearing aids.

March 8 • 6–7:30 p.m.

Enfield Senior Center

Surgical and Non-Surgical Treatments for Obesity

Ioannis Raftopoulos, M.D., Ph.D., F.A.C.S.
Join Ioannis Raftopoulos, M.D., the medical director of the Bariatric Center at Saint Francis, as he discusses various options for long-term weight loss.

February 28 • 6–7:30 p.m. • Ellington

March 27 • 6–7:30 p.m. • Glastonbury

Hereditary Colorectal Cancer Syndromes

Amanda Ayers, M.D.,

Linda Steinmark, M.S., C.G.C.

Knowing your family history is important. Join Amanda Ayers, M.D. to learn about the genetic basis of inherited cancer syndromes, including Lynch Syndrome and Familial Adenomatous Polyposis (FAP). Linda Steinmark, a certified genetic counselor, will discuss the cancer risks and risk reduction options, as well as what the discovery of a gene mutation means for your family.

March 13 • 6:30–8 p.m. • Avon

March 28 • 12–1:30 p.m.

Genras Auditorium • Hartford

Treatment of Rotator Cuff Tears — Taking the Mystery Out of a Common Problem

Randall Risinger, M.D.

Join Randall Risinger, M.D., as he discusses the various treatments available for rotator cuff tears including: non-surgical and surgical management; the treatment of failed rotator cuff repairs; and the role of reverse shoulder replacement.

March 14 • 6:30–8 p.m. • Glastonbury

Memory Loss in the Elderly

Elisa Gil-Pires, M.D.

What is normal and acceptable memory loss among the elderly population? When should you address this concern with your primary care doctor and when should you see a specialist for this? Dr. Gil-Pires, Chief of Geriatric Medicine, will discuss the best strategies and what treatment options are available.

March 20 • 6:30–8 p.m. • Avon

Reclaim and Rejuvenate After 40 — Health and Beauty from the Inside Out

Patricia Lampugnale, D.O.

Join Patricia Lampugnale, D.O., as she discusses ways to help patients look and feel their best. Registered dietitian Cara Andreoli will discuss how personalized nutrition and weight management programs can help patients feel and function their best.

March 21 • 6–7:30 p.m. • Glastonbury

Senior Health Series: Taking Care of Your Heart

Mahammed Parvez Saiyed, M.D.

Do you know what your cholesterol numbers should be? How can you lower your blood pressure? What treatment options are available for high cholesterol and high blood pressure? If you have similar questions, join us for this informative lecture that will discuss important information for improving your heart health.

March 22 • 10–11 a.m. • Ellington

CPR AND SAFETY

CPR for Family & Friends

Each year, cardiovascular disease and sudden cardiac arrest claim the lives of 335,000 Americans before they reach a hospital. CPR can double a victim's chance of survival. Join us for this American Heart Association class, intended for the lay rescuer, and learn CPR and choking management for infants, children and adults.

January 25 • 5:30–8 p.m. • Glastonbury

February 15 • 5:30–8 p.m. • Ellington

March 7 • 5:30–8 p.m. • Glastonbury

March 14 • 10 a.m.–12:30 p.m. • Glastonbury
Fee: \$45

Heartsaver CPR AED – Certification Course

Heartsaver CPR AED is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs).

February 1 • 5:30–8 p.m. • Ellington

March 7 • 10 a.m.–1 p.m. • Glastonbury

Fee: \$50

CONGESTIVE HEART FAILURE EDUCATION SERIES

Clinicians from Saint Francis Hospital and Medical Center invite patients with heart failure and their families to attend a series of heart failure education classes. Taught by experts in heart failure, classes will provide an overview of the anatomy and physiology of heart failure, including medications and therapeutic modalities used when treating heart failure. Classes also cover the nutritional and psychological aspects of living with heart failure and information about ways to stay active. Individual sessions include:

How Your Heart Works
Nutrition
Planning for the Future
Medications

Exercise
Dealing with Your Disease
All about Defibrillators
Support Group

For more information about the class schedule or to register, please call 1-877-STFRANCIS (877-783-7262) or visit Classes and Events at www.stfranciscare.com.

CPR for Healthcare Providers — Recertification Course

This recertification class is for healthcare providers (HCP) only, who have taken an HCP CPR course in the last two years. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs). Participants must bring their current certification cards to the class.

