

Calendar



Hartford Hospital Programs & Events From January 15 Through April 15, 2012

Advancing Medicine: **A Woman's Wellness: Pregnancy and Beyond.**

Thursday, March 8 | 7:30 p.m.
Tune in to WFSB Channel 3.

Don't miss the next episode of *Advancing Medicine* on WFSB. Join us as we follow courageous women at every stage of life. Follow patients facing routine births and also high risk pregnancies who are about to embark on the adventure of motherhood for the first time. And meet other women on the other side of the spectrum who rely on Hartford Hospital's experts to diagnose and treat gynecologic disorders, using the latest technology. After the show, the physicians featured will be live in the WFSB studios to take your calls.

For all program locations and directions, call 860-545-1888, toll free 1-800-545-7664 or go online to www.harthosp.org/classes.

Diabetes LifeCare Programs

Diabetes Education Classes

Develop the self-management skills to improve blood sugar control, prevent and/or delay complications and improve daily quality of life with diabetes. Classes also available for women with diabetes during pregnancy. A physician referral is required. Please contact your physician to make arrangements.

Diabetes & Nutrition (Meal Planning and Counseling)

Our dietitians provide individualized meal plans by addressing your concerns (likes, dislikes, allergies and intolerances), weight improvement issues and blood glucose control. Covered by most private insurance plans. A physician referral is required. Please contact your physician to make arrangements.

Diabetes Support Group

Please call Beth Caffrey at 860-545-1941 for dates and more information.

Nutrition Counseling

Nutrition Counseling Service

Personalized one-on-one nutrition counseling with an experienced registered dietitian for a wide variety of nutrition-related diseases and conditions. By appointment only. Call 860-545-2604. May be covered by insurance.



To register online go to www.harthosp.org/classes or call 860-545-1888, toll free 1-800-545-7664.

Cancer Program

Brain Tumor Survivor Support Group

Provides brain tumor patients and families with education and support. **Schedule:** First Thursday of each month, on 2/2, 3/1, 4/5 from 5:30 to 7:00 p.m. Light dinner provided. Registration is required and should be received at least 48 hours in advance. Call Hillary Keller, LCSW at 860-545-2318 to register. FREE.

The Lebed Method: Focus on Healing

A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, call 860-545-6000. FEE: \$30/6 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

For women who are currently going through breast cancer treatment or have completed their treatment. Provides support through a gentle, conscious and restorative yoga practice taking into consideration the specific needs of patients with breast cancer. All are welcome to attend this heartfelt practice. **Schedule:** From 11:00 a.m. to 12:00 noon on 1/24, 1/31, 2/7, 2/14, (skip 2/21), 2/28, 3/6 in Avon. FEE: \$60/6 week session (\$10 for walk-ins).

Ovarian Cancer Support Group

Schedule: Fourth Tuesday of each month from 7:00 to 8:00 p.m. on 1/24, 2/28, 3/27 in Hartford. To register, call Marcia Caruso-Bergman, RN at 860-545-4463. FREE.

New Beginnings

A six-week program for men and women during transition from an acute cancer battle to the challenges of survivorship. It will help patients take a pro-active approach to maintaining and improving their physical, nutritional and mental well-being. **Schedule:** From 5:30 to 7:00 p.m. in Hartford. To register, call 860-545-5113. FREE.

CHES—Support for Cancer Patients

Education and support for patients with breast cancer or prostate cancer. CHES, Comprehensive Health Enhancement Support System, provides online support and information. Computers are loaned, at no cost, to patients who do not have their own. Call 860-545-3781. FREE.

Prostate Cancer Support Group

Provides education and support for patients and families to understand and deal with this disease. **Schedule:** First Tuesday of each month on 2/7, 3/6, 4/3 from 7:00 to 10:00 p.m. Registration is not required. Call 860-545-4594 with any questions. FREE.

Refer to page 23 for information on the special program [Life After Prostate Cancer](#).

Advanced Prostate Cancer Support Group

Provides education and support for men in the advanced stages of prostate cancer and their families. Call 860-524-2715 for schedule. FREE.

Look Good, Feel Better

In partnership with the American Cancer Society, this is a program for women who are undergoing cancer treatment. Cosmetology professionals teach beauty techniques to help combat the appearance-related side effects of cancer treatment. **Schedule:** First Monday of each month from 11:30 a.m. to 1:30 p.m. on 2/6, 3/5, 4/2. Offered in Spanish on 2/6, 4/2. Registration is required. Call Mary Ann Vanderjagt at 860-545-4184. FREE.

The Cancer Wellness Support Series

See description under *Integrative Medicine* on page 18.

