

SPRING 2016 • COURSE OFFERINGS

Table of Contents

Health Education Programs	6
Health Screenings	9
Nutrition and Weight Management	9
Integrative Medicine	10
Qigong/T'ai Chi Classes	12
Yoga Classes	12
CPR and Safety	13
Center for Diabetes and Metabolic Care	14
For Expectant Parents	14
Support/Health Management Groups	14
Bereavement and Spirituality	15

Health Education Programs

The following programs are free unless otherwise noted, and require pre-registration.

Atrial Fibrillation

Anita Kelsey, M.D. or Atique A. Mirza, M.D.
Atrial fibrillation is the most commonly diagnosed heart rhythm disturbance. This condition may simply cause palpitations, but in some cases it can also lead to problems as serious as a stroke. Learn about risk factors and strategies for treatment.

April 5	5 - 6 p.m.	Simsbury
Aug. 2	6:30 - 8 p.m.	Avon

Osteoporosis: What You Need to Know

Jorge Diez, M.D.

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

April 5	6:30 - 8 p.m.	Enfield
---------	---------------	---------

Understanding Your Medicare Benefits

Karen Prior Topalis, R.N., C.C.M., M.B.A.

Medicare coverage can be confusing and overwhelming, especially when you are in the middle of a health concern. This program will review the basics of coverage in all levels of care, hospital, rehabilitation or nursing home and home care.

April 12	6:30 - 8 p.m.	Mandell Jewish Community Center
----------	---------------	---------------------------------

Stroke Prevention and Education Program

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

April 13	10:30 - 11:30 a.m.	Manchester
May 11	1 - 2 p.m.	Avon
June 1	10:30 - 11:30 a.m.	Glastonbury
July 12	1 - 2 p.m.	Simsbury

Medical Research: Should I Participate?

Latha Dulipsingh, M.D., Lauren Cadiz, M.A.

Are you interested in volunteering for a research study? Dr. Dulipsingh, Chairperson for the Institutional Review Board (IRB) at Saint Francis Hospital and Medical Center, and Lauren Cadiz, Program Coordinator, will answer your questions and will discuss how IRB at Saint Francis could protect your rights as a participant.

April 14	6:30 - 8 p.m.	Hartford
----------	---------------	----------

Gallbladder Disease and Treatments

Laureen Forgione-Rubino, M.D.

Dr. Rubino will provide information about the location and function of the gallbladder. The discussion will include gallbladder disease, symptoms and diagnostic tools. Treatment options, including robotic-assisted surgery, will be discussed as well as post-operative expectations.

April 19	6:30 - 8 p.m.	Simsbury
----------	---------------	----------

The Latest in Spinal Stenosis Surgery

Jesse Eisler, M.D.

Join Dr. Eisler 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, including non-surgical and surgical treatments for the full spectrum of spinal disorders.

April 14	6:30 - 8 p.m.	Glastonbury
June 8	6:30 - 8 p.m.	Manchester



Common Foot and Ankle Running Injuries

Kurt Rode, D.P.M.

With the arrival of spring and its warmer weather, for many comes the urge to run. Dr. Rode will discuss good running practices and injury prevention, with some treatment options for common running injuries.

April 20	6:30 - 8 p.m.	Avon
----------	---------------	------

How Well Are You Sleeping?

Asher Qureshi, M.D.

Sleep problems like snoring, sleep apnea, insomnia, sleep deprivation and Restless Legs Syndrome are common among millions of Americans. Dr. Qureshi will explain symptoms and treatment options available to help you get a better night's sleep.

April 27	6:30 - 8 p.m.	Manchester
June 22	6:30 - 8 p.m.	Mandell Jewish Community Center

Chronic Pain Management

Raymond Squier, M.D.

Chronic pain affects millions of Americans. Join Dr. Raymond Squier to find out how advances in pain management can help you cope with chronic pain.

April 26 | 6:30 – 8 p.m. | Avon

Shoulder Instability and Rotator Cuff Tears

Randall Risinger, M.D.

Join Dr. Randall Risinger as he discusses common shoulder conditions in patients of all ages. Discussion will include: non-surgical and surgical management, arthroscopic treatment, and the treatment for failed stabilization and rotator cuff tears.

April 26 | 6:30 – 8 p.m. | Manchester

July 27 | 6:30 – 8 p.m. | Glastonbury



Know Your Numbers?

Needasabrina Russell, R.N.

This is an interactive audience participation class on reading food labels, understanding portion size, understanding daily recommended intake of salt, and sugar and how it affects your health. Anyone and everyone interested in improving their health should attend!

April 26 | 6:30 – 8 p.m. | Enfield

Hip and Knee Arthritis

Robert Green, M.D.

Arthritis can greatly affect your quality of life. Dr. Robert Green, a specialist in orthopedic surgery, will discuss potential causes and will explain available surgical and non-surgical options to treat this condition.

April 27 | 1 – 2 p.m. | Enfield Senior Center

Urinary Incontinence and Pelvic Floor Disorders

Marybeth Norman, A.P.R.N.

Loss of bladder control or urinary incontinence can be caused by a variety of reasons. Join Marybeth Norman, A.P.R.N. to learn more about the treatment of pelvic floor disorders such as urinary incontinence and prolapse of the bladder and uterus.

April 27 | 6:30 – 8 p.m. | Mandell Jewish Community Center

How Strong Is Your Core?

Bud Gouveia, A.T.C., L.A.T., C.S.C.S.

Is your back constantly bothering you? Learn how to strengthen your core muscles and improve your flexibility to help support your back.

May 3 | 6:30 – 8 p.m. | Simsbury

Community-acquired MRSA

Lauren Ibrahim, M.D.

