Celebrating 20 Years of Community Cancer Care

Weight Loss Surgery Surrounded By Support

Expanding Local Access to Speciality Care

Wellness Programs For Every Age and Lifestyle

Cancer survivor Luisa Gemma, of Westford, with Dr. Murat Anamur
Dear Friends,

As we look back on another summer gone by, we are reminded that while the warm days are fading away, there is still much to look forward to in the months ahead. For Circle Health, this fall brings two big reasons to celebrate.

It was 20 years ago that Lowell General Hospital first brought comprehensive cancer care into our community setting. Over the past two decades, services have grown and technology has advanced, but the goal of this outstanding center remains the same – to provide the highest level of care, close to home.

Today, keeping care close to home means we must continue to bring care out to the communities we serve. This is the driving force behind the opening of our third Circle Health outpatient center. The opening of Circle Health Dracut will give patients convenient access to urgent care, x-ray and testing services, a primary care physicians' office and the new Diabetes and Endocrine Center in a brand new building on the corner of Broadway and Loon Hill Road.

Providing advanced care here in the community is a hallmark of Circle Health, and in the following pages you will also be introduced to new thoracic and pulmonary specialists from Tufts Medical Center, who will soon be treating patients in Lowell thanks to our growing partnership with our fellow Wellforce member.

We hope you enjoy this latest issue of For Your Health, which also includes information on our weight loss surgery program, new providers in the Circle Health network, and four pages of health and wellness classes to help keep you moving, healthier and happier. Thank you for entrusting us with your care.

Be well,

Joseph (Jody) White
Chief Executive Officer, Circle Health

For iPhone Users, Health Records are Available on the App

Circle Health and Lowell General Hospital are proud to be one of the first community health systems in New England to provide new technology that will allow iPhone users to easily access their health records through the Apple Health app.

iPhone users with operating system iOS 11.3 or higher and an active account on the Circle Health Patient Portal can now download and visualize their health records in a simple, chronological timeline view.

The information displayed on the app includes important data across seven categories – allergies, conditions, immunizations, lab results, medications, procedures and vitals. All health data from the Circle Health Patient Portal will be displayed in real time, as soon as the data is available.

"In conjunction with our dedicated medical staff, we are proud to provide our patients access to this exciting new technology. With convenient access to the most current information, patients will be empowered to take control of their own health," says Dr. Arthur Lauretano, Chief Medical Officer of Circle Health.

Medical records are currently available from all Circle Health-affiliated practices using the Cerner Electronic Medical Record (EMR) system. There are a few practices using a separate EMR that is not yet compatible with Apple Health. This technology will soon be available for other cellphone brands and operating systems.

Circle Health member Lowell General Hospital is recognized as one of Health Care's Most Wired hospitals by the American Hospital Association for our use of technology to provide a better patient experience.

For more information about Apple Health, visit www.circle-health.org/applehealth.
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.

Pardeep Aujla, MD
Primary Care Physician
Family Medicine, Board Certified
Dracut Family Medicine
Dracut
978-323-2808

Marianne Barry, MD
Specialist
Interventional Pulmonology
Cancer Care Associates/ Tufts Medical Center
Lowell
978-937-6258

Laurence Brinckerhoff, MD
Specialist
Thoracic Surgery, Board Certified
Cancer Care Associates/ Tufts Medical Center
Lowell
978-937-6258

Scott Finlay, MD
Specialist
Otolaryngology
Massachusetts ENT Associates
Chelmsford
978-256-5557

Matthew Gilman, MD
Specialist
Pulmonary Disease, Board Certified
Lung Specialists of the Merrimack Valley
Lowell
978-934-9220

Hannah Mathew, MD
Specialist
Endocrinology, Board Certified
Endocrinology Associates of Greater Lowell*
Lowell
978-323-5300
*Moving to Circle Health Dracut on September 17

Mei Sun, MD
Primary Care Physician
Internal Medicine, Board Certified
Chelmsford Primary Care
Chelmsford
978-256-5522

Hande Tuncer, MD
Specialist
Hematology, Board Certified
Medical Oncology
Cancer Care Associates
Lowell
978-937-6258

Lauren Verra, MD
Primary Care Physician
Pediatrics
DrumHill Pediatrics
North Chelmsford
978-256-2828

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.
When you are ready to take control of your health, a little convenience can go a long way.