January 17 • 10 a.m.–1 p.m. • Ellington
January 24 • 10 a.m.–1 p.m. • Glastonbury
February 16 • 10 a.m.–1 p.m. • Ellington
March 20 • 10 a.m.–1 p.m. • Glastonbury
Fee: \$50

SMOKING CESSATION

Stop Smoking through Hypnosis

Barbara Fasulo

For decades, hypnosis has helped thousands of people successfully quit smoking and stay off smoking for life. Be a part of this one-session seminar and change the way you feel about smoking for good!

January 19 or March 7 • 6:30–8:30 p.m.
Center for Integrative Medicine, Hartford
Fee: \$40.00

Break Free from Smoking Program

Sally Lerman, M.S., C.H.E.S., Certified Tobacco Dependence Treatment Specialist

Have you tried a variety of ways of quitting smoking and not found long-term success? This service uses the U.S. Surgeon General's "best practice" recommendations, including face-to-face counseling combined with supervised nicotine replacement therapy. Join others who have found success using the only method scientifically proven to improve your chances of quitting for good.

Avon
Fee: \$225 for 6-week individual counseling program

FOR EXPECTANT MOMS

Saint Francis Hospital and Medical Center offers a wide variety of childbirth classes including:



Prepared Childbirth Class Offerings

eBEGINNINGS

Have you ever wished you could take a prepared childbirth class in the comfort of your own home? For the mother who is looking for an

alternative to attending on-site classes, Saint Francis now offers childbirth classes via the web. The program provides access to a website for six months where you will find more than 50 video clips that show real-life examples of the subjects you are reading about. You can watch breathing and relaxation techniques, helpful labor positions, animation of the stages of labor, infant care topics and much more. "See What You Read — Childbirth" is a comprehensive book that accompanies the website. You can get additional information or register for the program by calling 1-877-STFRANCIS or going to Classes and Events at www.stfranciscare.com.

MATERNITY TOUR

The tour includes labor and delivery suite, newborn nursery and the maternity floor for expectant families.

BREASTFEEDING & BREASTFEEDING SUPPORT GROUP

Class includes the benefits of breastfeeding for the mother and baby. Other topics include: getting started, the first few weeks and preparing to return to work. An informal group also meets weekly to promote continued breastfeeding.

PREPARATION FOR CHILDBIRTH

These classes are designed to prepare first-time parents for labor, childbirth, and taking care of your newborn. Childbirth techniques include relaxation and breathing patterns, practice of comfort measures and the coach's role during labor. Newborn topics include normal newborn characteristics, common maladies and treatments, diapering and dressing a newborn, and demonstrations on sponge baths, umbilical cord care and circumcision care. Plan to attend during the early third trimester.

For more information about the class schedule or to register, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

Kids in Safety Seats

Kids in Safety Seats — an Initiative of the Violence and Injury Prevention Program of the Trauma/Surgery Department at Saint Francis. Our program educates staff, patients and families about decreasing injuries and fatalities by correctly using car seats, booster seats and safety belts. A car seat safety presentation will be done by a National Child Passenger Safety Technician that will include proper selection, direction and installation of the car seat, and a hands-on demonstration of proper use of a car seat in the vehicle.

January 11 & 18, February 1 & 15,
March 7 & 21 • Hartford
January 12, March 15 • Avon
January 17, February 21,
March 20 • Glastonbury
5–6 p.m.
Fee: Free

CANCER PROGRAMS

Look Good...Feel Better®

Join us for this free program that teaches beauty techniques to women cancer patients to help them manage the appearance-related side effects of cancer treatment. Each participant receives a free makeup kit. Provided in partnership with the American Cancer Society.

January 23, February 27, March 26
11 a.m.–1 p.m. • Hartford
Fee: Free

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.

HEALTH SCREENINGS

Fall Prevention Screening

Pamela LeClair, M.S.P.T.

Do you have a fear of falling? Physical therapists from Physical Therapy Partners will be available by appointment to conduct a FREE balance screening. The physical therapist will assess your balance and risk of falls, and briefly review the findings.

*January 27 • 8:30 a.m.–1:30 p.m. • Enfield
Fee: Free*

Skin Cancer Screening

Edward Benjamin, M.D.

Do you have suspicious-looking moles or skin lesions? Take this opportunity to be screened for skin cancer. Call today to make an appointment.

*March 16 • 9–11 a.m. • Enfield
Fee: Free*

INTEGRATIVE MEDICINE PROGRAMS

Hartford programs take place in our Center for Integrative Medicine and include free parking.

