Comprehensive Care that Surrounds You with Support

Dramatic Weight Loss is Within Your Reach

Dispelling Myths About Kids and Vaccines

Upcoming Health and Wellness Classes

First at 40.

Start screening mammograms at 40. Don't wait. 3D screening mammography is available at all Lowell General Hospital imaging locations. Schedule your mammogram today online at www.lowellgeneral.org/mammogram or call 978-937-6023.
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.

Irene Lewnard, MD
Specialist
Obstetrics and Gynecology
WomanHealth
North Chelmsford and Westford
978-256-1858

Douglas Tisdale, MD
Specialist
Medical Oncology, Board Certified
Cancer Care Associates
Lowell
978-937-6258

Dustin Walters, MD
Specialist
Thoracic Surgery, Board Certified
Cancer Care Associates
Lowell
978-937-6258

At Lowell General Hospital and Circle Health, we are taking bold steps to improve the overall health of our communities by improving access to care and proactively addressing the non-clinical factors that lead to high utilization of hospital services.

I am proud to lead a hospital and health system that is prepared to carry the torch. In this edition of For Your Health, I hope you discover a new path to improve your own health and learn more about what Complete connected care can mean for you and your family.

Lighting the Way Toward Positive Change

This year, I have the honor of serving a one-year term as Chair of the Board of Trustees for the Massachusetts Health and Hospital Association, an organization that works to advance the collective goals of 71 hospitals across the state.

As I assume this role, healthcare in our state and country stand on the precipice of transition and change. In Massachusetts, hospitals and health systems are privileged to have access to some of the greatest healthcare talent in the country, if not the world, and with that privilege comes a responsibility to light the way forward.

Healthcare is moving away from a fee-for-service system that rewards “doing things to sick people” and towards a renewed focus on creating health. Over the next year, I hope to drive consensus on issues that will move this transition forward and bring down the overall cost of care.

To achieve this, we will be asked to think differently about not only the total cost of high quality care but also about how we can fund investments that prevent illness in the first place. It’s very important work.

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.

Jody White is President and CEO of Lowell General Hospital and Circle Health, and Executive Vice President of Wellforce.
New Circle Health Pharmacy Makes it Easy to Access Prescriptions

When it's time to fill a prescription, convenience counts.

Circle Health has opened a retail pharmacy that will utilize new technology to make it easier for patients, employees and the public to access and manage prescriptions for their family, even pets.

The new pharmacy, located inside the Lowell General Hospital main campus gift shop at 295 Varnum Ave., offers full pharmacy services as well as a wide selection of over-the-counter medications, most of them at lower prices than the major retail pharmacies.

“A lot of people are going to find that our pharmacy is more convenient,” says Eric Musial, Director of Pharmacy Services for Lowell General Hospital and Circle Health. “We have dedicated parking, extended hours, expert customer service and really good prices.”

The new pharmacy is staffed by an on-site pharmacist and is open to the public seven days a week. It will also provide service for patients and employees.

For those treated at Lowell General Hospital’s main campus, the convenience of an in-house pharmacy allows them to fill prescriptions before they leave.

By making the service available and convenient for patients, Circle Health hopes the service will add another layer of *Complete connected care* for patients by improving their ability to comply with their doctors’ instructions.

Technology will add an extra level of convenience for customers who download the Mobile Rx Pharmacy app for express refills.

People are creatures of routine, and Musial says he knows the biggest challenge will be getting customers to switch from their usual pharmacy. So they’re making that easy too.

“Just give us a call and we’ll do the rest,” he says.

Learn all about the new Circle Health Pharmacy and download the Mobile Rx app at www.circle-health.org/pharmacy.

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CIRCLE HEALTH PHARMACY
Lowell General Hospital main campus, 295 Varnum Ave., Lowell

- On-site pharmacist
- Designated parking
- Competitively priced prescriptions and over-the-counter medications
- ‘Human’ pet meds like Prednisone, Xanax
- Mobile Rx App for express refills
- Most insurance plans accepted

**Hours**
Monday-Friday 7:00am – 9:00pm
Saturday-Sunday 9:00am – 5:30pm

Call (978) 788-7479 with your prescription number and we’ll do the rest!
Do you experience pain when walking, have cold feet or toes, or sores on your feet that won't heal?

These are just a few symptoms of Peripheral Arterial Disease (PAD), a circulatory condition affecting the arteries that carry blood to the legs and feet. The Centers for Disease Control and Prevention (CDC) reports over 8.5 million people in the United States have PAD, including 12-20% of individuals older than age 60.

“It’s so important for people to be aware of their risk factors, and not ignore leg pain,” says Dr. Allan Hoffman, Chief of Vascular and Interventional Radiology at Lowell General Hospital. “We can diagnose PAD with simple non-invasive tests.”

Risk factors for PAD include smoking history, diabetes, high cholesterol, history of heart attack or stroke, high blood pressure and age (1 in 10 people over age 65 have PAD).