Myeloma Update: Diagnosis, Treatment and Side Effect Management

(Presented by Mark Dailey, MD)

This program is targeted for patients, family members, caregivers and healthcare professionals to receive the latest information on Myeloma and Myeloma therapy and have their questions answered by a medical expert. Complimentary dinner served from 5:30 to 6:00 p.m. Program from 6:00 to 7:30 p.m. Visit www.harthosp.org to register. Registration is required. FREE.

Healthy Hearts

Stop Smoking for Life Program

For schedule and to register, call 860-545-3127 or email: stopsmoking@harthosp.org.

Resources for Smokers—Community Education Group

This monthly program is open to smokers, and anyone who wants to help someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling

Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support. Sessions are offered in West Hartford.

Smoke Free for Life Group Support

Support and reinforcement to become smoke-free. Facilitated by an experienced cessation counselor. **Schedule:** From 4:00 to 5:00 p.m. on 1/18, 1/25, 2/1, 2/8, 2/15, 2/22 in West Hartford. FEE: \$150.

Breathe Easy Relapse Prevention Support Group

For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered in Hartford and West Hartford. FREE.

Stress Management for Cardiac Patients

Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. FEE: \$225.

Counseling and Stress Management Service—Individual Counseling

Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovery. Sessions are offered in West Hartford.



Rehabilitation/Exercise/Wellness

Cardiac Rehabilitation Classes

EKG monitored exercise class, education and counseling for individuals who have recently experienced a cardiac event or require risk factor modification. Covered by most insurance plans. Physician referral is required. Locations: Hartford—860-545-2133; Glastonbury—860-633-9084; Avon—860-674-8509; West Hartford—860-570-4571.

Pilates Classes

Conditioning program combines elements of yoga, weight training and gymnastics to improve posture, flexibility, coordination, muscle tone and strength. People of all ages and abilities can participate. Call Eastern Rehabilitation Network at 860-667-5480 for a location near you. FEE: \$150 for 10 mat sessions.

Wellness/Integrative Medicine

Register online at www.harthosp.org/classes.

Expressive Art Classes (No experience necessary)
(Diana Boehmert, MFA)

Expressive ART Creativity Day— Workshop for Caregivers

It's extremely challenging when someone we love is facing a difficult illness, changing our lives for months or even years. This FREE, 1-day workshop will help to redirect your focus and give you insights into what nurtures you during these times. **Schedule:** From 10:00 a.m. to 3:00 p.m. on 2/11 in Wethersfield. Registration required. FREE.

SoulCollage® for Everyone

(Diana Boehmert, MFA)

Compassion

In the spirit of celebrating love, create a collaged card to help explore compassion as a foundation for love of self, others, and the world. No previous experience or prior class attendance necessary. Bring a magazine or two to share. **Schedule:** From 6:00 to 9:00 p.m. on 2/7 in Wethersfield. Pre-registration required. FEE: \$25 (FREE for Cancer Survivors).

Birthing Our Creative Selves

Creating a collaged card assists us in discovering what is original and unique to the many layers of our creative self. No previous experience or prior class attendance necessary. **Schedule:** From 6:00 to 9:00 p.m. on 3/13 in Wethersfield. Pre-registration required. FEE: \$25 (FREE for Cancer Survivors).

Baby's First Massage Instructor Training

(Kathy LaMountain, LMT)

Learn to teach parents the science, benefits and communication techniques of massaging their newborn babies. Upon registration you will receive a lesson plan that you must complete before attending the review workshop. Bring the completed post-test with you (for certification), a pillow and a small doll for practice. The workshop will include reinforcement of the home study materials, practice sessions, as well as a live demonstration with a newborn baby and family. CEUs/ contact hours available with certification. **Schedule:** From 9:00 a.m. to 1:00 p.m. on 3/9 in Wethersfield. Registration required at 860-545-4444. FEE: \$250 (includes home study kit and video).

Newborn Massage Class for Parents

(Kathy Glucksman, RN, BSN, HBCE)

This class is designed for newborns up to 8 weeks of age. You will learn ways to offer loving touch to your baby to enhance communication and bonding while learning to interpret baby's cues and understand time out signals. Learn techniques to help baby with digestion, elimination, weight gain, and sleep. Bring your baby, a thick quilt or blanket, a receiving blanket, extra diapers/wipes and milk. **Schedule:** From 6:30 to 8:00 p.m. on 1/26, 2/23, OR 3/29 in Wethersfield. Registration required. FEE: \$45/session/couple and baby.

The Cancer Wellness Support Series

Learn about the many Integrative Medicine practices that can support your traditional medical care and enhance your healing. Light dinner provided. **Schedule:** From 6:00 to 7:30 p.m. at the Helen & Harry Gray Cancer Center in Hartford or from 1:00 to 2:00 p.m. at the Helen & Harry Gray Cancer Center in Avon. Registration is required. FREE.