For people in and around Dracut, the gateway to good health arrives at the corner of Broadway and Loon Hill road beginning in mid-September.

Circle Health Dracut will give patients easy access to urgent care, a patient service center with testing and x-rays, primary care providers, and an obstetrics and gynecology practice under one roof. The new, 27,000 square foot facility will also include the Diabetes and Endocrine Center.

“This new center is the latest example of how we can expand access to care by bringing that care into the communities we serve,” says Jody White, CEO of Circle Health and Lowell General Hospital. “We are proud to be able to bring this new level of Complete connected care to Dracut with this beautiful new facility.”

For many patients in Dracut, Lowell and nearby communities, the convenience and care provided at Circle Health Urgent Care centers will prove to be a high-quality alternative to the Emergency Room.

What sets Circle Health Urgent Care centers apart is our ability to connect follow-up care for patients. When a patient is seen for a non-life threatening condition, a Circle Health physician can treat the problem and share that information with providers throughout the Circle Health network.

Dr. Roxanne Latimer, Medical Director of Circle Health Urgent Care, uses the example of an injured athlete. The patient can walk in or make an online appointment, be seen by a doctor, get x-rays and secure a follow-up appointment with his or her primary care doctor or specialist all in one visit. Those connections can even be made on weekends.

For instance, a patient who comes in on a Saturday afternoon after an injury can often get a consultation with a Circle Health orthopedist by Monday, and occasionally, if surgery is required, the surgery occurs during that same week. Meanwhile, the patient’s primary care physician is made aware of the injury and specialist referral so they can follow the patient’s progress as well.

“That kind of continuity, connection and broader depth of specialists are features most urgent cares don’t have,” Dr. Latimer says. “I feel like it gives our patients a better experience, and it also allows us to see, perhaps, more serious injuries than some urgent cares can because of those resources.”

The new Dracut facility was made possible by local leaders in Dracut, who secured a $2.5 million state grant to make improvements to the adjacent intersection and sidewalks in the area.

Circle Health Dracut joins outpatient centers in Westford and Billerica in the Circle Health network. Circle Health Tewksbury will open early in 2019.

For more information about all of the services available at Circle Health Dracut or to make an online appointment for urgent care, visit www.circle-health.org.

Come Celebrate our Grand Opening!

Saturday, September 15, 10:00am – noon
Circle Health Dracut, 9 Loon Hill Road, Dracut, MA

Members of the community are invited to stop by this FREE event with raffle prizes, refreshments, giveaways and fun for the whole family!

- Building tours
- Raffle prizes from local businesses
- Health screenings
- Family activities and much more!
New Diabetes and Endocrine Center Brings Integrated Care to Patients

According to the Massachusetts Department of Public Health, the rate of diabetes in the state has more than doubled in the past 20 years. Identified as a local public health issue, Circle Health is continually looking to improve services for those patients with diabetes through education, support, and physician accessibility, as well as providing screenings and prevention to help reduce the rates of diabetes, hypertension, and obesity in the community.

This fall, Circle Health is taking this care and support to a new level.

Effective September 17, our Circle Health endocrinologists and our clinical team from the Lowell General Hospital Diabetes Management Center will join together in one central location with a new name – the Diabetes and Endocrine Center. Dr. Miguel Ariza and Dr. Hayward Zwerling from the Lowell Diabetes and Endocrine Center, Dr. Anca Staii from Endocrinology Associates of Greater Lowell, and our new endocrinologist Dr. Hannah Mathew, as well as family Nurse Practitioners Judy Pentedemos and Cigy Methrata are all accepting new patients.

“This newly expanded space will allow us to better coordinate care, education and support for those with Type 1 and Type 2 diabetes, as well as patients with thyroid, endocrine, and other metabolic disorders,” says Dr. Miguel Ariza, MD, FACE, ECNU, Medical Director of the Diabetes and Endocrine Center.