Join Dr. Lauren Ibrahim as she discusses the risks and treatment of Methicillin Resistant Staphylococcus Aureus (MRSA), a type of staph bacteria which is resistant to several antibiotics and can cause skin and other infections. Dr. Ibrahim will discuss who is at risk for MRSA, how to prevent its spread in the community, the symptoms and treatment of MRSA.

May 5 | 6:30 – 8 p.m. | Glastonbury

Tame the Noise in Your Ears

Benjamin Wycherly, M.D., Claire McChesney, Au.D.

Are you suffering from tinnitus or ringing in the ears? Join Dr. Benjamin Wycherly, and audiologist Claire McChesney, as they discuss the causes and treatments of tinnitus.

May 9 | 6:30 – 8 p.m. | Hartford

Breast Health 101

Laureen Forgione-Rubino, M.D.

Join Dr. Rubino as she discusses the differences between mammogram, ultrasound, and Magnetic Resonance Imaging (MRI). Also included will be a discussion on different options for breast biopsy, radiation, and chemotherapy.

May 11 | 6:30 – 8 p.m. | Manchester

Lumbar Disc Herniation Surgery

Aris Yannopoulos, M.D.

The indications for spine surgery are a controversial subject. Dr. Yannopoulos will explain the decision-making process behind operative and non-operative treatment for microdiscectomy.

May 12 | 6:30 – 8 p.m. | Simsbury

Foot and Ankle Concerns

James Cancilleri, D.P.M.

Learn more about injury prevention, medical concerns, and surgical options for common aches and pains, foot and ankle deformities, and diabetic foot care.

May 16 | 6:30 – 8 p.m. | Hartford

Aug. 31 | 6:30 – 8 p.m. | Enfield

Knee Pain and Subchondroplasty

Scott Bissell, M.D.

Do you suffer from chronic knee pain? Join Dr. Bissell from the Connecticut Sports Medicine Institute at Saint Francis to learn about subchondroplasty, a new minimally invasive procedure to treat osteoarthritic knee pain.

May 17 | 6:30 – 8 p.m. | Enfield

July 28 | 6:30 – 8 p.m. | Hartford

Congestive Heart Failure

J. Scott Galle, M.D., F.A.C.C.

Dr. Galle will discuss risk factors and treatment options – including lifestyle modification – for congestive heart failure.

May 17 | 6:30 – 8 p.m. | Mandell Jewish Community Center

Aug. 10 | 6:30 – 8 p.m. | Enfield

Preventive Skin Care

Paul Stanislaw, Jr., M.D.

Dr. Paul Stanislaw, a board certified facial plastic surgeon, will describe some of the most effective non-surgical treatments to slow down the aging process and keep a healthy, young-looking skin. Dr. Stanislaw will also discuss the roles of Botox / Dysport injections and injectable fillers as a means to prevent wrinkles and sagging skin.

May 18 | 6:30 – 8 p.m. | Glastonbury

Aug. 3 | 6:30 – 8 p.m. | Avon

Blood Sugar Monitoring

Wendy Spurrer, R.N., M.S.N., C.D.E.

If you have diabetes you probably are monitoring your sugar levels. Do you know if your readings are accurate? Are you sure what the best times to check are? How many times a day should you check? Has anyone told you what the recommended range is? Do you know about “pattern management?” This class will focus on these subjects to help ensure you are getting the most out of monitoring.

June 1	6:30 – 8 p.m.	Avon
June 22	6:30 – 8 p.m.	Hartford



Memory Loss in the Elderly

Victoria Costello, M.D., Vincent Varilla, M.D. or Vickie Dauphinais, M.S.N., F.N.P.-B.C., G.N.P.-B.C.

Is it just age-related memory loss or the early signs of Alzheimer’s disease? Learn about the differences between normal memory loss among the elderly and dementia-related memory loss, as well as treatments to manage the condition.

June 6	6:30 – 8 p.m.	Hartford
June 29	6:30 – 8 p.m.	Mandell Jewish Community Center
Aug. 9	6:30 – 8 p.m.	Avon

Varicose and Spider Veins

Laureen Forgione-Rubino, M.D.

No one needs to suffer with the discomfort and unsightliness of varicose veins. Learn the difference between varicose and spider veins, causes and symptoms of both, what you can do to minimize their progression and current treatment options to eliminate them.

June 1	6:30 – 8 p.m.	Glastonbury
--------	---------------	-------------



Orthopedic Injury and Female Athletes

Renee Prince, M.D.

Do you regularly engage in sports or go to the gym? Dr. Renee Prince will discuss injury prevention and treatment strategies, as well as performance optimization techniques for female athletes.

June 8	6:30 – 8 p.m.	Enfield
--------	---------------	---------

Hormonal Imbalance: The Benefits of Bio-Identical Hormones

Miriam Schwartz, A.P.R.N.

Do you suffer from fatigue and irritability? Are you gaining weight, and can’t seem to stop it? Don’t miss this opportunity to learn about how the RENEW program can help balance your hormones and improve your overall well-being.

June 13	6:30 – 8 p.m.	Hartford
July 13	6:30 – 8 p.m.	Mandell Jewish Community Center

Acne Scarring

Paul Stanislav, Jr., M.D.

Acne scarring can be a difficult problem to deal with, and people often waste time and money on treatments that don’t work. Board certified facial plastic surgeon, Dr. Paul Stanislav, will educate you on the different treatments for acne scarring, with before-and-after photos to illustrate the dramatic improvement that can be achieved.

June 15	6:30 – 8 p.m.	Simsbury
---------	---------------	----------

Women’s Heart Program

Heart disease is the biggest health threat that women will face. It is the number one killer of women in the U.S., but much of it is preventable. Staff from the Women’s Heart Program at Saint Francis will discuss how to reduce a woman’s individual risk of heart disease.