Hartford (Taylor Conference Room—snacks provided)

2/7 "Prepare for Surgery, Heal Faster"

Alice Moore, RN, MA, RMT

3/13 Aromatherapy

Deb Gengras, RN

Avon (80 Fisher Drive—beverages provided)

2/15 Tai Chi

Ken Zabrowski, Tai Chi Instructor

3/14 Meditation and Healing

Dory Dzinski, MAPC, LPC, NCC

Creating a Vision Board for Optimal Health and Wellness

(Dory Dzinski, MAPC, LPC, NCC)

Learn about the psychology and energetics involved with creating the popular Vision Boards and connect with your life goals. Learn different ways to build your own Vision Board—with or without categories, color, cut-outs or hand-drawn items, photographs, words, colors, images and symbols, 3-D aspects, etc. For those who love bringing tactile and sensory experiences into life, including scrapbookers, artists, and students of the Laws of Attraction. **Schedule:** Wednesdays from 6:30 to 8:30 p.m. on 2/8 and 2/15 in Avon. Registration is required. FEE: \$45.

Five Love Languages: Revitalize Your Communication

(Dory Dzinski, MAPC, LPC, NCC)

Do you feel as if some of your relationships are one-sided? As if you are giving but getting very little back? It may simply be because you speak different love languages! This class, based on the work of Gary Chapman, will teach you five different love languages including your own primary and secondary languages. This will help you see your relationships through a different perspective. **Schedule:** From 6:00 to 9:00 p.m. on 2/6 in Avon. Registration required. Fee: \$35.

HypnoBirthing®

(Kathy Glucksman, RN, BSN, HBCE)

5-week class for expectant parents to learn techniques for a safe and more comfortable birthing using guided imagery, visualization, special breathing techniques, and self-hypnosis. Additional emphasis is placed on pregnancy, childbirth, pre-birth, parenting and the consciousness of the pre-born baby. **Schedule:** Meets 6:30 to 9:00 p.m. on Mondays from 1/23 to 2/27 (skips 2/20) or Mondays from 3/5 to 4/2 in Wethersfield. Registration required. FEE: \$225 (plus \$25 for textbook, practice CDs and handouts to be paid to teacher at first class).

Hypnosis Classes

(Lisa Zaccheo, BCH, BCI, MA) Classes are held from 7:00 to 9:00 p.m. in Avon. Registration is required for each class. FEE: \$25/class.

1/19 Relieving Pain with Hypnosis

Did you know that in Europe hypnosis is regularly used as an integral part of the pre-surgery anesthetizing process? If hypnosis is strong enough to be used for surgery, imagine what it could do for you in terms of managing your pain. Learn the science of how hypnosis works within the brain, as well as 3 powerful techniques to help put you in charge of your body's comfort.

2/9 I'm a Non-Smoker, Fresh Air Breather

If you have tried to quit smoking many times and felt it was an impossible struggle, don't despair, there's hope. You will learn why hypnosis has been proven to have a 90% success with smoking cessation. Imagine how good you will feel.

3/7 Learn the Subconscious Language of Healing

Words can harm and words can heal and the placebo effect, the positive outcome based on positive expectations, is tangible proof of the power of words. Likewise, there is the nocebo, negative effects based on negative expectations. This seminar will help you understand the importance of communicating with your subconscious in a way that heals rather than harms.



To register online go to www.harthosp.org/classes.

Meditation as a Life Skill

(Dory Dyziński, MAPC, LPC, NCC)

Learn how meditation can help relieve your anxiety, distraction, internal clutter and give you the ability to listen to your innate wisdom. You will learn how to stay focused, how to open and close your sessions, ways to structure your time, and how to create your sacred space. This class is highly experiential. **Schedule:** From 6:00 to 7:30 p.m. on 2 Wednesdays—1/25 and 2/1 in Avon. Registration required. FEE: \$45.

Mindfulness Based Stress Reduction

(Randy Kaplan, PhD) Stressed by life events, illness, pain, worry? This 8-week course is modeled after the original, acclaimed program by Jon Kabat Zinn at UMass Medical Center. Learn awareness of breathing, sitting and walking meditation, the “body scan,” basic yoga, and techniques of daily living in a supportive group environment. **Schedule:** From 5:15 to 7:15 p.m. on Tuesdays, (free Orientation on 1/24 required) from 1/31 to 3/27 (skip 2/14), plus an all day retreat from 9:30 a.m. to 3:30 p.m. on 3/17 in Hartford. Registration is required. FEE: \$300 (includes 8 weeks, all day retreat, course workbook and 5 CDs).

Reiki Healing Touch—Level I

(Alice Moore, RN, MA, RMT) Learn a gentle, hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. **Schedule:** From 9:00 a.m. to 5:30 p.m. on 1/26, 2/23, or 3/29 in Hartford. Registration required. Nursing CEUs and Medical CMEs available. FEE: \$160.