The expanded footprint of the new office will allow more space for physicians to conduct outpatient procedures such as thyroid nodule biopsies. In addition, a new patient service center offers laboratory testing, so patients can get all their care and testing in one place.

Judy Pentedemos, APRN, CDE, Clinical Manager, says that managing diabetes involves many factors - from medication management to monitoring of blood sugars and decreasing risks of possible complications such as circulatory and cardiac issues. Diet, exercise, and education play a huge part.

“Our staff is certified by the American Association of Diabetes Educators, so our team is well-versed in helping patients manage their condition,” says Pentedemos. “If someone needs a medication change we can then connect them with a dietitian right away to make sure their meal plan is adjusted. Or, if they need new equipment such as an insulin pump, we ensure that they are completely comfortable with the pump’s operation, and we also provide regular support groups to help patients connect with one another and share experiences and ideas.”

“Convenience and accessibility is key for managing a chronic condition such as diabetes,” notes Pentedemos. “Having us all under one roof – four endocrinologists, two nurse practitioners, certified diabetes educators, and dietitians helps us provide a new level of Complete connected care for our patients.”

For more information about diabetes resources and support, visit www.lowellgeneral.org/diabetes.

Circle Health Diabetes and Endocrine Center

Circle Health Dracut
9 Loon Hill Road, Suite 301
Dracut, MA 01826

Contact Numbers
(Effective September 17, 2018)
978-323-0360 (phone)
978-323-0362 (fax)

Hours
Monday, Wednesday, Thursday, Friday
8:00am – 5:00pm
Tuesday
8:00am – 8:00pm
Weight Loss Surgery Sets Lowell Woman on Path to Good Health

Struggling with her weight since high school, Erin Bradley of Lowell dieted and lost excess pounds, only to gain it all back again. Frustrated and worried about her health, she decided she needed a life long, sustainable solution.

On the advice of her physician, Bradley found that solution with help from the Center for Weight Management and Bariatric Surgery at Lowell General Hospital. In June of 2017, Bradley opted to undergo a procedure called a sleeve gastrectomy. Just over a year later, she’s lost 164 pounds and is preparing for her first half-marathon.

At the Center for Weight Management and Bariatric Surgery a team of physicians, nurses, nutritionists and therapists tailor a treatment plan designed to educate and support patients in developing healthy new lifestyle habits before surgery, to ensure success in the long run, post-surgery.

Bradley began preparing for her surgery several months in advance, meeting with her care team to learn what to expect and how to best achieve her weight loss goals.

“It’s very effective,” Bradley says. “By getting your head into the game and making changes beforehand, you are ready for what comes after the surgery.”

During a sleeve gastrectomy, a surgeon removes about 85 percent of the stomach so that the remaining part takes the shape of a tube, or sleeve. The procedure restricts food and calorie intake and also prompts hormonal changes that further assist with weight loss.

With her support team behind her, Bradley went all-in on her lifestyle change. She committed to healthy eating and exercises daily, running, lifting weights and attending exercise classes at the center with fellow pre- and post-surgery participants.

“Making these changes are for your future, your family and friends, but most of all it is for yourself to gain health, and with that also comes confidence,” she says. “I’m a lot happier because not only do I finally feel healthy, but I’m exercising a lot which makes me mentally happier. I am making better food choices too, so that this becomes a lifestyle change and not just an easy fix in which the weight is going to creep back on.”

Bradley’s dog, Dugan, an Airedale terrier, has been her constant companion through her weight loss journey, and their frequent walks helped prepare her for a long-desired trip to England and Scotland this past May.

“I could walk all day over there,” she says, “which was not something I could’ve done when I was overweight.”

Now Bradley plans to run her first half marathon in Portsmouth, N.H., in November.

“My friends and family are all amazed and proud of me,” she says. “It has inspired some people that I know to try to make their own changes in their lives. If my story helps one or two other people to make a commitment then I hope I can pay it forward that way.”

