Maternity Care You Can Trust, Close to Home

New Travel Medicine Program Keeps You on the Move

Advanced Hand Treatments Get You Back to Work

Controlling Chronic Pain Without the Pills
Dear Friends,

At Circle Health and Lowell General Hospital, spring is a special time of year. For the past 18 years, Team Walk for CancerCare has brought thousands of people out onto the streets of downtown Lowell, raising millions of dollars to support cancer patients in the process.

Team Walk is just one more way we can provide and support the highest level of care close to home, from prevention to treatment and on through recovery. We call that Complete connected care, and in this edition of For Your Health, you will find several more great examples of what that really means.

A particular focus of this issue is on our maternity care. Each year, more than 2,500 babies are born at Lowell General Hospital. Welcoming a new baby is a life-changing experience, and generations of families have entrusted us with this important responsibility because they know our talented physicians, nurses and staff will provide family-centered care in a comfortable and convenient setting.

At Circle Health, we will continue to identify ways we can take care of you and your family with clinical care, community support and strategic partnerships that will make Greater Lowell a better – and healthier – community for all of us.

Be well,

Joseph (Jody) White
Chief Executive Officer, Circle Health

---

**Welcoming New Providers to Circle Health**

At Circle Health, we’re dedicated to meeting the growing needs of our communities. That means expanding our network of physicians who are committed to keeping you healthy, providing expert care and treating you with the attention you deserve. With more physicians, we can accept new patients and maintain the Complete connected care™ that is the promise of Circle Health. All of the following physicians are accepting new patients.

**Darshana Apte, MD**
Specialist
Obstetrics and Gynecology, Board Certified
Lowell Community Health Center
Lowell
978-937-9700

**Douglas Fritz, MD**
Primary Care Physician
Pediatrics, Board Certified
Global Care Medical Group
Lowell and Tewksbury
978-453-8261

**Stephanie Oliva, MD**
Primary Care Physician
Family Medicine, Board Certified
Merrimack Family Medicine
Tewksbury
978-851-4141

**John Schorge, MD**
Specialist
Gynecologic Oncology, Board Certified
Cancer Care Associates
Lowell
978-937-6258

---

**Need a physician?**

For information on more than 700 physicians in over 30 specialties, call an advisor 24/7 at 1-877-LGH-WELL (1-800-544-9355) or visit www.lowellgeneral.org/findaphysician.

To learn more about our new primary care physicians, visit circle-health.org/newPCPs.
To learn more about our new specialists, visit circle-health.org/newspecialists.
Circle Health Awards Grants to Address Public Health Priorities Across Greater Lowell

Each year, hundreds of members of the Greater Lowell community come together to support public health initiatives across Greater Lowell at the Circle Health Ball for Community Health Initiatives.

This year was no different, as the 13th annual Circle Health Ball for Community Health Initiatives in March brought together more than 600 guests and raised more than $400,000 to address some of the most pressing health issues facing residents of this region.

Circle Health had an added advantage this year in determining how to distribute this money in a way that will make the biggest impact – the region’s first Community Health Improvement Plan, or CHIP.

The CHIP, a long-term, systematic effort to address public health issues in the community, sets priorities, coordinates efforts and targets resources. Using this plan as a guide, Circle Health sought grant applications to address several areas – mental health, asthma, substance use and prevention, physical activity, social determinants of health and access to healthy food.

From 19 applications, three grant winners were chosen. They are:

**UTEC**
UTEC’s “Core Competency Initiative” will formalize and measure the skills that young adults build to navigate life successfully by focusing on five key areas: Connection, Reflection, Health, Ambition and Power.

**Community Teamwork Inc.**
Funding will expand the visibility and impact of CTI’s Farmers’ Market, increase the diversity of vendors to represent Lowell’s immigrant communities and provide transportation to populations that have traditionally had difficulty reaching the market.

**Megan’s House**
The grant will be used to support professional development for substance use disorder professionals to advance their knowledge of co-occurring mental health disorders. It will also help bilingual staff earn alcohol and drug certification to better serve Latina residents.

In addition to these grants, a Fund-a-Need call for donations raised an additional $52,000 for Mill City Grows, which has committed to provide Lowell with in-school garden and nutrition education, donate 3,000 pounds of food to emergency food programs, conduct outreach events targeting low-income residents, distribute coupons for free or discounted vegetables at schools and events, and host Farm to Table cooking classes for students.