June 16	10 – 11 a.m.	Glastonbury
---------	--------------	-------------

Take Control of Your Blood Pressure

Barbara Greco, M.D.

In this program, Dr. Barbara Greco will discuss issues regarding the identification of hypertension, common treatments including lifestyle modifications and medications, and potential future device therapies for management of resistant or uncontrolled hypertension.

June 16	6:30 – 8 p.m.	Enfield
---------	---------------	---------

Skin Lesions: Identification and Treatment

Laureen Forgione-Rubino, M.D.

Do you know which skin lesions are harmless and which should be evaluated and treated by a physician? Dr. Forgione-Rubino will discuss prevention measures and treatment options available, including laser, chemical, and surgical procedures.

June 21	6:30 – 8 p.m.	Avon
---------	---------------	------

Things To Know about Your Kidneys

Meghana R. Gaiki, M.D.

An estimated 26 million adults have kidney disease, and millions more are at risk. Dr. Gaiki will explain risk factors such as high blood pressure, diabetes, or family history of kidney disease, and will discuss strategies to manage and decrease your chances of developing this condition.

June 28	6:30 – 8 p.m.	Simsbury
---------	---------------	----------

Thyroid Disease: Current Treatments

Jorge Diez, M.D.

Thirteen million Americans suffer from thyroid disease, yet half of them don’t know it. Thyroid disease is of particular concern to women, who are five times more likely to be diagnosed with it. Join Dr. Diez as he discusses risk factors, symptoms, diagnosis, and medications.

July 12	6:30 – 8 p.m.	Simsbury
---------	---------------	----------

Healthy Lifestyle Changes

Erin Ballou, B.S.

Join us as we discuss the daily strategies to stay healthy and live life to the fullest. Learn what you can do to reduce your risk for cardiovascular disease, and other chronic health problems, and improve your overall health.

July 13	10:30 – 11:30 a.m.	Manchester
---------	--------------------	------------

Back Pain

Kathleen Abbott, M.D.

Join rehabilitation physician Dr. Kathleen Abbott as she reviews causes, prevention, and treatments for back pain, including spinal injections. Discover what your options are and how to get back to leading an active life.

July 21 | 6:30 – 8 p.m. | Hartford

Everything You Need To Know about Rhinoplasty

Paul Stanislaw, Jr., M.D.

Join Dr. Paul Stanislaw, board certified facial plastic surgeon, for a comprehensive discussion on rhinoplasty. Topics will include closed (endonasal) rhinoplasty, open approach rhinoplasty, revision rhinoplasty, and liquid (non-surgical) rhinoplasty. This lecture is geared for teenagers and adults who are contemplating rhinoplasty.

July 27 | 6:30 – 8 p.m. | Avon



Shoulder Pain: Rotator Cuff Relief

Renee Prince, M.D.

Dealing with injuries of the rotator cuff can be very uncomfortable. Join orthopedic surgeon Dr. Renee Prince as she discusses surgical and non-surgical treatments for rotator cuff tears.

Aug. 4 | 6:30 – 8 p.m. | Enfield

How to Develop Your Own Exercise Program

Bud Gouveia, A.T.C., L.A.T., C.S.C.S.

Starting an exercise program is one of the best things you can do to improve your overall health. Come and learn basic principles that will help you develop your own fitness routine.

Aug. 18 | 6:30 – 8 p.m. | Hartford

Common Disorders of the Foot and Ankle

Danielle Butto, D.P.M., A.A.C.F.A.S

Join Dr. Butto as she discusses the most common foot and ankle problems, including ankle sprains, heel pain (achilles tendonitis and plantar fasciitis), forefoot pain (metatarsalgia – under the balls of the foot), bunions and hammertoes.

Aug. 24 | 6:30 – 8 p.m. | Glastonbury



Irritable Bowel Syndrome

Richard Stone, M.D.

Irritable bowel syndrome (IBS) is one of the most common disorders seen by doctors, and while there is no treatment or cure, there are ways to manage IBS so that you feel better. Join Dr. Richard Stone to learn more about IBS and how to start feeling better soon.

Aug. 25 | 6:30 – 8 p.m. | Manchester

Health Screenings

Bone Density Screening

In women, bone density tends to decrease with age, leading to osteopenia or osteoporosis. Staff from Radiology Associates of Hartford will provide heel bone density screenings on a walk-in basis and information on what you can do to maintain your bone health. **Fee: Free**

April 27, June 29 | 10 – 11:30 a.m. | Glastonbury

May 3 | 8:30 – 10:30 a.m. | Enfield Senior Center



Nutrition and Weight Management

Bariatric (Weight-Loss) Surgery Informational Seminar

Jon Pirrello, M.D., and/or Nissin Nahmias, M.D.

Obesity is linked to significant health conditions affecting life expectancy and quality of life. Weight loss surgery, along with healthy eating and routine physical activity, has proven to help people lose weight and keep it off long term improving people's quality of life. Join us to learn more about the different weight-loss surgeries available and the process before, during, and after surgery. **Fee: Free**

April 14, May 12, June 9, July 14, Aug. 11	6 – 7:30 p.m.	Hartford
April 27	6 – 7:30 p.m.	Enfield
May 24	6 – 7:30 p.m.	Avon
June 22	6 – 7:30 p.m.	Manchester
Aug. 4	6 – 7:30 p.m.	Glastonbury

Bariatric Surgery Support Group

Join us for guidance and support as we share experiences and explore opportunities for success during your weight-loss surgery journey. Whether preparing for bariatric surgery, or days, months, or years since having it, you are likely to benefit from participating. **Fee: Free**

April 6: Transforming Yourself	6 – 7:30 p.m.	Hartford
May 4: Maintaining a Positive Body Image	6 – 7:30 p.m.	Hartford
June 1: Biking Fitness	6 – 7:30 p.m.	Farmington
Aug. 3: Get Inspired!	6 – 7:30 p.m.	Hartford

Nutrition and Weight Management

Individual Nutritional Consultation

Available in Avon, Enfield, and Hartford.

