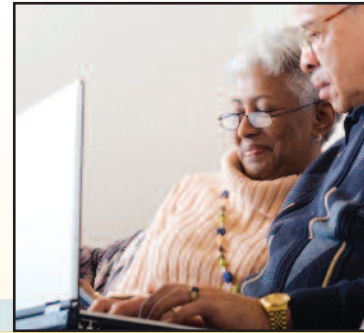


On-Line Healthy Woman UPDATES



Sign up for our free Healthy Woman E-mail Updates and program announcements and become eligible to win a \$50 gift certificate at any Chestnut Hill restaurant and shop. All new subscribers receive a FREE Personal Health Record and a 20 percent discount for a therapeutic massage at the Women's Center, Chestnut Hill Hospital. Go to www.chhealthsystem.com. Click on "Healthy Woman" and "Join Today".

DON'T DELAY. Offer expires April 1, 2009.



CHESTNUT HILL
HEALTH SYSTEM

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

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Need a doctor? More information?

Call the Chestnut Hill Health System physician referral and information center at 215-753-2000, or visit us at chhealthsystem.com



CHESTNUT HILL HEALTH SYSTEM
HEALTHYWOMAN



F o r w o m e n w h o w a n t t o l i v e w e l l

Midlife Metamorphosis

An Opportunity for Reflection and Recommitment

Patients often ask, “Just what is menopause?” Simply stated, it is the transition from a reproductive to a non-reproductive life for women. For women living through the experience and the caregivers who treat them, however, menopause is anything but simple. The body does not have a switch that just turns off the hormones coming from the ovary. What transpires during menopause is erratic and complicated.

Normal cycles between periods are caused by feedback or a chain reaction of hormones that all work in sync to prepare for a potential pregnancy every month. During a woman’s 20s and 30s the ovaries are affected by hormones and respond by creating a follicle that eventually results in an egg being released—monthly ovulation. Advancing age leaves the weaker and less hardy follicles, as the strong ones have been used. The ensuing result causes breaks in that chain reaction and makes one start to feel out of balance.

At the onset of menopause, women complain that the symptoms of their PMS have become more intense. As they progress into their mid 30’s and early 40’s, the intensified symptoms of PMS turn into longer periods of moodiness, bloating and tenderness of the breasts. Eventually, in the years (late 40’s) prior to menopause, many women experience drastic mood swings, even anxiety and

continued on inside front cover...

SATURDAY, APRIL 25

8 a.m. - 12:30 p.m.

Ambler Theater

108 E. Butler Pike, Ambler

Midlife Metamorphosis

A TRANSFORMING
CONFERENCE FOR WOMEN

GOURMET BREAKFAST:
Crème Brulee French Toast,
Vegetable Frittata, Fresh Fruit,
Assorted Breads and Muffins

WORKSHOPS

Weight Loss, Effective Supplements,
Bladder Control, Treatments
for Menopausal Symptoms, Facial
Rejuvenation, Self Appreciation
and Sex After 50

SELF INDULGENCE BOOTHS

Bra Fitting, Cosmetics, Laser Skin
Treatments and more!

Cost: \$15

Call **215-753-2000**
to register.



continued from cover...

Midlife Metamorphosis



intolerance. Some may even start to get hot flashes, night sweats and insomnia long before the period actually stops. We term this time, between the ages of 35-55, perimenopause.

Actual menopause occurs when the period has stopped for one full year. At this time, there are no follicles prepared and the hormones are effectively reduced to extremely low levels in most women. Hot flashes may still be experienced, as well as insomnia and sweating, but most of the moodiness begins to level out and stabilize.

A variety of medical therapies are available to alleviate the symptoms of peri-menopause, but many women are wary of hormone therapy and will find they can actualize the relief they seek with simple lifestyle changes. A healthy diet, exercise and even added vitamin supplements will help not only women with PMS, but effect a smoother transition through menopause.