For more information about the Center for Weight Management and Bariatric Surgery, visit www.lowellgeneral.org/weightloss.
Tufts Medical Center Specialists Keep Advanced Care Close to Home

A key piece of the Wellforce partnership between Lowell General and Tufts Medical Center is the ability to bring Boston’s highly specialized level of care into the community, allowing more people with serious conditions to be treated close to their homes and families.

The latest benefit of this strategic partnership aims to expand local access to advanced care from Boston specialists for patients facing possible lung cancer and other life-threatening diagnoses.

Dr. Laurence Brinckerhoff, Chief of Thoracic Surgery at Tufts MC, and Dr. Marianne Barry, a Tufts MC interventional pulmonologist, are bringing their tertiary expertise to Lowell on a weekly basis in collaboration with Circle Health and Lowell General Hospital providers.

“No one wants to go to Boston if they don’t have to,” Dr. Brinckerhoff says. “Our goal is to keep most of the cases that can be done in Lowell local, with really high quality and really good outcomes.”

A key piece of Dr. Brinckerhoff’s work initially will be to support cancer care at the Cancer Center, working collaboratively with Lowell General’s multidisciplinary team of medical and radiation oncologists, nurses and patient navigators.

His primary focus will be on treating lung nodules identified through Lowell General’s successful Low-Dose CT Lung Cancer Screening Program that aims to identify lung cancer in high-risk patients at its earliest stages. Dr. Brinckerhoff will be joined in Lowell by Dr. Marianne Barry, an interventional pulmonologist from Tufts MC who is able to diagnose and treat lung conditions through bronchoscopy, which is an endoscopy in the windpipe, and other advanced techniques.

“We’re bringing a team-oriented approach to this program,” he says. “The great thing about Lowell General is that the team approach to care is already there.”

Dr. Brinckerhoff plans to grow the thoracic program over time to offer surgical options for benign and malignant chest, lung and esophageal conditions, providing another layer of care for many cancer and Intensive Care Unit patients who would otherwise require a trip to Boston.

Dr. Brinckerhoff says the program will be an extension of the collaboration already in place for Greater Lowell-area patients transferred to Tufts MC through the Wellforce partnership.

“As we grow the expertise at Lowell General, the number and type of patients that are impacted by the program will grow,” Dr. Brinckerhoff says. “In the end, patients will be getting better, more timely care, by the right person in this new program.”

To learn more about how the Wellforce partnership is expanding local access to tertiary specialists, visit www.wellforce.org.

Do you qualify for lung cancer screening?

Lung cancer screening is quick and easy and is covered by Medicare and many insurance payors based on qualifications. You may qualify for a low-dose CT lung cancer screening if you meet all of these criteria:

- Are between 55 and 77 years old
- Have no signs or symptoms of lung cancer
- Are a current smoker or have quit within the last 15 years
- Have smoked the equivalent of at least one pack a day for 30 years
- Do not have any general health or other exclusions

If you qualify, you will need an order from your physician to schedule your screening exam.

If you have any questions related to our Lung Cancer Screening Program, please contact our Lung Cancer Screening Program Ambassador at 978-614-3202.
When Luisa Gemma recently turned 60, she didn’t mourn the milestone. She wanted to celebrate.

“My life is full and complete,” she says. “I feel alive!”

Gemma, of Westford, has survived two bouts of cancer in the past 20-plus years. During that entire time, her oncologist has been Dr. Murat Anamur, who she believes saved her life each time.

As the Cancer Center turns 20 this year, Gemma epitomizes the vision leaders of Lowell General Hospital had when they chose to bring comprehensive cancer care into a community hospital setting. “One-stop shopping” for patients was the ultimate goal.

“We felt cancer patients deserved this comprehensive, interdisciplinary approach under one roof,” says Dr. Anamur, now Chief of Medical Oncology and Medical Director of Cancer Care Associates. “Chemotherapy, radiation, physician offices, labs and support systems should all come together under one roof.”

The center opened in 1998, and the headline on a story on the new facility in the Lowell Sun read “LGH brings Boston to Lowell.” Patients would have access to many different specialists in one place, often in one appointment, close to home. Treatment plans would focus on the whole person, not just their cancer.