Tai Chi

(Ken Zaborowski) An ideal exercise and meditation program for seniors. Improve overall fitness, balance, coordination, agility and reduce the chance for a fall-related injury. **Schedule:** Sessions start on the first Tuesday or Friday of each month and pro-rated rates are available if starting mid-month.

Glastonbury – Tuesdays and Fridays from 12:00 to 1:00 p.m.

Wethersfield – Tuesdays and Thursdays from 3:30 to 4:30 p.m.

FEE: \$80/month if 2 times per week or \$45/month if once per week.

Tibetan Bowls Practitioner Level I

(Marie Menut, RN, MA) Tibetan Singing Bowls provide sound vibrations that improve energy flow in the body. Learn to use the bowls to assess and treat yourself and others to help achieve relaxation and decrease pain. **Schedule:** From 6:00 to 9:00 p.m. on Mondays, 1/9 to 1/30 in Newington. Registration required. FEE: \$150.

Tibetan Bowls Practitioner Level II

(Marie Menut, RN, MA) Prerequisite: Level I with Marie. Expand on information gained in Level I using three Tibetan bowls plus tingshaws. **Schedule:** Mondays from 6:00 to 9:00 p.m., 2/6 to 2/27 in Newington. Registration required. FEE: \$150.



Yoga Classes

Gentle Yoga for Cancer Patients

(Kathleen Kiley, Yoga Instructor)

This subtle yet powerful practice encourages deep relaxation through gentle yoga postures, breath work, and meditation. Yoga relieves stress and fatigue while allowing your body to access its natural healing abilities. This class is appropriate for those who are at any stage of recovery. For patients, family and friends. Please bring yoga mat, water, and 2 blankets. **Schedule:** From 10:00 to 11:00 a.m. on Mondays, 2/27 to 3/26 in Avon. Registration required. FEE: \$60/5 sessions.

Yoga for Breast Cancer Patients

(Cheryl Guertin, RYT, LMT)

For women who are currently going through breast cancer treatment or have completed their treatment. The class provides support through a gentle, conscious and restorative yoga practice taking into consideration the specific needs of patients with breast cancer. **Schedule:** From 11:00 a.m. to 12:00 noon on 1/24, 1/31, 2/7, 12/14, (skip 2/21), 2/28, 3/6 in Avon. FEE: \$60/6 week session (\$10 for walk-ins).

Peggy Huddleston's Prepare for Surgery, Heal Faster™

Learn five steps, including guided imagery, proven by research to help you prepare emotionally and physically for surgery. Be calmer, experience less pain and recover sooner. Book and relaxation tape are available for \$25. Call 860-545-4444.

Screenings/Support Groups

Look under specific topics for additional support group listings.

Blood Pressure/Sugar/Cholesterol Screening

Conducted by VNA Health Care and scheduled throughout the Greater Hartford area. For more information call 860-246-1919.

Mended Hearts Support Group

For people who have had open-heart surgery or heart disease and their partners. **Schedule:** Meets third Wednesday of each month at 7:15 p.m. at South Congregational Church, 277 Main Street, Hartford. Call 860-289-7422. FREE.

Heart Transplant Support Group

Provides education, networking and social interaction for pre and post-transplant patients and their families. From 5:30 to 8:30 p.m. in Hartford. Light dinner provided. For schedule and to register, call Kathy Turner, 860-545-1212. FREE.

Transplant Patient Support Group

Provides education, networking and social interaction for post-transplant patients and their families. Meets at the First Church of Christ, Congregational, Glastonbury. Call Shajuana Carter at 860-545-4219, Option #4, for schedule and to register. FREE.



Ostomy Support Group

Support and education for anyone who has (or will be having) a colostomy, ileostomy, or urostomy. Program includes self-help sessions sharing helpful tips, ostomy care and management, medical speakers and ostomy product representatives. Family and friends are welcome. **Schedule:** From 6:30 to 9:00 p.m. on 1/26, 2/23 in West Hartford. Please call 860-760-6862 for more information. FREE.

Kidney Transplant Orientation Class

Open to all potential kidney transplant patients, donors and their families. Provides education to help in making the choice between dialysis and transplant, the eligibility and evaluation process, and UNOS listing vs living donor. For schedule or to register call 860-545-4368. FREE.

To register online go to www.harthosp.org/classes.



Volunteers

Blood Drive

The American Red Cross conducts blood drives at Hartford Hospital. Registration is necessary. To schedule an appointment, call 860-545-2079. For other locations, call The American Red Cross at (800) GIVE LIFE.

Volunteer Opportunities

If you are interested in giving your time, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and teens older than 14. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us online at www.harthosp.org/volsuc.