Change really can be good and in the case of menopause it can be an opportunity to make a transition towards better health. Women today are living longer and with this ever increasing life expectancy (now at average 78-80 years for women), we can expect to live 1/3 to 1/2 our lives in menopause. To remain active and healthy we need to take this transition time to reflect upon our current habits. We must start eating right, exercising on a regular basis and working towards reducing stress. It just so happens that the things that are good for you also help alleviate symptoms and make the transition smoother. Processed or prepared foods from a can or box, non-nutritious snacks including those containing sugar, partially hydrogenated fatty acids or caffeine, and especially chocolate...trigger hot flashes and contribute to night sweats and mood swings. Smoking and alcohol also exacerbate symptoms. Eating more fresh fruit and vegetables, and fish especially those rich in omega 3, help to reduce the symptoms.

Exercise naturally raises endorphin levels, providing an emotional boost. Exercise also decreases the risk for a heart attack and protects the bones from osteoporosis.

Without the protection of hormones, the arteries begin to harden and bones become brittle. Exercising can help relieve and slow down this natural aging process.

Stress reduction will ease the effects of symptoms such as hot flashes and night sweats and provide the added benefit of reducing the risk of heart disease. Yoga, tai chi, meditation and aerobic exercise are good options to control stress. Biofeedback classes that teach breathing techniques have also been shown to reduce hot flashes.

If demanding home and work schedules make healthy eating a challenge, vitamin supplements may be considered. A multivitamin made for women can make a difference in relieving the symptoms of menopause. The B complex — at least 50-100mg of each of B1, 2, 6, 12 — may be most helpful. Other beneficial compounds are flaxseed oil or fish oil capsules; mixed blend Vitamin E, calcium-magnesium supplements; and black cohosh or dong quai.

For more serious menopausal symptoms, hormone replacement may be an option. Hormone therapy (HT) is FDA approved for women who experience severe hot flashes, night sweats or other symptoms. Some women are more comfortable with bio-identical hormone replacement that comprise more natural substances and are often better tolerated. The bio-identicals also come in a variety of preparations, such as creams or sublingual drops, and are more easily titrated to control dosage instead of the one size fits all doses that are available commercially. Consultation with a gynecologist will reveal the best options for each woman.

For a consultation with Marialisa Lambert, M.D., board-certified gynecologist, please call 215-248-3100. Meet Dr. Lambert at Midlife Metamorphosis on Saturday, April 25. See program information in the newsletter.



Marialisa Lambert, M.D.



SATURDAY, APRIL 25

8 a.m. - 12:30 p.m. | Ambler Theater | 108 E. Butler Pike, Ambler | Cost: \$15

Midlife Metamorphosis

A TRANSFORMING CONFERENCE FOR WOMEN



David J. Becker, M.D., cardiologist, Chestnut Hill Hospital, and medical director of Change of Heart, a nationally publicized lifestyle modification program to enhance cardiovascular health, will discuss heart disease as it relates to women, the latest tests and trends for women's heart health, supplements, preventive care and lifestyle choices.

- 8 a.m. Registration and Breakfast
- 9 - 9:45 a.m. What Women Should Know about Heart Disease
- 9:50 - 12:30 p.m. ... Workshops and Self Indulgence Booths

GOURMET BREAKFAST:

Crème Brulee French Toast, Vegetable Frittata, Fresh Fruit, Assorted Breads and Muffins

Cost: \$15

Complete the form below to register.



CHESTNUT HILL HEALTH SYSTEM
UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK



Midlife Metamorphosis REGISTRATION

Step 1. Select the programs of your choice from the three sessions.

Step 2. Complete the form and mail to Chestnut Hill Hospital, Healthy Woman, 8835 Germantown Avenue, Philadelphia, PA 19118 by April 11. Additional registrations forms are available at chhealthsystem.org.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Seating will be filled on a first come basis. One registration form per person. You may copy the form.

WORKSHOPS

Session I (9:50 - 10:40 a.m.)

- Self Indulgence Booths
- Nutrition for Weight Loss
- Bras and Breast Health

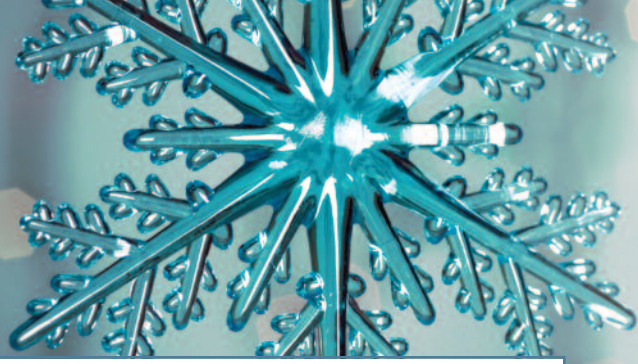
Session II (10:45 - 11:35 a.m.)