“Each year, the Circle Health Ball for Community Health Initiatives brings out the best in the Greater Lowell community, evidenced once again by this year’s overwhelming support,” says Jody White, CEO of Circle Health and Lowell General Hospital. “These grants and Fund-a-Need will provide vital support to four incredible organizations who are working every day to address some of the most pressing health concerns in our region. At Circle Health, we remain committed to forging strategic partnerships to improve the overall health of all the communities we serve.”

The Ball was once again hosted by event co-chairpersons Drs. Lija Joseph and Jeremy Moses. The Diamond Level sponsor was Enterprise Bank, and Sapphire Level sponsors were Commonwealth Radiology Associates, Merrimack Valley Emergency Associates and Remedium Pharmacy.

The Circle Health Ball was established in 2006 by Lowell General Hospital, its dedicated medical staff and concerned members of the community to generate awareness and funds to help address significant health issues facing our community.

For more information about the Greater Lowell Community Health Improvement Plan, visit www.greaterlowellhealthalliance.org/chip.
New Travel Medicine Program Can Keep You On the Move Across the World

Traveling to another country can be an exciting adventure. To help ensure travelers stay healthy and free from illness while traveling abroad, Circle Health’s Urgent Care centers in Billerica and Westford now offer comprehensive Travel Medicine services for adults and children, including all necessary vaccinations and prescriptions for recommended medications.

Dr. Roxanne Latimer, Medical Director of Urgent Care, discusses what patients need to know about the benefits of using Circle Health’s Travel Medicine service.

Why is Travel Medicine important?
Safety and prevention. Part of planning for an international trip should include protecting one's health from possible infections that could make you sick, as well as taking precautions against other problems such as traveler's diarrhea and altitude sickness. We try to protect everyone, no matter where they are in the world.

What happens at a Travel Medicine visit?
A physician will review the patient's itinerary, current medical conditions and medications, and then outline the required and additional recommended vaccines for the particular country being visited. If the destination carries risk for infection from water, food or mosquitos, the patient will also receive prescriptions for anti-diarrheal and anti-malarial medicines. A nurse will then administer the vaccines. No appointment is needed. Patients can simply walk in at their convenience or schedule online with advance check in.

How long before traveling should someone be vaccinated?
In general, one month in advance of the trip, as it may take several weeks to achieve full immunity. However, some vaccines, such as Japanese encephalitis, do require more time to take effect.

Does insurance cover the cost of the vaccines?
Travel vaccines are elective and usually not covered by most insurance companies, except for those commonly administered in the U.S. such as hepatitis and influenza. Most insurances will cover prescriptions for anti-malarial, traveler's diarrhea and altitude sickness medicines. We will provide costs for each vaccine and medication.

What are some tips to avoid traveler's diarrhea or infection from mosquitos?
Travelers should be very cautious about drinking water in third world countries. Avoid ice cubes, and try not to ingest any water when taking a shower or brushing your teeth – use bottled water instead. In areas with a risk of malaria, wear clothing with long sleeves, pants and hats, and use netting. An insect repellent with DEET is the most effective for preventing bites.

What about patients who do get sick from their trips?
We treat a lot of post-travelers who did not get vaccines or medicines in advance. They can visit us at one of our Urgent Care centers, and we will help them make it through an illness.

To learn more about Circle Health Urgent Care or to schedule an appointment online, visit www.circle-health.org/travelmedicine.

Coming Soon to Dracut!
We are pleased to announce that Circle Health Dracut will open in late 2018.

Corner of Broadway (Route 113) and Loon Hill Road.
The new outpatient facility will offer key services including:

Circle Health Urgent Care  •  Lowell General Hospital Patient Service Center Diabetes and Endocrinology Specialty Services  •  OB/GYN physician practice Primary care providers

For more information on Circle Health Dracut, please visit www.circle-health.org/dracut

For more information, visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355)
We often take our hands and arms for granted. Few parts of the body get more voluntary use, and we simply expect these tools will do the job.

But when their function is impeded by pain, stiffness, numbness or injury, we are quickly reminded how important they are in our daily lives.

Many afflictions of the hand are temporary and heal on their own. It’s time to see an orthopedic hand specialist when the pain and symptoms are significant enough to impair your ability to perform normal activities, says local surgeon Dr. Steven Alter.

Patients experiencing these issues have access to three talented hand specialists in Dr. Alter, Dr. Kevin Tomany and Dr. Elizabeth Gennis, all affiliated with Circle Health and based in the Chelmsford area. Each physician is an upper-extremity specialist, which means they are experts in treating conditions from the shoulder down.