Call 1-877-STFRANCIS for more information. **Fee: \$75 per hour**

Integrative Medicine



Acupuncture for Addictions, Cravings, Trauma, and Stress Management

Becky LaPlante, M.Ac., L.Ac.

Using five designated auricular (ear) points, clinicians trained by the National Acupuncture Detox Association (NADA) apply fine gauge, sterilized, one-time use stainless steel needles just under the skin, where they remain for up to an hour, while the patient relaxes quietly in a comfortable chair. The procedure calms the nervous system, detoxes the body, and increases an overall sense of well-being. **Fee:** \$20

Every other Monday beginning April 4	5:30 - 7 p.m.	Simsbury
--------------------------------------	---------------	----------

Introduction to Acupuncture and Chinese Medicine

Becky LaPlante, M.Ac., L.Ac.

Join us to learn about the benefits of Chinese Medicine and acupuncture. **Fee:** Free

April 6, May 11, June 8, July 13	12 - 1 p.m.	Simsbury
----------------------------------	-------------	----------

Nourish Yourself with Art—Support Group for Cancer Patients

Lorriane Greenfield, M.S.

Guided by an art therapist, art-making and creative expression can help alleviate pain, depression, anxiety and stress. This group is designed for cancer patients to express themselves and find comfort in a supportive environment. Group beneficial for experienced artists and those with no art training. **Fee:** Free

April 8, May 13, June 10	1 - 3 p.m.	Hartford
--------------------------	------------	----------

Prepare for Surgery, Heal Faster Workshop™

Certified Facilitators

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. **Fee:** \$45 - includes book, CD and group education (one support person may attend at no charge). One-on-one sessions also available for \$75

April 11, May 9, June 20, July 18, Aug. 8	6:30 - 8 p.m.	Hartford
April 12, May 10, June 14, July 12, Aug. 9	6:30 - 8 p.m.	Enfield
April 14, May 31, June 14, Aug. 18	2 - 3:30 p.m.	Manchester
April 21, May 12, 26; June 9, July 7, 21; Aug. 11	2 - 3:30 p.m.	Avon
April 28, June 30, July 14	2 - 3:30 p.m.	Glastonbury
Aug. 11	6 - 7:30 p.m.	Avon
Aug. 18	6 - 7:30 p.m.	Glastonbury



Hypnosis - Learning to Reduce Stress

Mary Jo Conti, M.B.A., C.H.

Through a combination of guided imagery and hypnosis, learn how to reduce stress, reduce anxiety and promote feelings of peace and calm in your life. Class limited to 12 participants. **Fee:** \$45

April 14	6 - 8 p.m.	Manchester
April 21	6 - 8 p.m.	Avon
June 9	6 - 8 p.m.	Avon

Treating Migraines with Acupuncture and Acupressure

Christopher Gaunya, L.Ac., Dipl.Ac.

Migraines have been successfully treated with Oriental Medicine techniques for centuries. Join licensed acupuncturist Christopher Gaunya to learn how acupuncture may provide drug-free relief to debilitating headaches. Participants will receive a certificate for a free treatment at our Community Acupuncture Clinic. **Fee:** Free

April 18	7 - 8 p.m.	Hartford
----------	------------	----------

Healing Sounds - The Energy of Vibrations

Maria Eberle, R.N. and Edie Jemiola

Experience the healing power of sound using pure quartz crystal bowls, voice, and djembe drums. No experience needed. A limited quantity of djembe drums will be available so when you register please indicate if you need one. **Fee:** \$25

April 19	6 - 8 p.m.	Enfield
May 14	10 a.m. - 12 p.m.	Hartford

Permission To Breathe - A Women's Wellness Series

Escape for this three-part series and give yourself the gift of relaxation and education to better care for yourself - morning, noon and night! Each session will also include refreshments and experiential sessions. **Fee:** Free

April 20 - May 18	5:30 - 7:30 p.m.	Hartford
-------------------	------------------	----------

April 20: Starting Your Day: Self-regulation and Energy Management

Joan Harovas, B.S.N., R.N., H.N.B. - B.C. Energy affects us in more ways than we realize. Learn simple ways to create awareness, make positive choices, and enhance your life.

May 4: Sustaining Your Day: Eating for Optimal Well-Being

Maureen Wasik, R.D. Learn how to nourish yourself for good health and well-being and taste new recipes to add to your Spring menu.

May 18: Ending Your Day: Sleeping Well

Kathleen N. Mueller, M.D. Busy days and modern stressors have put a strain on us creating insomnia. Learn ways to improve sleep without medication.

Brave and Beautiful

Please join us as we partner together with community businesses to support cancer patients through their healing journey. Everyone deserves a little pampering – mini makeovers, custom wig consultations and organic salon sessions using safe beauty products. This event includes education, mini massages, refreshments, and is meant to inspire and encourage all who attend. **Fee:** Free

April 27 | 5 – 7 p.m. | Hartford

Drumming Circle for Women

Maria Eberle R.N., H.N. – B.C.

Come and feel the energy of drumming! Research has shown that drumming decreases stress. No experience needed. A limited quantity of djembe drums will be available so when you register please indicate if you need one. **Fee:** \$15 per class

April 28, May 12, June 9 | 6 – 8:30 p.m. | Hartford

Holistic Birthing

Barbara Fasulo, C.H.

This is a three-week class for expectant parents (mother and birthing companion). Class includes techniques to help parents to relax and experience a calm and serene birthing. Techniques include breathing, meditation, gentle movement, and guided imagery. **Fee:** \$150

May 3, 10, 24 | 6 – 8:30 p.m. | Hartford

Hypnosis and Other Mind–Body Techniques to Enhance Your Golf Game

Mary Jo Conti, M.B.A., C.H.