- Self Indulgence Booths
- Physiological Changes and Treatments for Menopause
- Getting Back Control of Your Bladder

Session III (11:40 - 12:30 p.m.)

- Complementary Treatments for Menopausal Symptoms
- Non-Surgical Options for Facial Rejuvenation
- Sex after 50

Registration is required.



EDUCATION PROGRAMS

Freedom from Smoking Class

Eight sessions, Wednesdays, February 18 through April 1
Special session Friday, March 13

OR

Eight sessions, Wednesdays, June 24 through August 5
Special session Friday, July 17
7 p.m.

Volunteer Conference Room, CHH

If you are considering quitting smoking please join Freedom from Smoking facilitators for an informational evening designed to help you understand your smoking habit and make a positive change for your health. Invest in your good health! *Registration required. Call 215-753-2000. Cost: \$60; \$30 due at registration/ \$30 due at the first class (\$30 returned upon completion of classes).*



Keith Kreitz, M.D.

The Weight is Over

Wednesdays; February, 11; March 11;
April 8; May 13; June 10
6-7 p.m.

Board Room, CHH

Join Penn surgeons to better understand weight loss surgery. Learn about the options and what happens before and after surgery. Find out if you may be a good candidate. In addition, you'll discover the real benefits to weight loss surgery, including improving or eliminating many obesity-related illnesses and conditions such as type 2 diabetes, high cholesterol, sleep apnea, respiratory problems, joint problems and more! *Call 215-753-2000 to register. Free.*



Aley Tohamy, M.D.



Safe Sitter

Monday, February 16; Monday, April 13; and Thursday, June 18
8:45 a.m. – 4 p.m.

Volunteer Conference Room, CHH

Prepare your young student (ages 11 to 13) to be an attentive, responsible babysitter. Course stresses how to handle major and minor emergencies and covers the basics of childcare. Students should bring a brown bag lunch and beverage. *Space is limited. Register early. Call 215-753-2000. Cost \$45.*

Medical Effects of Menopause: Things to Know and Do

Wednesday, February 18
6:30 p.m.

Lea Auditorium, CHH

Carol Bowes-Lawlor, D.O., Chestnut Hill Family Care Associates, will highlight those health issues that can go hand in hand with menopause, particularly heart disease and osteoporosis. Learn what you need to do now to make your present and future optimally healthy. *Registration is required. Call 215-753-2000. Free.*



Carol Bowes-Lawlor, D.O.

Locator Key

The abbreviations shown in the calendar listings refer to the following health care facilities:

Chestnut Hill Health System Women's Center (Women's Center)
8811 Germantown Avenue
Philadelphia, PA 19118

Chestnut Hill Hospital (CHH)
8835 Germantown Avenue
Philadelphia, PA 19118

Montgomery Rehab Hospital (MRH)
8601 Stenton Avenue
Wyndmoor, PA 19038

REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for programs now accepted by phone.



Change of Heart Introductory Seminar

Thursday, February 19
7 - 9 p.m.

The Presbyterian Church of Chestnut Hill
8835 Germantown Avenue, Philadelphia
Widener Hall - Second Floor

David Becker, M.D.

For more than 14 years, David Becker, M.D., and his team of professionals have conducted Change of Heart, a lifestyle modification program for people who want to significantly affect their cholesterol levels and/or reduce the risk of heart disease or future cardiac events. At this introductory seminar, learn why this program works. For those interested in participating in the 10-week Change of Heart course starting in March, applications will be distributed at the seminar. *Registration is required. Call 215-753-2000. Free.*