Some of the most common conditions these specialists see are arthritis, carpal tunnel syndrome, trigger fingers, tendinitis, fractures and strains.

Most of these conditions can be treated with medication, injections, physical therapy and/or bracing, Dr. Alter says. For those that require surgery, the procedures are largely done with minimally invasive techniques that require only local anesthesia, sending patients home that same day.

“Many of you think (hand surgery) is more painful than it is,” Dr. Alter says. “We do a lot of surgery that doesn’t require a lot of pain medication. Patients are often moving right away, without immobilization or casting. We get them back to their activities as soon as possible.”

While some surgeries still require anesthesia, Alter now uses an injection of epinephrine that eliminates blood loss, allowing him to perform the procedure while a patient is awake and alert.

“During many surgeries I do, patients are talking and moving their fingers,” Dr. Alter says. “It has changed the way we operate in many cases, and has made the process much easier for patients.”

A common misconception of hand surgeons is that they just focus on the hands. While hands comprise the majority of the cases these orthopedic surgeons see, they also see patients dealing with elbow and shoulder pain and mobility issues.

One of the newest advances for these specialists is a new type of shoulder replacement surgery, Dr. Alter says.

Though not common, some individuals will suffer from a rotator cuff tear that is accompanied by an arthritic joint, severely compromising the joint’s function. Previously, there was no good treatment for these patients.

Dr. Alter performs what is known as a reverse shoulder replacement that changes the biomechanics of the shoulder, resulting in decreasing pain and increased range of motion a week after surgery.

For a condition called basal joint arthritis, which causes pain at the base of the thumb, Dr. Tomany is a recognized expert in an advanced technique called wrist arthroscopy. Using a telescope rather than large incision, he is able to shave away bone to get the joint moving, with about half the recovery time. Dr. Tomany is now teaching the technique to fellowship students at Yale University.

“People today can’t afford downtime,” Dr. Tomany says. “The care we provide is something patients can have confidence in, and for follow-ups you can stay close to home.”

To learn more about the advanced orthopedic services offered by Circle Health physicians, visit www.lowellgeneral.org/orthopedics.
You may have heard about individuals who take medications to help regulate their thyroids, but what does this gland actually do? Located in the front of our necks, the thyroid gland secretes a hormone that regulates our metabolic rates (the rate at which our bodies convert food to energy). Therefore, this vital gland affects almost every single organ in our bodies.

It’s important to have your thyroid checked at your annual exam. If you have any symptoms such as swelling in your neck for over two weeks, trouble swallowing, or a scratchy voice for an extended period of time that’s not caused by a cold or virus, you may have thyroid nodules. These nodules are an abnormal growth of thyroid cells that form a lump within the thyroid gland. Your doctor may send you to a specialist, called an endocrinologist, for further follow up.

Thyroid nodules are a very common condition, affecting over 50% of women and more than 20% of men over the age of 50. There are many factors that can cause thyroid nodules, and often they are caused by a hormone imbalance. Fortunately, about 85% of these nodules are non-cancerous, or benign.

The thyroid biopsy program at Lowell General Hospital Saints Campus is the first of its kind in the Merrimack Valley. This coordinated care between endocrinologists, pathologists and surgeons provides timely consultation and evaluation in a single visit.

“Our multidisciplinary collaboration improves patient care by providing rapid on-site performance and evaluation of the nodule biopsies,” says Dr. Anca Staii, Endocrinologist with Lowell General Hospital. Dr. Staii, along with Dr. Miguel Ariza, perform biopsies with a member of the pathology team who can give immediate analysis.

“What would take other institutions days or weeks, we can do in a single visit,” says Dr. Ariza. “This reduces the chance of needing patients to come back in for an additional biopsy if more cell samples are needed, and relieves patients’ anxiety as they can get an immediate diagnosis and course of care.”

Fortunately, thyroid cancer is highly treatable with surgery. Cancerous or otherwise suspicious nodules are removed and additional treatment with radioactive iodine therapy (an oral pill taken at the endocrinologist’s office) may be prescribed to kill any cancer cells that may remain.

“We will continue to follow and treat these patients as needed,” says Dr. Staii. “The collaboration with our pathologists to give these results on-site and our connection into Circle Health surgical specialists is how we provide Complete connected care to our patients.”

The Diabetes and Endocrine Center opening soon in Dracut!