For decades, hypnosis has helped thousands of people successfully make behavior changes. Gain an introduction to powerful mind–body techniques (relaxation, visualization, affirmations) that will bring out your peak performance on the golf course. **Fee:** \$90

May 12, 26	6 – 8 p.m.	Avon
May 31, June 14	6 – 8 p.m.	Manchester
June 30, July 14	6 – 8 p.m.	Glastonbury
July 7, 21	6 – 8 p.m.	Avon

Mindfulness–based Stress Reduction Program

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

Find ways to face stress, chronic pain or illness in this acclaimed course. This eight–week program, developed by Jon Kabat–Zinn, will help you discover ways to tap into your inner resources for bringing balance, health, and peace back into your life. Experience mindfulness with meditation, yoga and other practices. Includes handouts, meditation, and yoga recordings. There is also an all–day retreat on Saturday June 11. **Fee:** \$300

Free Orientation Session

April 28	5:30 – 7:30 p.m.	Manchester
----------	------------------	------------

Course Duration

May 5 – June 23	5:30 – 8 p.m.	Manchester
-----------------	---------------	------------



Energize Your Life!

Risa Gaul Brophy, B.S., M.Q.T.

Is your lack of energy making it hard to get through the day? Join us and learn three secrets to boost your energy! Find how you can get more done every day with greater ease, and have all the energy you need to do the things you love. **Fee:** Free

May 6, July 15	6:30 – 7:30 p.m.	Avon
June 11, Aug. 6	1:30 – 2:30 p.m.	Avon

Basic Therapeutic Touch® Class

Karen Kramer R.N., M.A., H.N.C., Q.T.T.T.

Would you like to learn how to decrease stress, ease pain, accelerate healing, and increase your sense of well–being? This class on Therapeutic Touch® will teach you techniques that may help you enhance your quality of life and the quality of life of those you love. Class includes meditations, discussion, and exchanges with students. **Fee:** \$160

May 14	12 – 8 p.m.	Simsbury
May 21	12 – 5 p.m.	Simsbury

Wellness Day for Cancer Patients

Your wellness journey should not take a back seat with a cancer diagnosis. NOW is the time to learn more about how to feel better – spirit, mind, and body! Join us for a Wellness Day to experience relaxation, education, and nourishment – learn about the best nutrition for your body, exercise to get you moving, calming and rejuvenating techniques, and spiritual support. Refreshments provided. **Fee:** Free

May 17 | 3 – 7 p.m. | Hartford

Introduction to Couples Massage

Julie Olson, B.A., L.M.T. and Barry Wixsom, L.M.T.

Couples Massage Class is a great way to connect with your partner. Benefits include relaxation, stress and tension relief, and blood pressure reduction. **Fee:** \$25/couple

May 21 | 10 a.m. – 12 p.m. | Hartford

Sound Therapy

Edie Jemiola, Sound Therapist/Teacher

Experience the healing power of sound. This is a guided meditation using pure quartz crystal singing bowls, voice, and energy therapy blended together to cleanse, clear, heal and soothe your body, mind and spirit. Bring a mat, pillows and blanket if you wish to lie down. Chairs provided. **Fee:** \$25

June 2 | 6 – 7:30 p.m. | Enfield



Introduction to Active Isolated Stretching

Karen Kramer, R.N., M.A., H.N.C., N.C.C.P.T.

Learn how improve your flexibility and reduce the risk for injuries utilizing Active Isolated Stretching, a dynamic facilitated stretching technique that aims to extend the range of motion in muscles by holding the stretch no longer than two seconds at a time. Please wear loose clothing and bring a yoga mat. **Fee:** \$15

June 3 | 6:30 – 8 p.m. | Simsbury

Introduction to Self-regulation, Energy Management and Optimal Performance

Joan Harovas, R.N., B.S.N., H.N.B.-B.C., Certified HeartMath Mentor

With practice and dedication you can manage and self-regulate your energy, allowing for optimal performance. This class will provide an introduction to how and why this is possible. **Fee:** Free

June 15	6:30 - 7:30 p.m.	Hartford
---------	------------------	----------

Touch, Caring and Cancer

Julie Olson, L.M.T. and Barry Wixsom, L.M.T.

This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply. Refreshments served. **Fee:** Free

June 25	10 a.m. - 12 p.m.	Hartford
---------	-------------------	----------

Overview of Craniosacral Therapy and Therapeutic Touch®

Karen Kramer, R.N., M.A., H.N.C., Q.T.T.T.

This class is an overview of Craniosacral Therapy and Therapeutic Touch® and includes demonstrations as well as some techniques you can use to help yourself. **Fee:** \$15

Aug. 30	6 - 8 p.m.	Simsbury
---------	------------	----------

How To Lessen the Side Effects of Chemotherapy and Radiation Therapy™

Certified facilitators

In this workshop you will learn mind-body tools to show you how to feel calmer during treatments, replace nausea with appetite, and replace fatigue with more energy. One support person may accompany at no charge. **Fee:** \$75 includes private session, book and CD.

How to Reduce Anxiety and Insomnia Workshop™

Certified facilitators

In this workshop you will learn how to use relaxation and guided imagery to reduce anxiety and help with sleep issues. **Fee:** \$70 includes private session and CD.

Qigong/T'ai Chi Classes

Qigong

Risa Gaull Brophy, B.S., M.Q.T.

Calm your mind and energize your body with the deep breathing and slow, flowing movements of these ancient Chinese healing exercises. Learn simple exercises you can do to relieve stress and enjoy radiant health!