Prepare For Surgery, Heal Faster

Joan Harovas, R.N., B.S.N.

Medical studies show that people who prepare for an operation have less pain, fewer complications and recover sooner. Peggy Huddleston's steps to prepare for surgery will help you calm preoperative jitters, visualize a positive recovery, and establish supportive doctor-patient relationships.

*January 11, February 15, or March 14
6:30–8 p.m.*

*January 12, February 16, or March 15
10:30 a.m.–12 p.m.*

*Center for Integrative Medicine, Hartford
Fee: \$45 includes book, CD, and group education (one support person may attend at no charge)*

(One-on-one educational session also available for \$75)

Holistic Weight Loss Solutions for Women

Barbara Fasulo, R.Y.T.200, Carol Tyler, M.A., R.D.

Join us for an opportunity to create a new you. Holistic techniques will be taught and discussed to support an understanding of balanced nourishment for your body, mind and spirit. Topics included are nutrition, hypnosis, gentle movement, and mindfulness.

January 12 • 6:30–8:30 p.m.

Center for Integrative Medicine, Hartford

February 8 • 6:30–8:30 p.m. • Enfield

Fee: \$30

Integrative Cancer Care

Throughout your healing journey, we'd like to support you — spirit, mind and body. Join us for education, support, and refreshments.

January 12 – Mind Body techniques

February 9 – Journaling

March 8 – Yoga

12–1 p.m.

Center for Integrative Medicine, Hartford

Fee: Free

Touch, Caring & Cancer

Susan Forster, L.M.T.

Touch is one of the most helpful forms of support you can offer a loved one with cancer. This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply. Light refreshments provided.

January 14 – In English • 2–5 p.m.

February 11 – In Spanish • 2–5 p.m.

Center for Integrative Medicine, Hartford

Fee: Free

Introduction to Infant Massage

Susan Forster, L.M.T.

Touch is an infant's first form of communication and through massage we can effectively communicate as well as understand what our babies are saying. Learn basic strokes to assist in the growth of your baby's body, mind and spirit, and bring relief to colic, constipation, respiratory and sleeping difficulties.

January 14 or February 11 • 11 a.m.–12 p.m.

Center for Integrative Medicine, Hartford

Fee: \$25 (includes onesie and book)

Wisdom of the Crone

Joan Harovas, R.N., B.S.N.

Crone, one of the phases in a woman's life, was at one time the name given to a Wise Woman Elder. Come and explore the wisdom of the female elder and how that can manifest in our youth-oriented society. Learn techniques of using inner awareness to promote health and a sense of well-being.

January 18 • 6:30–8 p.m.

Center for Integrative Medicine, Hartford

Fee: \$10

Nourish Yourself With Art

Lorraine Greenfield, Art Therapist, M.S.

Creative expression is a powerful source of health and wellness for body, emotions, mind and spirit. Especially helpful in times of stress, pain, depression and anxiety, art-making is a healing force that can lighten pain, lift your spirit and energize your soul. In this course, art projects are designed so that both experienced artists and those with no formal art training benefit from the fun and transformative art-making journey.

January 24 Theme: "Dreams and Goals"

February 16 Theme: "Love"

March 22 Theme "Emerging from Winter"

Time: 6:30–8 p.m.

Center for Integrative Medicine, Hartford

Fee: \$5

A Taste of Mindfulness Introductory Class

Carol Tyler, M.A., R.D.

Are you curious about mindfulness and the impact it can have on your life? This is your opportunity to experience mindfulness, including guided meditation, gentle movement, and brief discussion. Based on the work of Jon Kabat-Zinn who developed *Mindfulness-Based Stress Reduction* to successfully help people deal with chronic pain and stress-related symptoms.

January 26, February 29, March 15

6:30–8:30 p.m. • Hartford

Fee: \$20

Gentle Kundalini Yoga and Meditation with Gong Vibrations

Kay Lani, R.Y.T., Ph.D.

Sound relaxation has been scientifically reported to benefit health and a host of conditions such as lower blood pressure, reduce stress, relieve pain, increase circulation, and promote healing and mental focus/clarity. Come experience deep relaxation accompanied by relaxing sounds of the sacred gong, held during a full moon.