We are excited to join our endocrinology services and diabetes management programs into one central location. Opening this September at 9 Loon Hill Road in Dracut, Dr. Miguel Ariza and Dr. Hayward Zwerling from the Lowell Diabetes and Endocrine Center and Dr. Anca Staii from Endocrinology Associates of Greater Lowell will join the entire clinical team from the Diabetes Management Center at this new location. All of these providers are accepting new patients.
After developing complications following surgery for a hernia in 2011, Frank Ciaravolo’s quality of life quickly deteriorated under a constant barrage of debilitating nerve pain.

Until then, he had led an active life, working as a chef for 37 years, and avidly pursuing his passion for gardening. But the chronic pain, combined with electrical shock-like sensations, impaired his ability to function, and he was soon forced to give up his job.

“Even daily chores such cooking, laundry or shopping became very difficult to do,” Ciaravolo says, “and the shocks made it hard to sleep.”

Ciaravolo consulted with numerous physicians, all of whom attempted — unsuccessfully — to manage his condition through opiate-based medications, which did little for the pain and left him in a haze of drowsiness. Determined to find a solution, Frank turned to the Pain Management Center at Lowell General Hospital. He met with Dr. Benjamin Henkle, who recommended a new treatment: DRG (dorsal root ganglion) therapy, which uses an implantable device to modify pain signals to the brain.

DRG therapy involves a minimally invasive surgical procedure, in which a small generator is implanted under the patient’s skin. Thin, insulated wires carry electrical impulses from the generator to a patient’s dorsal root ganglion, a cluster of nerve cells in the spine that regulate signals and sensations as they travel to the brain.

Patients who are undecided about the therapy can be fitted with a temporary device, allowing them to determine its effectiveness for pain prior to undergoing an implant.

“This truly is a ‘set it and forget it’ type of treatment, which doesn’t require maintenance or active involvement from the patient,” says Dr. Henkle. “They no longer have to constantly think about their chronic pain and dysfunction and can move on with their lives.”

The treatment has transformed Ciaravolo’s life. His level of pain has decreased by about 85 percent and the electrical shocks have disappeared completely. He stopped taking all of his pain medications, and is steadily regaining his independence and ability to do daily activities.

“I wasn’t able to move or take a step,” he says, “but now I can get up and walk, which is fantastic.”

“Our goal for patients who undergo this procedure is to get them off all of their opiate pain medication,” Dr. Henkle says. “Most of these patients will get 70 percent or more pain relief from DRG therapy, and in general, opiates will not continue to be part of the treatment plan.”

Ciaravolo’s level of pain will continue to decrease as the DRG therapy fully takes effect. He is optimistic about his future, and potentially going back to work.

“More than anything, I’m glad to be off the opiates,” he says. “My friends have seen a difference and I’m much happier.”

For more information about DRG therapy and the Pain Management Center at Lowell General Hospital, visit www.lowellgeneral.org/painmanagement.
When Labor was Laboring, Lowell Mom Put Her Trust in The Birthplace

When it was time for Elizabeth Boyle to start planning a family with her husband Scott, it was important for her to find the right place to have her baby, and the best physician to bring her new child into the world.

The decision where to have her baby was an easy one – having babies at The Birthplace has been somewhat of a family tradition. Boyle’s mom Annette Steinberg is a longtime employee of Lowell General Hospital, and her three nephews were born here.

But this is also where she found the perfect obstetrician for her care as well.

“It’s all about the confidence you have in your care – that’s what made my pregnancy and childbirth experience so special,” she says. “My obstetrician Dr. (Kiran) Raju knew just how to deal with all my anxieties and questions, and even gave us a personal tour of the maternity unit before I delivered. He was exactly the doctor I needed him to be.”

After a fairly normal pregnancy, Boyle felt well prepared when the time came. But, as with all births, sometimes labor can be long and intense, or sometimes very quick.

Her little girl Summer? She decided to take her time.

Boyle arrived at The Birthplace on a Monday, but ended up returning home to wait a little longer. When returning later that evening when labor was more advanced, the calming manner of the Labor and Delivery nurses, with Dr. Raju right there to explain the next steps, put her at ease. When her labor stalled for some time, she credits the expert communication between Dr. Raju and his colleague Dr. Maureen Cook for keeping her mentally prepared, even if she needed to have a C-Section.

No matter what, she always knew her care team would keep her and her baby safe.

“Dr. Cook had such a tremendous rapport with my nurse, and even when things seemed out of my control, my husband Scott was right there and everyone coached me on. That gave me such a great sense of calm,” says Boyle.

And then Baby Summer arrived.

Family-centered care is at the heart of The Birthplace, and everyone – the physicians, nurses, and support teams – make sure family members feel part of the experience before and after baby is born.