“This is identical to a (Boston) tertiary center’s approach,” Dr. Anamur says. “The same level of expertise is being duplicated here, with the difference of easy access and far more personal care. Here, we know who you are.”

For Gemma, that personal approach meant everything. In the late-1990s, she was diagnosed with non-Hodgkins lymphoma, which at the time was being treated with relative success, but with no guarantees.

Though the center had yet to be built, the center’s patient-centered approach was already taking shape. With radiation and chemotherapy, Gemma became a cancer survivor. At the center’s ground-breaking in 1998, she was there with a hardhat and shovel, representing cancer survivors across the Merrimack Valley.

Dr. Anamur continued to follow her care, and a decade later, aware of her family’s breast cancer history and her own brush with the disease, he directed her to get an MRI rather than her annual mammogram. Cancer was detected in its earliest stage, and Gemma was treated successfully with a lumpectomy.

“Our involvement, our job, does not end when the person’s cancer treatment is completed,” Dr. Anamur says. “We are part of their lives, and we have every interest to see how they are doing, and what their challenges are.”

Two decades later, technology and treatments have advanced, and access to specialists has expanded through the Wellforce partnership with Tufts Medical Center. The Cancer Center is one of the few community-based centers that participates in clinical trials and does research to discover innovative treatment. Support groups, integrated therapies and a one-year survivorship program are in place for cancer survivors.

But for Gemma, the biggest difference was the approach of the staff. She said she never felt like just another cancer patient.

“I felt so loved, so taken care of,” she says. “It was like visiting friends, and I got the best medical care. I tell everyone I know – you don’t have to go to Boston for anything. You have Lowell General in your backyard.”

To learn more about the comprehensive services available at the Cancer Center, visit www.lowellgeneral.org/cancer.
Currently, women in the United States have a 1 in 8 chance in developing breast cancer over their lifetime. To help combat these odds, Lowell General Hospital has a comprehensive breast health program, accredited by the National Accreditation Program for Breast Centers (NAPBC). This includes 3D imaging for preventive screening, state-of-the-art treatment options, and now, a Breast Cancer Risk Assessment Program for those identified to be at high risk of developing breast cancer.

Dr. Lerna Ozcan, a breast surgical oncologist and medical director of the Breast Center of Excellence at Lowell General Hospital has helped spearhead efforts to develop this new program.

“This program allows women who are identified as high risk to establish care with providers such as breast surgeons, breast health navigators, medical oncologists, and other team members,” says Dr. Ozcan. “We can plan for surveillance imaging, including mammograms and possibly breast MRIs. We can review lifestyle modifications and other treatment options to decrease their overall lifetime risk of breast cancer.”

A woman’s risk is calculated at the time of her screening mammogram using three risk models that determine whether a woman is at average, intermediate, or high risk. If a patient is determined to be at high risk, their primary care physician is notified so they can have a discussion together about being referred to the program.

Susan Skinner, RN, MSN, ANP-BC, CN-BR adult nurse practitioner and breast health navigator, says that having risk factors does not mean you will get breast cancer. There are risk factors that can be reduced or controlled with diet, exercise, and alcohol consumption. She says many patients ask about genetic testing to see if they have a particular gene mutation that may affect their risk over their lifetime.

“Many people are familiar with BRCA 1 and 2 mutations, but we now know that there are up to 23 genes that can be associated with the development of breast and ovarian cancer,” Skinner says. “We take this very seriously and we do a very good assessment to make sure that patients are referred for genetic counseling and genetic testing when it’s appropriate.”

The Breast Cancer Risk Assessment Program opens for patient appointments on September 11, 2018 at the Lowell General Hospital main campus Cancer Center annex. This service will be part of a new dedicated space for Women’s Health Services supported in part by the $1 million raised by Team Walk for Cancer Care, and continue the hospital’s mission to keep state-of-the-art women’s health services convenient and close to home.

Learn more at www.lowellgeneral.org/breasthealth.
Scholarships Awarded to Aspiring Healthcare Professionals

The winners of this year's Medical Staff scholarships are Dennise Annan of Lowell and Nicholas McPadden of Tyngsborough.