Reiki Volunteer Program

Provide gentle, hands-on relaxation sessions to patients, their families and employees. Requires Reiki Level 1, followed by two 2-hour follow-up sessions and two shifts shadowing a current volunteer. To apply, please call Eileen Pelletier, Volunteer Services Manager, at 860-545-2448 or e-mail eeppet@harthosp.org.

Activity and Comfort Cart

Volunteers bring a cart with activities to patients in need of distraction during the day, or a cart with soothing items in the evening. Please submit volunteer application and indicate role of interest.

Domestic Violence

My Avenging Angel Workshop

These workshops have helped women who have been abused move from victims to survivors to “thrivers.” **Schedule:** Two Saturday sessions from 10:30 a.m. to 4:30 p.m. in Avon on 2/11 and 2/18; in Wethersfield on 3/10 and 3/17. Registration is required. FREE.

Women’s Health Issues

The Strong Women Program

An exercise program for middle aged and older women. Working with weights increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for “no-impact” workouts. Classes held in Wethersfield and Glastonbury. Schedule and registration available online at www.harthosp.org/classes. FEE: \$160.

NEW! Chair Yoga

Yoga is for every body, and this series is specially designed for those who have difficulty getting onto the floor because of age, limited mobility or physical restrictions such as knee and hip problems. This class will focus on emotional and mental health as well as learning proper breathing techniques and incorporating guided imagery and guided meditation. All postures are adapted to the chair. **Schedule:** From 9:00 to 10:15 a.m., 2/1 to 2/22, 3/7 to 3/28, 4/4 to 4/25 in Avon. FEE: \$50.

NEW! Yoga for Strong Bones

Yoga releases tension in the muscles and strengthens the supporting framework by strengthening bones and stabilizing joints. This class will focus on building strong bones, releasing tension in the muscles and increasing stability and range of motion in the joints, enabling you to enjoy the activities you love to do! **Schedule:** From 10:30 to 11:45 a.m., 2/1 to 2/22, 3/7 to 3/28, 4/4 to 4/25 in Avon. FEE: \$50.

Parent Education Classes

Registration is required for all classes. Register online at www.harthosp.org/ParentEd.

- **Preparing for Multiples**

Prepares families expecting multiples for late pregnancy, labor and birth, postpartum, infant feeding, care and safety, and managing at home. Class includes a tour of the Special Deliveries Childbirth Center and the Neonatal Intensive Care Unit (NICU). **Schedule:** From 6:00 to 9:00 p.m. on Thursdays, 1/12 to 1/26 and 4/19 to 5/3 at Hartford Hospital. FEE: \$125.

- **Babycare**

Understand the needs of your newborn and learn great tips on diapering, bathing and general care. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 3/22

Glastonbury: 2/1, 3/7, 4/4

West Hartford: 2/13, 3/12, 4/9

- **Baby Care for Adopting Families**

Understand the unique needs of your adopted child and learn the essentials of feeding, diapering, bathing and injury prevention up to 12 months. Appropriate for both domestic and international adoptions. **Schedule:** From 6:00 to 9:00 p.m. in West Hartford on 1/23. FEE: \$35.

- **Breastfeeding with Success**

Before the baby arrives, learn about the basics and benefits of breastfeeding. **Schedule:** From 6:30 to 8:30 p.m. FEE: \$25.

Avon: 3/15, 4/12

Glastonbury: 1/25, 3/28

West Hartford: 2/6, 3/5, 4/2

Wethersfield: 2/15

- **Breastfeeding and Returning to Work**

Prepares moms to return to work or school while continuing to breastfeed. Topics include milk collection, storage, choosing the right breast pump and breastfeeding-friendly workplaces. Babies welcome. **Schedule:** From 6:30 to 8:30 p.m. on 1/30, 3/19 in West Hartford. FEE: \$25.

- **Cesarean Birth**

This class prepares you for the experience from pre-admission through recovery at home. Learn what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour. **Schedule:** From 9:00 a.m. to 12:00 noon on 2/11 or 4/14 at Hartford Hospital. FEE: \$50.

- **Expectant Grandparents Class**

Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. **Schedule:** From 6:30 to 8:30 p.m. on 2/22 in Glastonbury. FREE.

- **Pups and Babies**

(Joyce O’Connell, certified animal behaviorist) Are you concerned about your dog and your new baby? Get tips on preparing your pet for baby’s arrival, introducing baby to your pet, creating safe spaces, and helping your pet understand his new place in the expanded pack. **Schedule:** From 7:00 to 8:30 p.m. in Glastonbury on 2/29. FEE: \$25.

- **Jewish Beginnings**

Explore the Jewish rituals and traditions to welcome a child into the community. **Schedule:** From 7:00 to 9:00 p.m. on 2/15 at the Jewish Community Center, 335 Bloomfield Avenue. FREE.