“What made my experience so special was the bond with my nurses,” Boyle says. “I felt like I could have been friends with them. My first nurse Shannon gave me the best pep talks when the longevity of my labor started to take its toll. I think she may have been as sad as I was that I didn't have my baby before her shift ended. My second nurse Katelyn was so nurturing and supportive. I really felt like the three of us were a team.”

Boyle also has high praise for the professional support, care and education she received after delivery. From swaddling to bathing to breastfeeding support, she was given the tools and resources to help her return home with her new bundle of joy.

To learn more about the services and programs at The Birthplace, or to take a virtual tour, visit www.lowellgeneral.org/birthplace.

Elizabeth Boyle, of Lowell, holds her newborn, Summer.
How to Choose the Right Obstetrician for Your Special Delivery

Dr. Michelle Cochran, Chief of Obstetrics and Gynecology at Lowell General Hospital, has delivered thousands of babies in her 17 years of practice. Here, she answers common questions about the role Obstetricians (OBs) have before, during and after pregnancy, and how to find one that’s the perfect fit for you and your growing family.

What role does an OB play in pregnancy?
An obstetrician has specialty training in pregnancy, childbirth, birth control and women’s health. Your obstetrician takes care of you throughout your pregnancy, monitoring you and your unborn baby’s health through testing and providing specialized care for any possible health conditions that could affect your pregnancy such as high blood pressure or diabetes. He or she will work with you on diet, exercise, and help you cope with common pregnancy symptoms such as morning sickness and back pain.

They will also work with you on developing a birth plan and discuss pain options during labor. When the big moment arrives, the obstetrician works closely with your labor and delivery nurses to monitor progress and keep you and your baby safe. After delivery, your OB will provide follow up care; in fact, many women stay with their OB for gynecologic care throughout their lives.

When is the right time to choose an OB?
You should start looking for an OB when you first find out you are pregnant. Usually, visits will begin around 8-9 weeks into your pregnancy. Or, if you are higher risk due to chronic disease or earlier miscarriage, you will be seen earlier.

How do I begin the search?
You want to talk to friends, your PCP, etc. to get referrals, and make sure you are comfortable with the provider’s communication style. You want to consider the location of the provider as you will have more frequent appointments as your get closer to your due date. Also, you want to check to make sure the provider accepts your insurance and delivers at your preferred hospital.

What qualities should I look for in an OB?
Education and experience are important; you want to find someone who is board certified in Obstetrics and Gynecology. Every provider has a different style, so you want someone you can really relate to; one who is understanding that new moms and their support persons have lots of questions and concerns. Many OB/GYNs are in a group practice, where you will get to meet different OBs, nurses and midwives and doctors. The doctors and midwives in a group practice often share on-call duties.

How often will you visit with an OB during pregnancy?
Typically you’ll have one visit every 4 weeks in the first 7 months, then every 2 weeks, and then weekly at the end of your pregnancy. If your pregnancy requires additional monitoring, for example, if you have diabetes, your visits will be more often.

To learn more about our maternity services and providers at The Birthplace, visit www.lowellgeneral.org/maternity.
For 18 years, funds raised by Team Walk for CancerCare have gone directly to cancer patients in need. This could mean money for a prescription, paying off a utility bill or a Make a Memory grant that makes a patient’s wish come true.

In the past year, Team Walk and the Cancer Center at Lowell General Hospital used these funds to take the Cancer Center’s support for patients to a new level. In partnership with Body Destinations, a Tyngsborough-based integrative therapy business, the Cancer Center participated in a year-long, grant-funded oncology survivorship program called Bridge to Wellness.

In the months after acute treatment, many patients will continue to experience problems with functional ability, sleep, rest, strength and fatigue, unmanaged nausea and pain, constipation and neuropathy.

The Bridge to Wellness program offers a patient-centered approach throughout the care and treatment journey by using integrated therapies before, during and after cancer treatment. Claudia Antolini, the recently retired Director of Operations at the Cancer Center, worked with Body Destinations CEO Brandi Giles to bring this innovative program to Lowell General.

“The first year after conventional cancer treatment is a critical time,” Antolini said. “Providing well-established education, resources and facilitators is crucial. It is our belief that cancer patients are more likely to report a greater sense of well-being with fewer complications when enrolled in this comprehensive program.”

Integrative care provides a host of therapies and practices designed to meet the needs of the individual patient. This can include but is not limited to physical therapy, massage therapy, meditation, yoga and exercise.