The Medical Staff Scholarship program provides financial support to graduating high school students who are hospital employees or children of employees and are pursuing higher education in the field of health science. Each year, two local students are recognized for exceptional accomplishments in academic, cultural and civic pursuits during their high school careers.

Dennise, a member of the Academy of Notre Dame Class of 2018, will attend Massachusetts College of Pharmacy and Health Sciences in the fall with the hopes of becoming a nurse or physician's assistant. She is the daughter of Ebenezer Annan and Philomina Ankomah of Lowell. Ebenezer works for Lowell General Hospital as a CT Technologist.

Nicholas, a member of the Tyngsborough High School Class of 2018, will attend the University of Rhode Island in the fall with plans to pursue a doctorate in Pharmacy. He is the son of James and Tracie McPadden of Tyngsborough. Tracie is the Director of Emergency and Urgent Care Services.

For the latest news at Lowell General Hospital and Circle Health, visit www.lowellgeneral.org/news-and-events.

Circle Health Continues Work to Connect Care for Vulnerable Patients

Circle Health and Lowell General Hospital continue to work with the state's Health Policy Commission (HPC) to expand access to care for our most vulnerable patients and reduce healthcare costs by identifying new models of care.

Several members of Circle Health's Circle Care team recently received the Outstanding CHW Program of the Year Award from the Massachusetts Association of Community Health Workers. The group was recognized for its work on a two-year HPC grant in 2016-17 to reduce readmissions to the hospital and improve outcomes. In those two years, the Circle Care program reached more than 2,300 patients identified as high utilizers of the Emergency Department and inpatient units.

The next step in this work will be to expand access to treatment for individuals suffering from opioid-use disorder (OUD).

Lowell General is one of 15 organizations selected from a competitive pool of applicants to receive a grant from the HPC's SHIFT-Care Challenge, a $10 million investment. With the $606,609 grant award, Lowell General will create a bridge program that will be based at the Saints Campus' behavioral health clinic and expand partnerships with the Lowell Community Opiate Outreach Program (COOP) and Middlesex Recovery.
Over $825,000 raised and counting!

Thank you to all of our dedicated walkers and volunteers, and our many generous sponsors who donated money, products, services and time to Lowell General Hospital’s 19th annual TeamWalk for CancerCare. Your commitment and support make a true difference in the lives of cancer patients and their families in our community!

Thank you to this year’s sponsors:

Presenting Sponsor

Elite Sponsor
Thibault Foundation
Enterprise Bank
Jeanne D’Arc Credit Union

Champion Sponsor
NetScout Systems, Inc.
Radiation Oncology Associates
Commonwealth Radiology Associates
Merrimack Valley Emergency Associates
Dr. Lija Joseph & Dr. Jacob Joseph

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City of Lowell
New England Inpatient Specialists
MEC Companies
Coca-Cola
Shields Health Care Group
Jimmy John’s
Madison Security Group
Cobblestones of Lowell

Central Catholic High School
New England Neurological Associates, P.C.
Equity Alliance, LLC

Weren’t able to attend this year’s TeamWalk? You can still join the fight! Make a donation today at teamwalk.org.
Family Programs

Getting Ready for Baby

ABCs of Babies for New Parents
Tuesday, October 2, 7:00-9:00pm, FREE
Get started as a parent with everything you need to know about infant care, feeding, development and achieving good sleep.

Basics for Babies
Tuesday, October 23, 6:30-8:30pm, FREE
New and expectant parents and grandparents will learn about feeding, sleep and behavioral issues as well as immunizations.

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, September 8 or November 3, 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 newbons.

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
$99.99/6-week session
Develop and strengthen your body for the changes it will experience during pregnancy. Presented in partnership with SLS Fitness in Lowell.

Prenatal Yoga
Sundays, September 23-November 4, 2:00-3:15pm, $60
This series is designated to help pregnant women strengthen and stretch with a focus on connecting to their changing bodies, their growing babies and a community of moms.

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

Tdap Vaccine Drop-In Clinic
Monday, September 10 or November 12, 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.