AARP Driver Safety Refresher Course

Monday, February 23
10 a.m. - 2 p.m.
Lea Auditorium, CHH

The AARP Driver Safety Refresher Course is available to all those who have completed the two-day, eight-hour AARP Driver Safety Class, or the AAA equivalent, within the past three years. Interested participants will need to bring to class their driver's license and proof of having previously completed the 2-day training. In order to continue to receive the 5 percent discount on your Pennsylvania car insurance premium, your AARP certificate needs to be updated every three years. Please bring your lunch to class. Checks, made out to "AARP," must be sent in ahead of time to Jackie Yorke, Chestnut Hill Hospital, 8835 Germantown Avenue, Phila., PA 19118. *Reservation and pre-payment is required. Call 215-753-2000. Cost: \$14.*



Heart Saver CPR with AED

Tuesday, February 24; Monday, March 30;
Wednesday, April 29; Thursday, May 28; Monday, June 22
6-10 p.m.

Volunteer Conference Room, CHH

CPR for adult, child and infant includes rescue choking and automated external defibrillator training. *Registration required. Call 215-753-2000. Cost: \$50 per/ \$85 couples discount.*

Brain Aerobics Presentation

Tuesday, February 24
6:30 p.m.
Lea Auditorium, CHH



Daniel Kortsch, M.D.

The hustle and bustle of our lives can make our "senior moments" more frequent than ever. But at this seminar, we'll take the time to relax with a delicious snack and hear Daniel Kortsch, M.D., Chestnut Hill Family Care Associates, explain why keeping our brains active is vital to wellness. Dr. Kortsch will share ideas on how to maintain your mental vitality. *Registration is required. Call 215-753-2000. Free.*



EDUCATION PROGRAMS *(continued)*

Senior Circle Second Anniversary Lunch Celebration and Travel Symposium

Thursday, March 5

12 - 1:30 p.m.

Lea Auditorium, CHH

Join us at our celebratory *Senior Circle* second anniversary luncheon. While we enjoy some delicious food, guest speaker Daniel Kortsch, M.D., will talk about how to stay healthy during and after traveling. Also, Dave Endy, Boscov's Travel's Group Sales Representative, will present plans for our fabulous, upcoming *Senior Circle* trips. *Registration is required. Call 215-753-2000. Space is limited. Free for members. Cost: \$5 for non-members.*

Healthy Weigh of Life

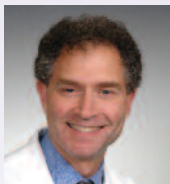
10 Weeks, Thursdays, March 12-May 21

(no class on April 9)

6:30 - 7:30 p.m.

Board Room, CHH

Make weight management a permanent part of your life! Learn a non-diet approach to weight management with Randi Cardonic, registered dietitian; Amy Poppel, psychologist; and Jackie Yorke, exercise physiologist and certified personal trainer. Gain insight on healthy eating and learn practical ways to control your weight. Design an appropriate exercise program for weight loss and understand what it takes to stay motivated. *Registration is required. Call 215-753-2000. Cost: \$115 for 10 weeks.*



Mark Kahn, M.D.

New Treatments for Varicose Veins

Tuesday, March 24

6:30 p.m.

Lea Auditorium, CHH

More than 20 percent of women have some form of varicose condition. Mark

Kahn, M.D., director of vascular and endovascular surgery for CHH, will discuss new surgical and non-surgical treatments for this often uncomfortable and sometimes painful condition. *Registration is required. Call 215-753-2000. Free.*



Chestnut Hill Health System Women's Center, we'll be there for you.

The Chestnut Hill Health System Women's Center offers diagnostic and clinical services, and educational programs for all stages of a woman's life.

- Breast health program – screening to treatment
- DEXA – bone density testing for osteoporosis
- Penn gynecologic oncology evaluation and treatment
- Urinary incontinence management
- Therapeutic massage and reflexology
- Healthy Woman – free membership program providing education seminars

Appointments for mammogram, breast ultrasound or DEXA:
1-866-424-4439

Consultation with a breast health coordinator:
215-248-8084

Information on other Women's Center Services:
215-248-6100



CHESTNUT HILL
HEALTH SYSTEM

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

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REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for programs now accepted by phone.

Weight Loss Surgery Improving Health Conditions

By Aley Tohamy, M.D., and Keith Kreitz, M.D.