Fee: \$23 - includes workbook

June 3	7 - 8:30 p.m.	Avon
July 16	1:30 - 3 p.m.	Avon
Aug. 5	7 - 8:30 p.m.	Avon

Qigong: Self-healing for People with Cancer

Risa Gaull Brophy, B.S., M.Q.T.

Learn powerful, evidence-based techniques, designed specifically for people diagnosed with cancer. Learn acupressure points to relieve pain, fatigue and other symptoms. **Fee:** \$57

June 4	1 - 3 p.m.	Avon
Aug. 20	1 - 3 p.m.	Avon



T'ai Chi

Beth Price

T'ai Chi 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 and healthy way that enhances your everyday activities. **Fee:** \$48

April 13, 27; May 4, 11	3:30 - 4:30 p.m.	Glastonbury
May 18, 25; June 1, 8	3:30 - 4:30 p.m.	Glastonbury
June 15, 22, 29; July 6	3:30 - 4:30 p.m.	Glastonbury
July 13, 20, 27; Aug. 3	3:30 - 4:30 p.m.	Glastonbury
Aug. 10, 17, 24, 31	3:30 - 4:30 p.m.	Glastonbury

T'ai Chi (continued)

April 8, 15, 29; May 6	4:30 - 5:30 p.m. 6 - 7 p.m.	Glastonbury
May 13, 20, 27; June 3	4:30 - 5:30 p.m. 6 - 7 p.m.	Glastonbury
June 10, 17, 24; July 1	4:30 - 5:30 p.m. 6 - 7 p.m.	Glastonbury
July 8, 15, 22, 29	4:30 - 5:30 p.m. 6 - 7 p.m.	Glastonbury
Aug. 5, 12, 19, 26	4:30 - 5:30 p.m. 6 - 7 p.m.	Glastonbury

Yoga Classes

Yoga revitalizes the body and the mind and helps to lubricate the joints, stabilize muscles, and increase circulation. Clear instructions are offered for postures, breathing exercises, and relaxation. Modifications are given to accommodate for individuals with movement limitations or those new to yoga. Some classes are specific to various health issues. Please bring a yoga mat to class.

Mommy, Daddy and Me: A Yoga Workshop for New Families

Shannon Jones, R.Y.T. 500

Developing strength, flexibility and balance during postpartum supports weight-loss and peace of mind for mom, proper brain development for baby, and the overall well-being of the father, mother and child. Infant and crawling babies encouraged. Grandparents are welcome too! **Fee:** \$30

May 14	3:30 - 5 p.m.	Integrative Medicine Center, Hartford
--------	---------------	---------------------------------------

Trauma Sensitive Yoga

Maureen Dagon, M.S.W., E-R.Y.T.

Participants may reduce symptoms that accompany trauma by learning to use the mind-body connection as a resource for well-being and to restore balance. Veterans, and all who have experienced trauma due to P.T.S.D., childhood distress, grief, loss, and illness, can benefit significantly through this practice. **Fee:** \$60 or \$12 drop-in. 25% discount for active and retired military personnel.

April 2, 9, 16, 23, 30; May 14	8:45 - 10 a.m.	Glastonbury
May 21; June 11, 18, 25; July 2, 9	8:45 - 10 a.m.	Glastonbury



Peaceful Pregnancy Yoga

Shannon Jones, R.Y.T. 500

Participants learn techniques to develop mind/body awareness in preparation for childbirth. Safely guided movements will be administered and modified for each trimester and sacral/S.I. stability exercises will be strongly emphasized. Fathers-to-be and birthing coaches will be invited to the last class for learning supportive labor postures. **Fee:** \$40 or \$12 drop-in

April 16, 23, 30; May 7	10:30 - 11:45 a.m.	Enfield
----------------------------	--------------------	---------

Gentle YogaChi

Mary Ellen Mullins, C.Y.T.

YogaChi is a gentle class combining gentle yoga and standing ChiGong poses. **Fee:** \$60 or \$12 drop-in

April 4, 11, 18, 25; May 2, 9	10 - 11 a.m.	Avon
May 16, 23, 30; June 6, 13, 20	10 - 11 a.m.	Avon
April 6, 13, 20, 27; May 4, 11	9 - 10 a.m.	Simsbury
May 18, 25; June 1, 8, 15, 22	9 - 10 a.m.	Simsbury

All Levels Yoga

Lynne Miller, R.Y.T. 500

Fee: \$60 or \$12 drop-in

April 4, 11, 18, 25; May 2, 9	5:45 - 7 p.m.	Enfield
May 16, 23; June 6, 13, 20, 27	5:45 - 7 p.m.	Enfield
July 11, 18; Aug. 8, 15, 22, 29	5:45 - 7 p.m.	Enfield
April 7, 14, 21, 28; May 5, 12	10 - 11:15 a.m.	Enfield
May 19, 26; June 2, 9, 16, 23	10 - 11:15 a.m.	Enfield
June 30; July 7, 14, 21; Aug. 11, 18	10 - 11:15 a.m.	Enfield

Gentle Yoga

Jennifer Errickson, R.Y.T., M.S.

Fee: \$60 or \$12 drop-in

April 12, 19, 26; May 3, 10, 17	10 - 11:15 a.m.	Avon
May 24, 31; June 7, 14, 21, 28	10 - 11:15 a.m.	Avon

Restorative Yoga

Maureen Dagon, M.S.W., E-R.Y.T.