- **Baby Signing: An Introduction**

Learn how to begin teaching your baby or toddler basic signs. Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. An interactive program for babies 6 to 24 months. Format includes songs, rhymes and play activities. **Schedule:** 6:00 to 7:30 p.m. on 2/9 in Wethersfield. FEE: \$35.

- **Maternity Tours**

A guided tour to acquaint you with our facility and maternity services. **Schedule:** Weekdays 6:00 to 7:00 p.m. or 7:00 to 8:00 p.m.; also some Saturdays from 11:00 a.m. to 12:00 p.m. or from 12:00 to 1:00 p.m. Tours available in English and Spanish. For schedule and to register, visit www.harthosp.org/ParentEd. FREE.

- **Neonatal Intensive Care Unit Tours**

Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

To register online go to www.harthosp.org/classes.

• eLearning Childbirth Education

When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Covers the last trimester of pregnancy, labor & birth, medication choices and cesarean birth. **Schedule:** Call 860-545-4431. FEE: \$100.

• Preparation for Childbirth

All the essential information you need for labor and the birth of your baby. Topics include: stages of labor, relaxation, breathing techniques, pain management options and coping skills. Learn to be an active participant in the birth of your baby. We offer a variety of options—one day or two week sessions. Classes meet in Avon, Glastonbury, West Hartford and Wethersfield. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: \$100.

• The Happiest Baby

Learn approaches to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. This approach was pioneered by Dr. Harvey Karp in his best-selling book and DVD, *The Happiest Baby on the Block*. **Schedule:** From 7:00 to 9:00 p.m. on 2/28 in West Hartford. FEE: \$65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and Soothing Sounds CD.

• Epidural Anesthesia for Labor

Led by a board-certified anesthesiologist, this class covers what an epidural is, the risks involved and what to expect for pain relief. This is an excellent opportunity for expectant parents to learn more about epidurals and to ask questions. **Schedule:** From 7:00 to 8:00 p.m. on 2/2 or 4/5 in Hartford. FREE.

• Comfort Measures for Labor

Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. **Schedule:** From 10:00 to 11:30 a.m. on 1/28 or 3/31 in West Hartford. FEE: \$35.00.

• Sibling Preparation

A class to help children prepare for the arrival of a new baby brother or sister. **Schedule:** From 9:30 to 10:30 a.m. on 2/11, 3/10, 4/14 in Hartford. FEE: \$15 per child; \$25 for 2 or more children.

Nurturing Connections

(Provided by the Nurturing Families Network)

• Telephone Support for New Parents

Volunteers provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

• Home Support for New Parents

Intensive home visiting services for first-time parents. Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860-972-3201.

• Prenatal Groups

Offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent-Baby Series

• Enjoying Infants Together

Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends. **Schedule:** From 11:15 a.m. to 12:15 p.m. Wednesdays, 2/15 to 3/21 or 4/11 to 5/16 in Wethersfield. FEE: \$50 for 6-week series.

• Time for Toddlers

Led by a pediatric nurse practitioner, this six-week series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. **Schedule:** From 10:00 to 11:00 a.m. Wednesdays, 2/15 to 3/21 or 4/11 to 5/16 in Wethersfield. FEE: \$50 for 6-week series.

• Time for Infants & Toddlers—Saturdays

This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends. **Schedule:** From 10:00 to 11:30 a.m. on 1/21, 2/18, 3/10 in Glastonbury. FEE: \$15/class.

Exercise for Expectant and New Moms

• Prenatal Yoga

Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. **Schedule:** Meets 5:30 to 6:45 p.m. Wednesdays from 2/1 to 2/22, 3/7 to 3/28 and 4/4 to 4/25 in West Hartford. FEE: \$50/4-week session.

From We to Three: A Workshop for New Parents

It's true: a baby changes everything. Dr. Sharon Thomason of the Mom Source LLC and her husband, Dr. Andrew Magin, will help new parents, with infants under one year, transition from a couple to a family. Focus will be on connecting core values to the practical considerations of parenting: time management; balancing family, individual and career demands; and choosing and managing child care providers. **Schedule:** Saturday, From 9:00 a.m. to 12:00 noon on 2/4 in West Hartford. FEE: \$35 per couple.

Safety Education

Car Seat Safety

Four out of five car seats are installed incorrectly. That's why we offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. **Schedule:** From 6:30 to 8:00 p.m. on 1/24 in West Hartford. FREE.

CPR for Family and Friends: Infants and Children

Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. **Schedule:** From 6:00 to 9:30 p.m. on 1/25, 2/8, 2/29, 3/7, 3/28, 4/4 in Hartford. This is a non-certification informational class intended for home use only. FEE: \$45.