February 6 • 6–8 p.m. • Hartford

Fee: \$30

Lift Your Spirit and Enhance Your Health with Art and Yoga

Lorraine Greenfield, Art Therapist, M.S. and Barbara Fasulo, R.Y.T. 200

Practicing yoga and creating art together offer abundant opportunities for health, wellness and inner peace. Join us as we guide you on a physical and spiritual journey that includes meditation, movement and creative expression. You will learn simple yoga and art-making exercises that will raise your awareness, relax you and improve the quality of your life. Please bring a yoga mat and wear comfortable clothes.

March 21 • 6:30–8:30 p.m.

Center for Integrative Medicine, Hartford
Fee: \$20

YOGA & T'AI CHI

T'ai Chi

Beth Price, Instructor

T'ai Chi is a mind/body art that is equal parts health-nourishing exercise, balanced living and personal growth. This ancient art both energizes and relaxes as you learn to use your body in a coordinated, agile, healthy way that enhances your everyday activities. These are ongoing classes — you can join anytime.

Wednesdays, 3:45–4:45 p.m.

Fridays, 3:30–5:30 p.m. & 6–7 p.m.

Glastonbury

Fee: \$48 for 4 weeks session;

\$15 for drop-ins

Kundalini Yoga and Meditation to Increase Vitality and Maintain Good Health

Kay Lani, R.Y.T., Ph.D

Enjoy gentle rhythmic yoga designed to safely and effectively brighten your life. Benefits include increasing strength, flexibility and stamina, as well as improving focus, sleep and stress tolerance. Some classes will include transforming vibrations of a gong played by the instructor. It is suggested to bring water, mat and blanket.

Thursdays, February 9 – March 15

6–7:15 p.m. • Glastonbury

Fee: \$72

Chair Yoga

This gentle class uses postures sitting in a chair or standing using a chair for support.

Mondays; Ongoing classes starting January 9
11:15 a.m.–12:15 p.m. • Hartford

MaryAnn Demko

Fridays; Ongoing classes starting January 13
10:45–11:45 a.m. • Avon

Jennifer Errickson

Gentle Yoga Class

This gentle class is appropriate for beginners and those with minor physical limitations.

Students should be able to move easily and safely from the floor to sitting or standing.

Mondays; Ongoing classes starting January 9
6–7 p.m. • Glastonbury

Barbara Fasulo

All Levels Yoga Class

This class will explore a variety of postures standing, seated and on the floor. Students should be able to move easily and safely from the floor to sitting or standing.

Mondays; Ongoing classes starting January 9
5:45–7 p.m. • Enfield

Lynne Miller

Thursdays; Ongoing starting January 12
7:30–8:30 p.m. • Glastonbury

Neena Gupta

Fridays; Ongoing starting January 13
9:30–10:30 a.m. • Avon

Jennifer Errickson

Fridays; Ongoing starting January 13
10–11 a.m. • Glastonbury

Neena Gupta

SUPPORT GROUPS

Saint Francis offers a number of support groups including:

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- High-Risk Pregnancy
- Gastric Bypass
- Lap-Band
- Insulin Pump
- Pregnancy and Infant Loss
- Successful Living with a Cardiac Device

VETERANS PROGRAMS

Mind-body Medicine Skills

Sharon O'Brien, B.S.

Join like-minded individuals to learn about a powerful and effective combination of research-based healing therapies to help you cope with life changes, stress, and illness. Experience techniques such as breathwork, meditation, art, and guided imagery.

January 25 and March 28 • 5:30–7 p.m.

Center For Integrative Medicine,
Hartford • Fee: Free

Mindful Yoga for Military Personnel

Barbara Fasulo, R.Y.T.200, Maria Eberle, R.N.

Yoga can provide a way to reconnect when life's challenges result in feeling fatigued, stressed, or discouraged. It can help to provide some relief and comfort by calming the mind, the nervous system, and the body as a whole. Class includes movement, breath awareness, and meditation.

January 9 – March 26 • 7:15–8:15 p.m.

Glastonbury

Fee: \$120 for series

All are welcome; sliding fee and scholarships available

Integrative Medicine Services

Mind body techniques, massage therapy, acupuncture, and energy therapy are offered at a 25% discount to all those who have served in the military.

Call 860-714-4450 to schedule a session or for more information.

Mount Sinai Rehabilitation Hospital offers a number of support groups including:

- Amputee Support Group
- Caregiver Support Group
- Lymphedema Support Group
- Spinal Cord Injury Informational Series
- Stroke Support Group

For more information, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.