Body Destinations therapists also visit the Cancer Center’s infusion room several times a week, giving hand and foot massages while engaging with patients undergoing chemotherapy.

The American College of Surgeon’s Commission on Cancer will soon require all major healthcare facilities to provide an active cancer survivorship program to promote patient-centered cancer care once their acute treatment commences.

As part of our promise to provide Complete connected care, and thanks to the commitment of thousands of walkers who come out for Team Walk each year, Lowell General Hospital continues to offer this survivorship program to cancer patients free of charge.

“It’s time cancer patients are given a better quality of life,” says Giles, founder of Body Destinations and its affiliate company MENDWELL, a company focused on oncology care and treatment. “This continuity of care for oncology patients enhances communication among providers and creates a template for managing integrative survivorship programs.”

To learn more about the Bridge to Wellness program, visit www.Wellship.life. To learn more about the patient-centered care provided at the Lowell General Hospital Cancer Center, visit www.lowellgeneral.org/cancer.
Walk – Volunteer – Sponsor!
Every step you take will make a cancer patient’s fight a little easier.

Register Today!
For more information or to register, please call 978-937-6434 or visit www.teamwalk.org

Lowell General Hospital
TeamWalk
FOR CANCERCARE

www.teamwalk.org or 978-937-6434
Getting Ready for Baby

Birthplace Tours
*Monthly tours, Times vary, FREE*
Your guide will answer questions as you visit The Birthplace, including our labor and delivery area, mother and infant area, nursery and special care nursery.

Boot Camp for New Dads®
*Saturday, June 2, 9:00am-12:00pm, $25*
This nationally-recognized workshop is taught by fathers and is for men only. Rookie dads (men expecting their first baby) are oriented to the joys and challenges of fatherhood with the help of a coach and veteran dads with their newborns.

Breastfeeding Class
*Monthly classes, Times vary, FREE*
Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and more.

Prenatal Wellness Package
*$149.99/6-week session*
Develop your body for the changes it will experience during pregnancy through strength training. Presented in partnership with SLS Fitness in Lowell.

Quit Smoking for Your Baby Webinar
*To view, visit www.lowellgeneral.org/health, FREE*
Learn the facts about the dangers of smoking while pregnant, secondhand smoke, the importance of having everyone in the family quit and strategies for quitting.

Tdap Vaccine Drop-In Clinic
*Monday, July 9, 5:00-7:00pm, FREE*
This drop-in clinic is open to expecting mothers, spouses or significant others, grandparents, babysitters, aunts and uncles as well as friends of the family who are in close contact with infants.

Childbirth Classes

- Hypno-Birthing®
- Six-Week Prepared Childbirth
- Teen Prepared Childbirth
- Weekend Prepared Childbirth available in English and Spanish
- Online Prepared Childbirth available in English and Spanish

Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child. Space is limited and registration is required. *Birthplace tours included.*

Did you know that many insurance companies cover the cost of Childbirth Education? Financial assistance may also be available by contacting Community Health and Wellness at 978-788-7224.
Parenting

Hidden in Plain Sight
Wednesday, September 12 or Thursday, September 13, 12:00-2:00pm, FREE
Explore a mock teenager’s bedroom to see and identify drug paraphernalia and hiding places along with other signs that may indicate alcohol or other drug use by a teen.

Infant Massage
Tuesday, June 19, 12:30-1:30pm, $15 per family
Infant massage is a centuries-old tradition that offers benefits such as bonding, better sleep, improved colic, relaxation and better digestion.

Itsy-Bitsy Movin’ and Groovin’
Fridays, 10:00-11:15am, FREE
Explore new and different ways for parents and babies to utilize music and movement to benefit development and attachment. Infant sign language will be introduced and used in the songs each week.

New Moms Support Group
Tuesdays, 10:00am-12:00pm, FREE
A drop-in support group for new mothers and their babies. This group, lead by Registered Nurses/Lactation Consultants, provides a place to come with your questions and concerns or just to meet other new mothers. It is open to all mothers and their babies regardless of feeding preference.

Kids and Teens

Babysitting Basics Plus CPR
Saturday, June 16, July 7, or August 11, 9:00am-1:00pm, $60
Boys and girls ages 10 and older will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

Careers in Healthcare Tour
Wednesdays, July 11 or August 8, 7:45am-12:00pm, FREE
Are you interested in a career in healthcare? If so, we invite you to tour with us. The tour provides an opportunity to meet hospital staff and view many departments including the operating room, emergency room, the Birthplace, Heart & Vascular Center and more.