This class offers 75 peaceful minutes to allow deep relaxation, restore balance, and release stress. Blankets, bolsters, and various props are provided. No drop-ins. **Fee:** \$90

April 26; May 3, 10, 17, 24, 31	4:15 - 5:30 p.m.	Glastonbury
June 7, 14, 21, 28; July 5, 12	4:15 - 5:30 p.m.	Glastonbury
Aug. 2, 9, 16, 23, 30; Sept. 6	4:15 - 5:30 p.m.	Glastonbury

Chair Yoga for Chronic Illness, Stability, and Strength

Barbara Fasulo, E-R.Y.T. 200, R.Y.T. 500

Fee: \$60 or \$12 drop-in

April 5, 12, 19, 26; May 3, 10	10:15 - 11:30 a.m.	Hartford
-----------------------------------	--------------------	----------

Chair Yoga for Chronic Illness, Stability, and Strength

Mary Ellen Mullins, C.Y.T.

Fee: \$60 or \$12 drop-in

April 1, 8, 15, 22, 29; May 6	10:30 - 11:30 a.m.	Avon
May 13, 20, 27; June 3, 10, 17	10:30 - 11:30 a.m.	Avon



Mommy and Me Yoga

Shannon Jones, R.Y.T. 500

Developing strength, flexibility and balance during postpartum supports weight-loss and peace of mind for mom, proper brain development for baby, and the overall well-being of the mother and child. Infant and crawling babies encouraged. Daddies are welcome too! **Fee:** \$50 or \$12 drop-in

April 16, 23, 30; May 7, 14	12 - 1 p.m.	Enfield
--------------------------------	-------------	---------

CPR and Safety

CPR for Family and Friends

Erin Ballou, B.S., A.H.A. Instructor

Join us for this American Heart Association class, intended for the lay rescuer, to learn CPR and choking management for infants, children and adults. **Fee:** \$55

April 26	10:30 a.m. - 12:30 p.m.	Manchester
July 27	10:30 a.m. - 12:30 p.m.	Glastonbury

Heartsaver CPR AED Certification Course

Erin Ballou, B.S., A.H.A. Instructor

Heartsaver CPR AED is for anyone with limited or no medical training who needs a certification in CPR and Automated External Defibrillators (AED's) use to meet job, regulatory or other requirements. This class will also cover foreign body airway obstruction maneuvers for the adult, child and infant age groups. **Fee:** \$65

April 26	12:30 - 2:30 p.m.	Manchester
July 27	12:30 - 2:30 p.m.	Glastonbury



CPR for Health Care Providers Basic Life Support

Erin Ballou, B.S., A.H.A. Instructor

This certification course is for Health Care Providers only. It will cover one- and two-rescuer CPR for adults, children and infants. Also included will be foreign body airway obstruction training for all ages, training on the use of Automated External Defibrillators (AED's), and rescue breathing using bag-mask ventilation and other barrier devices **Fee:** \$85

May 4	10 a.m. - 2 p.m.	Manchester
July 14	10 a.m. - 2 p.m.	Glastonbury

CPR for Health Care Providers Recertification Course

Erin Ballou, B.S., A.H.A. Instructor

This BLS recertification course is for Health Care Providers only, who have taken an HCP CPR course in the last two years. It will cover one- and two-rescuer CPR for adults, children and infants. Also included will be foreign body airway obstruction training for all ages, training on the use of Automated External Defibrillators (AED's), and rescue breathing using bag-mask ventilation and other barrier devices. Participants must bring their current certification cards to the class. **Fee:** \$65

May 11	10:30 a.m. - 1:30 p.m.	Manchester
June 8	10:30 a.m. - 1:30 p.m.	Manchester
Aug. 24	10:30 a.m. - 1:30 p.m.	Glastonbury

Center for Diabetes and Metabolic Care

The *Center for Diabetes and Metabolic Care at Saint Francis* offers comprehensive education, training and support to individuals with diabetes and metabolic disorders and their families. Pre-registration is required and a referral is needed for group and individual sessions.

Group programs are offered at the following locations:

- 114 Woodland Street, Hartford
- 7 Elm Street, Suite 202, Enfield

Visit www.stfranciscare.com/cdmc for more information.



Diabetes Support Group

First Thursday of each month	2 - 3 p.m.	Hartford
Fourth Monday of each month	3 - 4 p.m.	Enfield

For Expectant Parents

Saint Francis offers several types of prepared childbirth classes to meet the family's needs and schedule.

Classic Childbirth Series

This three-week class series includes an overview of labor and delivery, preterm labor, relaxation and comfort measures, breathing techniques, medical interventions during labor, induction of labor and c/section, and the postpartum period. Call or go online for dates. **Fee:** \$100

Mini Beginnings

Designed with the busy mother-to-be in mind, this one-night mini-class gives a concise, brief overview of labor and delivery, comfort measures including breathing techniques, and pain control options. Call or go online for dates. **Fee:** \$100

Weekend Beginnings

This all-day class includes the same topics as the three-week series: breathing techniques, medical interventions during labor, induction of labor, c/section and the postpartum period. No tour is included in this class. Call or go online for dates. **Fee:** \$100

Maternity Tour

Tour of the New Beginnings Family Birth Center is available to expectant families and includes the Labor and Delivery suites and Maternity unit. Tour participants must be 16 years and older. Call or go online for dates. **Fee:** Free

eBeginnings

Online childbirth classes are also available. **Fee:** \$25

Breastfeeding Class

This one-night class covers topics such as the benefits of breastfeeding and skin-to-skin contact, first feedings, positioning and latching, avoiding common problems, how to know if your baby is 'getting enough', pumping and returning to work. Partners are strongly encouraged to attend. Call or go online for dates. **Fee:** Free

Breastfeeding Support Group

This is a weekly informal group for breastfeeding support and socialization. Mothers and babies are welcome. Call or go online for dates. **Fee:** Free

Breastfeeding USA Support Group

Breastfeeding USA is a mother-to-mother support group. Our mission is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm. All women interested in breastfeeding are welcome at meetings. Babies are welcome! **Fee:** Free

Second Saturday of each month	10:15 - 11:30 a.m.	Enfield
-------------------------------	--------------------	---------