In patients with PAD, arteries become narrowed by a buildup of fatty substances in the artery walls. PAD also increases one’s risk of heart attack or stroke. If the disease progresses, blood vessels can narrow to dangerous levels, leading to pain, ulcers, and gangrene. This life-threatening stage of PAD is called critical limb ischemia (CLI). If not treated promptly, the affected limb may need to be amputated.

A large number of people with PAD have at least one or more chronic diseases such as diabetes that they are trying to manage, which is why a team approach and collaboration amongst healthcare providers is so important. Interventional radiologists, vascular surgeons, interventional cardiologists, endocrinologists, primary care physicians, wound care specialists, podiatrists, infectious disease specialists, physical therapists and eye doctors are all part of the team.

Dr. Hoffman feels the collaboration between the physicians at Lowell General Hospital and the vascular surgeons from Tufts Medical Center has been instrumental in keeping PAD patients local. “We can now do more complex cases right here in Lowell, and there is no need for patients to leave the area to access care,” says Dr. Hoffman.

Common treatments include medications that help improve blood flow in the legs, non-invasive treatments to clear arterial blockages or surgery. Incorporating lifestyle and dietary changes are also important.

If you or a loved one has leg pain, sores on the feet that won’t heal, numbness in the legs, or have any of the risk factors above, talk to your doctor. There’s a simple test called an ankle-brachial index (ABI) that compares the blood pressure in your ankle to that in your arm. If the pressure is lower in your ankle than in your arm, it’s possible you have PAD.

If PAD is suspected, non-invasive imaging such as ultrasound or computed tomographic angiography (CTA), or an MRI may be recommended. In some cases, your doctor may order a test called an angiogram, where a dye is injected into the artery to show blood flow and doctors can see blockages on a computerized tomography (CT) scan to determine if there is disease.

Minimally invasive interventions can also be done on an outpatient basis for more advanced disease.

“With early detection and treatment, most patients with PAD can lead normal productive lives and retain their independence,” says Hoffman.

Learn more about PAD testing and treatments at www.lowellgeneral.org/PAD.
Vaccines Give Kids a Fighting Chance to Prevent Disease

Pediatricians now vaccinate children against as many as 14 different diseases, from chicken pox to HPV. Science has consistently shown that vaccinations are extremely safe and effective, but Dr. Eric Meikle, Chief of Pediatrics for Lowell General Hospital, says many parents still have questions about the need for vaccines and potential side effects.

Why are vaccinations so important?
Getting the body to fight its own battles is a much more lasting treatment than using antibiotics and is probably the most effective tool in medicine we’ve ever had. It’s the only thing that ever wiped a disease off the earth. Smallpox is now extinct.

What is the most common concern you hear about vaccines?
The main concern I hear is perceived vaccine overload. We give the babies a lot more vaccines than we used to. The concern from parents is that all this might have some downside. But the truth is vaccines are much more pure, so actual exposure to the antigens is 1/10 of what we gave in the past.

One of the relatively newer vaccines is for human papilloma virus (HPV). Why is it important for children to be protected?
HPV is a sexually transmitted disease (STD) that is very common and usually harmless, but it can potentially set off six different types of cancers. We now have the ability to engage the immune system to actually take out this disease entity. By preventing the virus from getting in there in the first place, we can prevent those cancers.

If HPV is an STD, why is it important parents consider vaccinating their child at age 11 or 12?
Research shows, at that age, we get a lot stronger and longer response than if we give it to an older child. Rumors that it might cause teenagers to be promiscuous if they think they are immune, or that it might affect fertility later on, are unfounded.

Can vaccines cause autism?
There is no evidence of that whatsoever. Interestingly, purported side effects vary in different parts of the world. In the English speaking world, parents are terrified that vaccination causes autism. In France they fear vaccines cause multiple sclerosis. In the Islamic world, many fear vaccines, particularly measles/mumps/rubella (MMR), are a way to sterilize men.

Can a vaccine make you sick?
No. The vaccine could cause some mild side effects that go away quickly, but you can’t get the flu from the flu shot, and you can’t get HPV or diphtheria or tetanus or pertussis from those vaccines. When the Centers for Disease Control and Prevention come out and say the flu vaccine was 55% effective, that means the other 45%, if they did get the flu, got a mild course that wasn’t as bad as in those who went unvaccinated.

If many of these diseases are now rare, is there less need to vaccinate?
Don’t forget that these diseases are real terrors that exist elsewhere in the world. If someone with one of these diseases gets on a plane that lands in Boston, you can lose your life or your child’s life. The diseases are serious threats, even if we haven’t seen them in a while.

To learn more about Circle Health’s network of pediatricians supported by pediatric specialists from Floating Hospital for Children at Tufts Medical Center, visit www.lowellgeneral.org/pediatrics.

What can a flu shot do for you?
• Cut the chance of flu between 50 and 75%
• Reduce the risk of flu-related death in healthy children by nearly two-thirds
• Reduce the risk of flu-related death in children with underlying medical conditions by half
• Prevent you from spreading flu to vulnerable friends and relatives

To get your flu shot for you or your child, call your pediatrician or primary care physician, or make an online appointment at one of our network of Circle Health Urgent Care centers at www.circle-health.org/urgentcare.