Comprehensive Weight Management Program for Teens
Join this fun and interactive wellness program that supports teens in becoming balanced, active and mindful young people. In a group setting, 11-18 year-olds learn how a balanced lifestyle can lead to improved health, weight and self-confidence over a 10-week period. Two assessment visits are included. Presented in partnership with Floating Hospital for Children at Tufts Medical Center.

Personal Safety and Self-Defense for Teens
Saturday, July 28, 8:45am-1:00pm, FREE
Teens will learn about safety awareness, risk reduction and how to react to an attack with basic self-defense skills. This workshop includes a safety lecture followed by an array of personal safety techniques and self-defense skills.

Parents Wanted! Looking for Parents to Host Table Talk Events
The Substance Abuse Prevention Collaborative in Greater Lowell is looking for parents of tweens and teens to host a “Table Talk” event. All events are led by a professional facilitator. Invite fellow parents to your home to discuss underage drinking and drug use in your community. Attendees at events will:

- Learn new information about underage drinking and other drugs
- Share challenges and hear ideas for prevention
- Get practical tips to use at home and to share with others

Contact Maria Ruggiero, 978-851-7373, ext. 352, for more information or to set up an event in your community.

World Breastfeeding Week Celebration
Thursday, August 2, 4:30pm-6:30pm, FREE
Expectant and new mothers are invited to enjoy a celebration of breastfeeding at this open house style event. Participants will learn about the many benefits of breastfeeding as well as receive education and breastfeeding giveaways from local community organizations. Light refreshments will be served.

Gift Shop

Can’t visit our gift shop in person?
Call us at 978-937-6373 (Main Campus) or 978-934-8499 (Saints Campus) or place an order online at www.lowellgeneral.org/giftshop

Youth Six-Week Wellness Package
$99.99/6-week session
Children ages 7 and up can increase physical activity by trying a combination of surfing, boxing and boot camp classes in this wellness package. Classes are held three days per week. Presented in partnership with SLS Fitness in Lowell.

For a full description or to register for these and other programs, classes and support groups, please visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355)
Managing Disease

Chronic Disease Self-Management Program
Mondays, June 18-July 30*, 1:00-3:30pm, FREE
Adults of any age who are living with the challenge of one or more persistent health conditions will learn ways to set and meet personal goals, identify techniques that can improve quality of life and more.
*No class July 2.

Parkinson’s Disease Wellness
Visit www.lowellgeneral.org/health for dates
Classes are designed for people with Parkinson’s Disease who want to improve their mobility and strength in a supportive environment. Presented in partnership with SLS Fitness in Lowell.

Powerful Tools for Caregivers
Tuesdays, August 28-October 2, 1:00-3:30pm, FREE
This educational program helps family and friends caring for older adults with long-term health conditions (e.g., stroke, Alzheimer’s, Parkinson’s disease, and others) or for grandparents raising their grandchildren. Powerful Tools helps caregivers develop skills and confidence to better care for themselves while caring for others.

Education Classes and Certifications

Introduction to Personal Safety & Self Defense for Women
Saturday, September 15, 9:00am-1:00pm, FREE
This women’s only workshop teaches safety awareness, risk reduction and how to react to an attack with basic self-defense skills.

Joint Replacement Education
Weekly, Mondays, 11:00am-12:00pm, FREE
Monthly, Mondays, 4:00-5:00pm, FREE
Are you having your hip or knee replaced? Attend one of our education classes to learn what to do before surgery, what will happen on the day of your surgery, what will happen during recovery and tools for case management and discharge planning. Seats are limited. Call 978-942-2253 to register.

Small Steps That Make Big Changes
Wednesday, June 13, 6:00-7:30pm, FREE
Learn the difference between fat loss and weight loss, how to focus on fat loss, how to exercise smarter and how to cut through all the media hype and confusion. Presented in partnership with SLS Fitness in Lowell.

Self-Defense for Women
July 23, 25 and 27, 5:30-9:30pm, $25
This three-day course utilizes RAD (Rape Aggression Defense) approach to provide self-defense education for women, focusing on awareness, risk reduction and options for physical self-defense.

Support Groups
Lowell General Hospital offers a variety of support groups for both the public and patients. Our support groups include a range of areas, from diabetes and sleep disorders, to cancer, heart disease, stroke and more!
For more information, visit www.lowellgeneral.org/supportgroups.