Surgical Weight Loss Programs

New Patient Orientation and Education Session

Are you obese? Have diets failed you in the past? The Surgical Weight Loss Center will help you find out if weight loss surgery is right for you. Attend a session and meet Drs. Darren Tishler and Pavlos Papasavas from the Surgical Weight Loss Center. Learn about obesity, types of surgery, and whether you might be a candidate. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated—bring your ticket. FREE.

Hartford: From 3:00 to 5:30 p.m. on 1/10, 1/25, 2/7, 3/6, 3/21, 4/3, 4/18

Enfield: From 5:00 to 6:30 p.m. on 1/16, 3/5

Glastonbury: From 5:00 to 6:30 p.m. on 2/9, 4/26

Surgical Weight Loss Support Group

Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Sally Strange, RN, Bariatric Nurse Coordinator at Hartford Hospital's Education Resource Center, 560 Hudson Street, Hartford. **Schedule:** Monthly from 6:00 to 7:30 p.m. on 2/7, 3/6, 4/3 in Hartford. Registration is NOT required. FREE.

Mental Health

Myths, Minds & Medicine Exhibit

A permanent exhibition on The Institute of Living's history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. For guided tours, call 860-545-4500. FREE.

Peer Support Group

Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. **Schedule:** Every Wednesday from 12:30 to 1:30 p.m. at The Institute of Living's Carolina Cottage, basement level. Call 860-545-7202 for more information. FREE.

Bereavement Support Group

Moderated by a member of Hartford Hospital's Pastoral Services Department and VNA Health Care Hospice, this program is open to families and caregivers who have lost a loved one. **Schedule:** From 1:00 to 2:15 p.m. on the second and fourth Monday at 85 Jefferson Street #116 on 1/23, 2/13, 2/27, 3/12, 3/26, 4/9. Call 860-545-2290 for information. FREE.

Bipolar Disorder—An Introduction

(Lawrence Haber, Ph.D., Director of the Family Resource Center) This program is for family members and friends of individuals who have bipolar or a related disorder. Learn about this disorder and its treatment with specific suggestions to help family and friends cope. **Schedule:** From 5:15 to 6:30 p.m. on the third Tuesday of each month on 1/17, 2/21, 3/20, 4/17. Call Mary Cameron at 860-545-7665 for information. Registration not required. FREE.

Schizophrenia Program

The following free support groups are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. Registration is not required unless noted. For more information or directions, call Mary Cameron at 860-545-7665.

• Schizophrenia—Introduction to the Disorder

(Lawrence Haber, Ph.D., Director of the Family Resource Center) Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. Content repeats and family members may attend any session. **Schedule:** from 5:15 to 6:30 p.m. on the first Tuesday of each month on 2/7, 3/6, 4/3. FREE.

• Managing Schizophrenia

This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home. **Schedule:** From 5:15 to 6:30 p.m. on 3/13. Call 860-545-7665 for more information. FREE.

• Crisis Management for Individuals with Schizophrenia

Learn how to handle difficulties that arise when a crisis develops. **Schedule:** From 5:15 to 6:30 p.m. on 4/10. FREE.

• Support Group for Families Dealing with Major Mental Illness

Share your successes and struggles in loving and living with someone who has schizophrenia. **Schedule:** From 5:15 to 6:30 p.m. on the first and third Thursday of each month, 1/19, 2/2, 2/16, 3/1, 3/15, 4/5. FREE.

• Peer Support Group—Schizophrenia Anonymous (S.A.)

This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. **Schedule:** Every Thursday from 5:30 to 6:30 p.m. in the Center Building. FREE.

• Introduction to Mental Health Benefits and Services for Severe Mental Illness

Overview of benefit programs available for individuals with mental health disabilities. Facilitated by Peter Adelsberger, M.P.A. **Schedule:** From 5:15 to 6:30 p.m. on 1/10. FREE.

Anxiety Disorders Center

Anxiety Disorders Group

Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Learn strategies to manage anxiety in a supportive and respectful environment. Facilitated by licensed psychologists with expertise in anxiety treatment. **Schedule:** Call 860-545-7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.



Clinical Professional Programs

EMS Education

Can't come to us? We'll come to you...

Hartford Hospital's Department of EMS Education will accommodate the needs of the business community by providing on-site instruction. A minimum number of participants is required. Call 860-545-2564 for additional information or to make arrangements.

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ems or call 860-545-2564.

- Pediatric First Aid & CPR
- Adult First Aid & CPR with Automated External Defibrillation
- Adult/Child/Infant CPR with Automated External Defibrillator
- EMT—Basic Course
- EMT—Intermediate Course
- EMT—Recertification Course
- Core Instructor Program
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Pre-Hospital Professionals
- Advanced Cardiac Life Support (ACLS)

Registration is required for the following classes. For more information, schedule, or to register online, visit our website at www.harthosp.org/ or call 860-545-4158.