Obesity has a far-ranging negative effect on health. The U.S. Surgeon General has declared that obesity is an epidemic condition, affecting 31.4 percent of adults in the United States. Obesity is a life-threatening disease and a major risk factor for other serious medical conditions such as diabetes, hypertension, heart disease, stroke, sleep apnea and cancer. Obesity is related to 112,000 deaths each year in the U.S., according to a 2005 study published in the *Journal of the American Medical Association*.

Obesity is determined by Body Mass Index (BMI). BMI is a measure of weight proportionate to height. BMI is considered a useful measurement of the amount of body fat. According to the National Heart, Lung, and Blood Institute (NHLBI), a BMI from 18.5 to 24.9 is considered normal while a BMI of more than 25 is considered overweight. A person is considered obese if the BMI is greater than 30, and morbidly obese if the BMI is 40 or greater. To calculate your BMI visit chhealthsystem.com, and click on Health Resources.

Recent studies have shown that improvements, or even a cure of some of the conditions associated with obesity, can be achieved by weight loss, healthier eating habits and improved lifestyle. Also, similar studies have shown that people cannot achieve long-term weight loss through dieting and behavior modification alone. When diet and exercise programs fail, weight loss surgery may be an option. People with morbid obesity had a 40 percent higher mortality rate than those who underwent weight loss surgery. Mortality rates from other diseases also decreased after weight loss surgery; diabetes 92 percent, cancer 60 percent and coronary artery disease 56 percent, according to a 2007 study published in the *New England Journal of Medicine*.

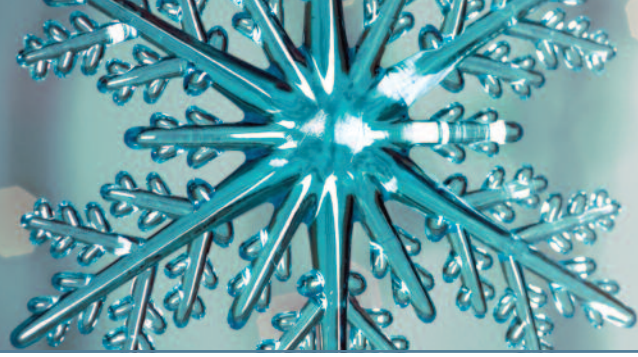


**To make an appointment with
Drs. Tohamy or Kreitz, call 215-753-2000.**

The new Weight Loss Surgery Program at Chestnut Hill Hospital, lead by Penn surgeons Keith Kreitz, M.D., and Aley Tohamy, M.D., is aimed at eliminating leading obesity-related health conditions, while patients enjoy side benefits of improved appearance and increased self esteem. Drs. Tohamy and Kreitz will offer Laparoscopic Gastric Bypass and Laparoscopic Adjustable Gastric Banding. The program includes free monthly information sessions and support group sessions for all who are interested in exploring the option of weight loss surgery to improve their lifestyle and health conditions.

The Hospital program will educate, motivate and assist clients with the lifestyle changes that are necessary to be successful with weight loss surgery. A multidisciplinary team of physician specialists, psychologists, dedicated nurses and registered dieticians will prepare you for surgery and assist you through your journey to improved health. To learn more about surgical weight loss and meet others who have been through the procedure, attend *The Weight is Over*, a free information session the second Wednesday of every month, 6 p.m., at the Hospital. A support group meeting open to anyone who has had weight loss surgery and would benefit from on-going assistance will follow at 7 p.m.

Call 215-753-2000 to register.



EDUCATION PROGRAMS *(continued)*

Introduction to Customized Exercise for Seniors

Wednesday, March 25

1 p.m.

First Presbyterian Church in Springfield
E. Mill Road and Bethlehem Pike, Flourtown

Join us for an open house at Aerobics, Etc. Whether you are currently active or feel that you are ready to get moving, Aerobics, Etc. has a program for you. Rebecca Schock De Pasquale, owner, Aerobics, Etc., will highlight how Aerobics, Etc. can help you. She will provide an overview of classes and demonstrate equipment. Rebecca will also discuss how to modify exercise to meet your needs and offer new insights on the health benefits of daily exercise and a good diet. *Registration for the open house is required. Call 215-753-2000. Free.*



Beverly Richards, Ph.D.

Menopause Seminar Series

Tuesdays, March 31, April 7, 14, 21, & 28

6:30 - 8 p.m.