Nasal Narcan Training
Monday, July 23, 6:00-7:30pm, FREE
Join Jonathan Drake, MD, MS, FACEP, Medical Director of Emergency Medicine and Emergency Medical Services, and Lowell General Hospital Paramedics for a free training on how to administer the overdose-reversal drug nasal naloxone, commonly referred to as Narcan.
**Fitness**

**Gentle/Moderate Yoga**
Tuesdays, May 15-July 3* or July 10-September 4, 5:00-6:00pm, $85  
Wednesdays, May 16-June 27* or July 11-September 5, 5:00-6:00pm, $85  
Learn to create breath awareness, enhance balance, increase flexibility and bring about inner peace.  
Classes include basic breathing practices, as well as a variety of standing, sitting and lying postures.  
*No class June 12, August 7, 8, 21 or 22.

**PiYo™**
Mondays, June 4-July 16*, 5:45-6:45pm, $50  
PiYo is designed to build strength and gain flexibility with intense choreography that’s fun, challenging and will make you sweat.  
*No class July 2.

**YangTao™ Tai Chi – Long Form**
Thursdays, June 7-July 26 or August 2-September 20, 6:00-7:00pm, $70 per 8-week session or $10 per class drop-in fee  
YangTao Tai Chi is a unique blend of two popular Tai Chi forms to enhance the healing qualities of this moving meditation. It can help you reduce stress, improve balance (physical, mental, spiritual), regain lost range-of-motion, slow the aging process and enhance quality of life.

**Zumba®**
Thursdays, June 7-July 12 or August 30-October 4, 5:30-6:30pm, $50  
Interval training sessions are combined with fast and slow rhythms and resistance training to sculpt your body while burning fat. People of all ages can enjoy fun music, easy-to-follow dance moves and body-beautifying benefits.

**Heart Health**

**Heart and Soles Mall Walking Program**
Daily, 8:00-11:00am, FREE  
This program provides a climate-controlled atmosphere for walking. Free blood pressure screenings are offered on the third Thursday of every month. Presented in partnership with Simon Pheasant Lane Mall.

**Nutrition**

**How Diet Affects Your Blood Pressure**
Monday, June 4, 6:30-8:00pm, FREE  
Join Liz Dahlgren, Dietitian, and Alicia Habeshian, Heart Health Nurse, to discuss how your daily diet affects your health, what foods may help lower your blood pressure and new guidelines on hypertension.

**Mental Well-Being**

**Anxiety Management Series**
Tuesdays, June 5-July 10, 6:00-7:30pm, $75  
This program focuses on recognizing ways your current anger expression is causing negative interference in your daily life and relationships. You will learn how to identify and defuse personal triggers and how to improve anger expression through adoption of healthy coping skills and communication, relaxation techniques, cognitive and behavioral approaches and conflict resolution skills.

**Anxiety Relief**
Tuesday, June 26, 10:30-11:30am, FREE  
In this workshop, you will discover the critical steps needed to face your fears head-on, learn how to get comfortable stepping outside of your comfort zone, as well as learn how to make stress and anxiety one of your most powerful allies.

**Bereavement Support Groups**
Second Wednesday of each month, 10:00am  
Fourth Thursday of each month, 7:00pm, FREE  
Bereavement support groups are available to anyone who is grieving the death of a loved one. Email Whitney.Hall@CircleHomeHealth.org or call 978-459-9343 for more details.

**Mental Health First Aid for Adults**
Thursday, June 28, 6:00am-4:00pm, FREE  
Learn how to help someone who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis and addictions.

**A Natural Approach to Mental Well-Being**
Tuesday, June 5, 6:00-7:00pm, FREE  
Do you feel stressed, depressed, anxious or overwhelmed? Learn how to take charge of your health and get your life back by managing your mental well-being.

**Stress Management with Self-Hypnosis**
Tuesdays, June 19 and June 26, 6:30-8:00pm, FREE  
Learn how to cope with stress and benefit from healthier techniques achieved through self-hypnosis. Explore techniques of relaxation, breathing, reflection, meditation, affirming and visualizing.
Back to School Bicycle Safety Rodeo

Sunday, September 16th
10:00am - 1:00pm, FREE!

Bring your bikes and finish the safety course for a chance to win a new bicycle! Lots of fun for the whole family.

This event will be held in the Target parking lot at 181 Plain Street in Lowell.

• Safety tips
• Free helmet giveaways
• Obstacle course
• Helmet fitting station
• Refreshments and snacks
• AND MORE!

*In case of inclement weather, the event will be held at the same location and time on Sunday, September 23.