Kids in Safety Seat

A National Child Passenger Safety Technician will explain the basics of car seat safety, from selection to seat direction and proper installation. Hands-on demonstration is included. Call to schedule an appointment. **Fee:** Free

April 10	1 - 3 p.m.	Hartford
May 15	1 - 3 p.m.	Hartford
June 5	1 - 3 p.m.	Hartford

Support/Health Management Groups

Living with Congestive Heart Failure

This educational series is open to all individuals living with congestive heart failure, their families, friends and caregivers. It is designed to provide education on a variety of topics specific to heart failure, including nutrition, exercise and medications. **Fee:** Free

Sessions take place every two weeks	1:30 - 2:30 p.m.	Hartford
April 12	How Your Heart Works	
May 10	Medications and Heart Failure	
May 24	Exercise and Heart Failure	
June 14	Coping with Your Illness	
June 28	Nutrition with Heart Failure	

LEAP: For Stroke Survivors and Caregivers

During this four-session seminar attendees will learn about strokes, strategies to prevent recurrences, and rehabilitation and recovery. Participants are encouraged to attend all sessions. **Fee:** Free

May 4 - 25	10 a.m. - 12 p.m.	Mount Sinai Rehabilitation Hospital
May 4	Learning about Stroke	
May 11	Empowering Yourself	
May 18	Awareness, Emotions, Communication, Intimacy and Self-esteem	
May 25	Positively Surviving	

Stroke Support Group

This group offers individuals and families the opportunity to share experiences and information. The group includes individuals who have had a stroke or currently live with a related disability. **Fee:** Free

Second Monday of each month	1 - 2 p.m.	Hartford
-----------------------------	------------	----------

Prostate Cancer Support Group

Fee: Free

Third Monday of each month	5 - 6:30 p.m.	Hartford
----------------------------	---------------	----------

Multiple Sclerosis (MS) Support Group

Patient-led group to discuss and share topics specific to living with MS. **Fee:** Free

Last Tuesday of each month	6 - 7:30 p.m.	Hartford
----------------------------	---------------	----------

Aphasia Support Group

Open to individuals living with aphasia, their families, friends and caregivers, the purpose of the group is to help to improve communication, enhance social interactions, meet others in the community living with aphasia and provide caregiver support. **Fee:** Free

First Wednesday of each month	11:15 a.m. - 12 p.m.	Hartford
-------------------------------	----------------------	----------

Amputee Informational Series

These informational programs offer those who have experienced the loss of a limb the opportunity to share experiences, gain knowledge and discuss topics related to amputation. Family members are welcome. **Fee:** Free

Starting in April, second Wednesday of every other month	11 a.m. - 12 p.m.	Hartford
--	-------------------	----------



Spinal Cord Injury

These informational sessions provide individuals with a spinal cord injury (and related disabilities), their family members, friends, and interested professionals, an opportunity to discuss topics of interest and share experiences. This monthly group is cosponsored by CTSCIA, a Chapter of United Spinal. **Fee:** Free

Third Wednesday of each month	4:30 - 6:30 p.m.	Hartford
-------------------------------	------------------	----------

Powerful Tools for Caregivers

An educational program designed to provide caregivers the tools needed for taking care of themselves while caring for a relative or friend. Through six, 2 ½-hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate resources. Pre-registration is required. **Fee:** Free

April 6 - May 11	2 - 4:30 p.m.	Hartford
------------------	---------------	----------

Men's Multiple Sclerosis (MS) Support Group

Marlene Murphy-Setzko, M.D.

This program, led by Dr. Murphy-Setzko, Mandell MS Center Urology Medical Director, offers a wide variety of educational sessions on male bladder, employment, social, and cognitive issues. Open forum discussion is encouraged. **Fee:** Free

Call for dates	6 - 7:30 p.m.	Hartford
----------------	---------------	----------

Bereavement and Spirituality

Grieving the Death of a Spouse

Sandy Van Koevering

Few events in life may be as painful as the death of your spouse or partner. You may be uncertain how you will cope with this loss. Come together as we encourage each other and discuss what it means to grieve in a healthy manner. **Fee:** Free

April 21	6:30 - 8 p.m.	Glastonbury
----------	---------------	-------------

Caring for Yourself when You Are No Longer a Caregiver

Jill Levin

The passing of a loved one can often bring many changes and new challenges. This program will serve as a great opportunity to learn how you can nurture your spirit and regain strength after a loss. Natural and normal grief responses will be defined, and an interactive discussion will explore healthy coping skills that can guide you through the grieving process. Group participation is encouraged. **Fee:** Free

May 18	6:30 - 8 p.m.	Mandell Jewish Community Center
--------	---------------	---------------------------------



Finding Hope in Times of Grief

Linda Huff, M.Div.

Acknowledging the process of grief as a journey of hope can add a new perspective to life. Grievers need hope, respect, time alone, understanding, expressions of caring, simple goals, small pleasures, healthy daily routines, and permission to slide backwards and start over again. Come hear more about the journey and share your story with others. **Fee:** Free

May 25	6 - 7:30 p.m.	Manchester
--------	---------------	------------

Grief Support Group

This is an ongoing group for anyone who is experiencing grief from the death of a loved one. You are welcome to come one time or as many times as you choose. **Fee:** Free

Second and fourth Thursday of each month	1 - 2:30 p.m.	Hartford
--	---------------	----------

Pregnancy and Infant Loss Support Group

This group offers grieving parents who have experienced a pregnancy or infant loss through miscarriage, ectopic pregnancy, stillbirth, Neonatal Intensive Care Unit death, or Sudden Infant Death Syndrome, to come together and heal through sharing and listening. **Fee:** Free

Third Thursday of each month	6 - 8 p.m.	Hartford
------------------------------	------------	----------