The Happiest Baby on the Block®
Monday, November 19, 6:00-7:30pm, $15
Learn an extraordinary approach to calming your baby, tips on how to help babies sleep longer and ways to soothe even the fussiest infant in minutes. *Fee includes program DVD and more.

Childbirth Classes

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

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.

Call 1-877-LGH-WELL or visit lowellgeneral.org/health for full descriptions, dates, times and cost. Insurance reimbursement and financial assistance may be available.

Contact Community Health and Wellness at 978-788-7224 for more information on financial assistance or to request classes in another language.

For a full description or to register for these and other programs, classes and support
Parenting

Active Parenting 1, 2, 3, 4
Fridays, October 12-October 26, 12:00-1:30pm, FREE
This class helps participants understand their children developmentally and gives them skills for dealing with these important early years. Open to caregivers with children ages 0-4. Presented in partnership with NFI Family Resource Center.

Basic Car Seat and Child Passenger Safety
Monday, October 29, 6:30-8:00pm, FREE
Learn how to keep children safe in a moving motor vehicle. Topics include Massachusetts’ Child Passenger Safety Laws, types of child car seats and how to properly install them.

Hidden in Plain Sight
Wednesday, September 12, 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, October 2 or December 4, 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 of Lowell General Hospital, 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, October 13, November 10 or December 15, 9:00am-1:00pm, $60
Boys and girls ages 10-16 will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

Big Dreams, Big Intentions for Girls
Saturday, September 29, 9:00-11:00am, FREE
This interactive program gives girls, ages 9-11, the opportunity to create a visual representation of their goals and a fun way to discover their dreams.

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.

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

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.

Youth Mental Health First Aid Training
Friday, October 5, 7:45am-4:30pm, FREE
This training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.
Health and Wellness Programs

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.

Self Defense for Women
January 21, 23 and 25, 2019, 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.

SIDS Prevention Workshop: A Certification Course for Childcare Providers
Monday, November 5, 6:00-7:30pm, FREE
This workshop will define Sudden Infant Death Syndrome, discuss risk factors and identify safe sleeping positions and environments.

Managing Disease

Chronic Disease Self-Management Program
Wednesdays, September 26-November 7*, 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 October 17.

Heart Disease and Diabetes: What’s the Connection?
Thursday, January 10, 6:00-7:30pm, FREE
No matter your age or gender, you should know the connection between glucose control and heart disease and what you can do to minimize risks.

How to Eat Healthy with Diabetes
Thursday, December 6, 6:00-7:30pm, FREE
Learn all the things you can eat with diabetes and discover ways to balance your meals for successful diabetes management. Open to all, whether or not you have diabetes.

Living with Parkinson’s Disease
Tuesday, September 25, 6:00-7:00pm, FREE
Learn how to maintain a healthy lifestyle with Parkinson’s Disease. All are welcome to join this presentation, whether it directly affects you, a friend or a family member.

Senior Care Living: Navigating the Web of Senior Living Options
Wednesday, October 10, 6:00-8:00pm, FREE
Learn the ins and outs and cost implications of home care, adult day programs, independent living, assisted living and nursing home care. Presented in partnership with Blaire House of Tewksbury.

Circle Health and Wellness Expo
Saturday, November 3, 11:00am-2:00pm, FREE
Join Circle Health and partners to learn how to keep your body and mind healthy. Presented in partnership with the Pheasant Lane Mall.

Expo includes:
• Health Education
• Wellness Screenings
• Massage Therapy
• Raffle Prizes
• and much more!
Fitness

65+ Fitness Programs
Weekly, Monday-Thursday, 11:00am-12:00pm, $44.99 per member
Age is just a number and even if there are some physical limitations, there are other parts of the body that can be used to keep active. Exercises range from stretches and light weights to TRX and fun circuits. Presented in partnership with SLS Fitness.

Gentle/Moderate Yoga
Tuesdays, September 18-October 30, 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.

PiYo™
Mondays, September 17-October 29* or January 2-February 11, 5:45-6:45pm, $50
PiYo is designed to build strength and gain flexibility and will make you sweat. *No class October 8.