- Basic Life Support for Healthcare Providers
- Basic Life Support for Healthcare Providers—Refresher Class
- CPR Instructor Course

Professional Development

Radiography Program

This 24-month full-time accredited program begins in September of each year and leads to eligibility for certification by the American Registry of Radiologic Technologists (ARRT). The Radiography profession combines the use of advanced radiographic imaging equipment with direct patient care. For schedule and an application, see our website at www.harthosp.org or call 860-545-2612.

Phlebotomy Training Course

In association with Hartford Hospital's Clinical Laboratory Education Program, this program is offered twice a year in the Spring and Fall for 15 weeks, to prepare students for jobs as phlebotomists. For schedule or more information and an application, go to www.harthosp.org or call 860-545-3350.

HealthCare Toastmaster #2300

Learn to develop effective communication skills and to take control of your presentations and meetings through effective listening, thinking and speaking, which in turn foster self-confidence and personal growth. **Schedule:** Second and fourth Thursday of each month from 12:00 noon to 1:00 p.m. at Hartford Hospital, Jefferson Building conference room 118. FEE: \$39 for 6-month membership.

To register online go to www.harthosp.org/classes.

Special Events at Hartford Hospital

REGISTRATION IS REQUIRED for the following events. To register online go to www.harthosp.org/classes or call 860-545-1888; toll free 1-800-545-7664.

Vertigo: What Sets Your World Spinning

Wednesday, January 18 | 7:00 to 8:00 p.m.
Helen and Harry Gray Cancer Center
80 Fisher Drive, Avon

Dr. Mark Eisen, Director of the Hartford Hospital Center for Hearing and Balance at Blue Back Square and Danielle Messier, physical therapist with Eastern Rehabilitation Network, specializing in vestibular rehab management will co-host this program. They will discuss the common causes and treatment

options of vestibular disorders, recent developments in treatment and how physical therapy can help.



Dr. Mark Eisen



Dr. Avrum Blitzer

When Wheat Is the Enemy: Celiac Disease Explained

Thursday, March 21 | 6:30 to 7:30 p.m.
The Helen & Harry Gray Cancer Center
80 Fisher Drive, Avon, CT

Learn about wheat sensitivity and who is at risk, what symptoms to look for and how physicians diagnose and treat this disorder. Presented by board-certified gastroenterologists, Drs. Avrum Blitzer and Paul Shapiro. Gluten-free refreshments provided by MAX Restaurants. This program is free, but you must register by visiting harthosp.org/events.



Dr. Paul Shapiro

Life After Prostate Cancer

Presented by board-certified urologist Dr. James Graydon who specializes in treating erectile dysfunction and bladder control for patients who have undergone treatment for prostate cancer. Learn how to improve your quality of life, obtain better bladder control and treatment options for erectile dysfunction. Spouses and significant others and guests are encouraged to attend. Although anyone is welcome, this seminar is geared specifically for patients who are one year or more post treatment.

Thursday, January 19
6:30 to 8:00 p.m.
Helen & Harry Gray
Cancer Center
80 Fisher Drive, Avon

Wednesday, February 15
6:30 to 8:00 p.m.
Enfield Healthcare Center
100 Hazard Avenue
Enfield

Tuesday, March 20
6:30 to 8:00 p.m.
Gateway Medical Park
300 Western Boulevard
Glastonbury

Barrett's Esophagus: How Acid Reflux Can Cause Cancer

Monday, March 28 | 7:00 to 8:00 p.m.
The Gateway Medical Park
300 Western Boulevard, Glastonbury, CT

Learn how to identify common symptoms of acid reflux and how to prevent this potential cancer of the esophagus. Presented by board-certified gastroenterologists, Drs. Kiran Sachdev, David Chaletsky and surgeon Dr. David Curtis. This event is free, but you must register by visiting harthosp.org/events.



Dr. David Chaletsky



Dr. Kiran Sachdev



Dr. David Curtis



Dr. David Eisenberg



Dr. Michael Karasik



Dr. Michael Golioto

Ask the Experts! Pancreatic Disease: What's the Risk for Cancer?

Learn about the different types of pancreatic cancer, prevention, detection and treatment. Understand the risk factors, who may benefit from screening and current research and treatment options to assist in early diagnosis.

Thursday, April 5 | 7:00 to 8:30 p.m.
Hartford Hospital Wellness Center
65 Memorial Road, West Hartford

Presented by Drs. David Eisenberg, surgical oncologist and Michael Karasik, gastroenterologist.

Tuesday, April 10 | 7:00 to 8:30 p.m.
The Gateway Medical Park
300 Western Boulevard, Glastonbury

Presented by Drs. David Curtis, surgeon and Michael Golioto, gastroenterologist.