Board Room, CHH

This empowering, interactive series, facilitated by psychotherapist Beverly Richards, Ph.D., explores the physical,

emotional, and lifestyle transitions before, during, and after menopause. Enjoy the luxury of informative, quality time with medical experts Lynda Thomas-Mabine, M.D., gynecologist; Carol Lawlor, D.O., family practitioner; and Chris Tzarnas, M.D., plastic surgeon. Each of the six seminars includes important information, homework, and completion of a personalized action plan. *Registration is required. Call 215-753-2000. Cost: \$50 for 5 sessions.*



Keeping Your Bladder Healthy

Monday, April 20

6:30 p.m.

Lea Auditorium, CHH

Is your bladder running your life? Do you have mild or severe leakage and are always going to the bathroom? If you suffer from mild or severe incontinence, urinary frequency or overactive bladder, you don't have to suffer. Help is available. Diane Smith, nurse practitioner and continence specialist at the Women's Center, discusses preventive measures and medical treatments. Non-surgical treatments and self-care solutions are also presented. *Registration is required. Call 215-753-2000. Free.*

Linda Creed—Free Breast Cancer Screening

Thursday, May 14

4 - 7 p.m.

Women's Center

Early detection of breast cancer saves lives. The Women's Center will host the Linda Creed Breast Cancer Foundation, to provide mammograms, a physical breast exam by a physician and instruction in breast self exam. Free for women over age 40 who meet eligibility requirements of not having insurance or whose insurance doesn't cover mammograms. *Appointment required. Call 215-248-8395.*

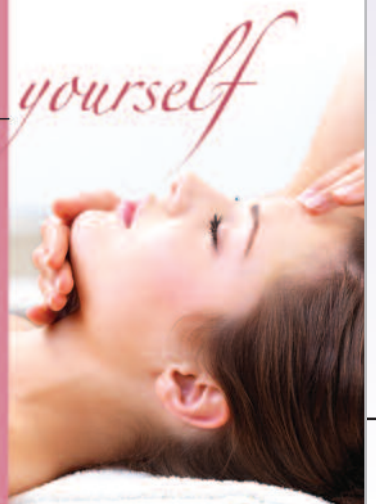
TREAT

yourself

to a therapeutic massage
at the Women's Center

20% off
a one-hour massage

*One per person. Not valid with
other discounts. Expires May 30.*



REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for programs now accepted by phone.



Alternative Treatments for Gynecological Issues

Wednesday, June 10

6:30 p.m.

Lea Auditorium, CHH

Marialisa Lambert, M.D.

Making a smooth transition to menopause and living a healthy and active life in the subsequent years is easier said than done. In this informative session Marialisa Lambert, M.D., will speak on both alternative and conventional treatments for the symptoms of menopause, including bio-identical compounds and the important lifestyle changes that will help you make the best of your "golden years". *Registration is required. Call 215-753-2000.*

Surgical and Nonsurgical Options for Facial Rejuvenation

Tuesday, May 19

6:30 p.m.

Lea Auditorium, CHH

This seminar presents an opportunity to hear all your options for re-gaining a younger looking face. Everything from facial fillers to botox to plastic surgery will be introduced. Hear plastic surgeons, Chris D. Tzarnas, M.D., and Aron D. Wahrman, M.D., discuss the latest in facial rejuvenation options. *Registration is required. Call 215-753-2000. Free.*

WEIGHT LOSS SURGERY CAN *change your life.*



If you're more than 100 pounds over your ideal weight, please join us for an informational session. Or if you've already had surgery and would like ongoing encouragement, join us at a support group meeting.

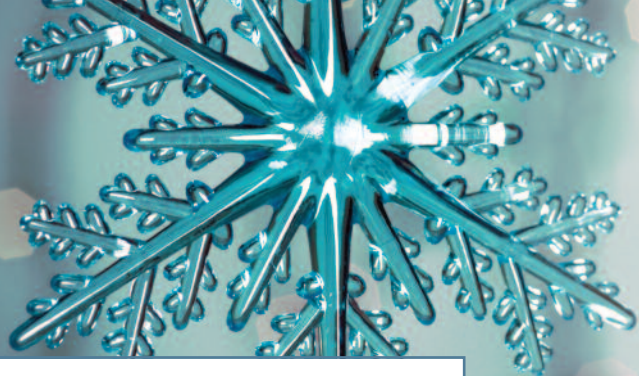
Call 215-753-2000 for this month's programs.



CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

8835 Germantown Avenue
Philadelphia, PA 19118
chhealthsystem.com



SUPPORT GROUPS

Weight Loss Surgery Support Group

Wednesdays, February, 11; March 11; April 8;
May 13; June 10
7-8 p.m.

Williams Conference Room, CHH

Join us for a monthly get-together where we'll share information for those who have had weight loss surgery and learn from others' experiences. Guest speakers will discuss current news on issues including lifestyle modification, nutrition and exercise and provide ongoing support. *Registration is required. Call 215-753-2000.*

Man to Man Prostate Cancer Support Group

Third Thursday of the month
8-9 a.m.

Williams Conference Room, CHH

A networking group for men diagnosed with prostate cancer designed to provide education, support and encouragement. Spouses and partners welcome. Facilitated by Amanda Zavodnick, M.S.W., L.C.S.W., oncology social worker. *To register or for more information, call 215-248-8047.*

Breast Cancer Networking Group

Fourth Tuesday of the Month
5:30-7 p.m.

Williams Conference Room, CHH

This small, emotionally supportive group is offered to women living with a diagnosis of breast cancer. Facilitated by Amanda Zavodnick, M.S.W., L.C.S.W., oncology social worker. *Registration is required. Call 215-248-8047.*

New Moms Support Groups

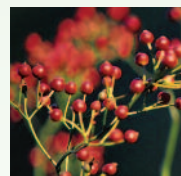
Tuesdays beginning February 18
10:30 a.m. – 12 p.m.

Contact Jeanine O'Rourke, M.S.W.,
or
2:30 – 4 p.m.

Contact Susan Schack, Ph.D.
Volunteer Conference Room
1st floor, CHH

The Center for Postpartum Depression at Chestnut Hill Hospital is pleased to offer two new support groups to support new moms. Both groups will be run by experienced mental health professionals who really "get it" when it comes to new motherhood and juggling relationships, extended family, work/family balance and self-care.

If you are experiencing "new mom challenges" that often heighten anxiety and involve hormonally driven depression, join us for an informative and supportive forum to connect with other moms. Infants are welcome. \$30 per session (flexible based on need). *Registration is required. Call Dr. Schack, 646-265-2484, or Ms. O'Rourke, 215-206-2931.*



REGISTRATION REQUIRED FOR ALL HEALTHY WOMAN PROGRAMS. CALL 215-753-2000 UNLESS OTHERWISE NOTED.

Credit card payment for programs now accepted by phone.

FITNESS PROGRAMS

Exercise at Aerobics, Etc.

On-going exercise classes for seniors

The First Presbyterian Church of Springfield
Mill Road and Bethlehem Pike, Flourtown

Senior Circle members receive prizes for participation. Informed consents and waivers must be signed prior to participation in the classes. For more information see "Introduction to Customized Exercise for Seniors: Open House at Aerobics, Etc" on page 6. Call 215-356-5500 for more information, or to register. The first class is free.

Golden Yoga—A Breathing, Stretching and Relaxation Class

Fridays, 2:30-3:30 p.m.

Lea Auditorium, CHH

Registration for 4 classes at a time required.

Golden Yoga is Classical Yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The program includes postures, breathing, relaxation and meditation techniques, all performed while sitting in a chair and standing. Instructor Barbara Levitt has been teaching yoga for the past 30 years and has even taught people in their 90s. Registration is required. Call 215-247-3029. Cost: \$20 for 4 classes per month.

Tai Chi

Tuesdays and Thursdays, 8:30 – 9:30 a.m.

Chapel, Montgomery Rehab Center
8601 Stenton Avenue, Wyndmoor

Classes, for the novice or beginner/intermediate student, are designed to improve balance, power, posture, coordination, flexibility and mental focus. Slow, gentle movements are modified to most everyone's abilities. For more information or to sign up for a free introductory class, call 215-233-9004.

Cost: \$7 per class/paid monthly.