Qigong – 12 Daoyin Methods for Health Preservation
Tuesdays, September 18-November 6, 6:15-7:15pm, $70
Practice of aligning body, breath and mind for health, meditation and martial arts training involves meditation, slow flowing movement and deep rhythmic breathing.

Qigong - YangTaoSM Introduction to Qigong and Tai Chi
Tuesdays, November 20-January 22*, 6:15-7:15pm, $70
Moving meditations help reduce stress, improve balance (physical, mental, spiritual), expand range-of-motion and strengthen the immune system. *No class December 25 or January 1.

Tai Chi – YangTaoSM Long Form (Ongoing)
Thursdays, September 27-November 15 or November 29-January 17, 6:00-7:00pm, $10 per class drop-in fee
YangTao Tai Chi 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, October 11-November 15, 5:30-6:30pm, $50
Interval training sessions are combined with fast and slow easy-to-follow rhythms and resistance training to sculpt your body while burning fat.

Heart Health

Blood Pressure Checks
Visit www.lowellgeneral.org/health for upcoming dates
Stop in for a free blood pressure check to monitor your own blood pressure or help an older family member. No appointments or documents are needed.

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

Healthy Nutrition for the Busy Person
Thursday, September 13, 6:00-7:30pm, FREE
Learn how to food prep for your week using easy recipes and discover some great healthy snack ideas. Presented in partnership with SLS Fitness.

Mental Well-Being

Anxiety Relief
Thursday, October 25, 6:00-7:30pm, FREE
Discover the critical steps needed to face your fears head-on, learn how to get comfortable stepping outside of your comfort zone, and how to make stress and anxiety one of your most powerful allies.

Caregiver Burnout
Wednesday, November 14, 6:00-7:30pm, FREE
Caregiver burnout is a state of physical, emotional, and mental exhaustion. Learn to stay physically and emotionally healthy while caring for loved ones.

Introduction to the Life-Altering Power of Meditation
Tuesdays, January 29-February 19, 6:15-7:15pm, FREE
Meditation offers a unique pathway to explore the wonderful person that we are. This class will provide information on the popular forms of meditation and let you experience each of them. Join us and take an important step towards a happier, healthier you.

Let’s Meditate: Going Within to Your Peaceful Space
Thursday, September 27, 6:00-8:00pm, FREE
Nourish your body, mind and spirit by exploring meditation through sound and vibration, and enhance your own peace and relaxation.

Meditation: A Three-Part Series
Thursdays, October 18, 25, November 1, 6:00-8:00pm, $40
Experience meditation through the means of sound and vibration. Practice breathing meditation, mindful meditation, Metta meditation (love and kindness practice), mantra meditation and walking meditation.

Support Groups

Al-Anon/Alateen
Wednesdays, 7:00pm, Saints Campus, FREE
Fridays, 7:30pm, Main Campus, FREE
This support group is a fellowship of relatives and friends of alcoholics who believe their lives have been affected by someone else’s drinking.

AA
Sundays, 1:00pm, Saints Campus, FREE
The AA Support Group is an open meeting for all individuals who have been affected by alcohol addiction.

Bereavement
Second Wednesday of each month, 10:00am, FREE
Fourth Thursday of each month, 7:00pm, FREE
Bereavement support groups are available to anyone who is grieving the death of a loved one.

Family Caregivers
Second Wednesday of each month, 1:00-2:00pm, FREE
Meetings are designed for family and friends who are caring for people with any diagnosis to help ease stress, share coping strategies, find peer support and increase confidence in their caregiving role.

Lowell General Hospital offers a variety of support groups for both the public and patients.

For more information, visit www.lowellgeneral.org/supportgroups.
The newest member of the Circle Health family is opening in Tewksbury at 1574 Main St. on the corner of Victor Drive.

**Services include:**
- Convenient urgent care services, seven days a week
- Lowell General Hospital Patient Service Center
- Primary Care Physician Practice

To learn more, visit [www.circle-health.org/urgentcare](http://www.circle-health.org/urgentcare)