Source: Federal Centers for Disease Control and Prevention
Today, Evan Maloney is a tall and slender 21-year-old man, weighing in at a healthy 192 pounds. He exercises regularly and enjoys grilled chicken with lemon and chicken salad as two of his favorite meals.

It is a long way from his low point just two years prior, when he was a 300-pound teenager who nearly died from Type 2 diabetes brought on by a fast food diet and little exercise.

Maloney credits the transformation to the support he received from Circle Health’s Diabetes and Endocrine Center, where he met clinical manager Judy Pentedemos, NP, and her team of dieticians and counselors. It was there, Maloney says, he learned he was capable of turning his health around.

“People have to understand that it’s possible,” Pentedemos says. “I tell my patients all the time – diabetes management is a tough gig. It’s not impossible, but you have to pay attention to it every day.”

Increasingly, young people are making their way to her office. According to the American Diabetes Association, youth age 12-19 are the fastest growing population for pre-diabetes. Pentedemos believes the driving forces are genetics, being overweight, little activity and the allure of fast food and sugary drinks.

That was exactly what happened to Maloney, who only woke up to his declining health after a life-threatening episode.

As a senior at Dracut High School, he weighed as much as 270 pounds, but felt he could manage – after all, he had a girlfriend and was on the football and wrestling teams. But when high school ended, so did the sports activity. He got a job at a fast food restaurant and started eating there almost every day. As his weight climbed, his energy and demeanor declined.

“I was just down in the dumps, not happy, and not taking care of my body,” he says. “I came home from work one day very irritable and mad. I just wanted to go to sleep. My mom knew something was wrong.”

His mother, Colleen, convinced him he needed to go to the hospital, where he learned his sugar levels were off the charts. The reading was over 700, nearly five times that of a healthy person. His body was going into ketoacidosis, a process that shuts down the kidneys and results in death if left unchecked.

He was transferred to the intensive care unit, where he spent five days. While he was there, Pentedemos showed him a new path forward, often using drawings and diagrams to help him grasp the nutritional concepts.

“She brought the information to my level,” Maloney says.

Maloney says he resisted dieting at first. He was worried it would be too expensive to buy healthy foods, but then he started to see and feel results.

“The cost was a little more, but at the end of the day, I was happy,” he says. “I started to notice my body feeling better, my breathing felt better, I could walk more and I started running. I wasn’t thinking about what I was doing before; I was thinking of what I could do the next day.”

Now he’s eating a low-carb diet, playing basketball and running at the Dracut High track. He’s happy and full of energy. Patients who successfully get their diabetes under control get to “ring the bell” at the Dracut center, a milestone Maloney reached in the past year.

But Pentedemos stresses to patients that once you have diabetes, it’s always there. If an individual returns to their old lifestyle, the diabetes will come back.

Maloney says he has no plans on going back.

“Now I’m happy with myself,” Maloney says. “I’m doing things how I want to do them. I do not want to go back to that weight.”

To learn more about how the Circle Health Diabetes and Endocrine Center can help you, visit www.lowellgeneral.org/diabetes.
Dr. Dustin Walters is a fellowship-trained thoracic surgeon with Tufts Medical Center who is building a comprehensive thoracic program at Lowell General Hospital thanks to our hospitals’ Wellforce partnership. Dr. Walters is primarily seeing patients diagnosed with lung nodules identified through routine lung screening, but is also working with patients with hernias, esophageal disorders and other thoracic conditions.

**Why did you decide to become a surgeon?**
My grandfather died of lung cancer and my mother was a nurse, so I developed interests in surgery and cancer care through them. In medical school I explored all the options and really liked surgery. During my residency I chose thoracic surgery because they are interesting operations and technically complex.

**What is your goal for the thoracic program in Lowell?**
We want to provide the same level of care that patients can get in Boston or any other major academic medical center, close to home and close to their families where they can be easily and efficiently seen. We should be able to provide just as good care in terms of quality as anywhere else.

**What has been your impression of the standard of care at Lowell General Hospital?**
I’ve been really impressed. The multidisciplinary approach to cancer care is excellent and the quality of the physicians is outstanding. I see no drop off in care here. We’re able to do all the things that major tertiary academic centers can do.

**Do you qualify for lung cancer screening?**
Lung cancer screening is quick and easy. 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/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.
For Lowell Man, Key to Weight Loss was Comprehensive Support

Growing up, Curtis Challenger got used to being "big-boned" and the "cute chubby kid." That mindset followed him into adulthood. He could eat a pack of Oreo® cookies, a bag of chips or two plates of his wife's cooking with no problem.

Even when a nephrologist told him he was in Stage 3 kidney failure, the message didn't immediately hit home. "I never thought it was important to lose weight," he says. "Even as I got older, I didn't think I was fat, I was just living. The meds I took weren't for weight, just to help with kidney challenges."

He worked long hours at a stressful job, and his baggy shirt and jeans always fit fine. At least he wasn't a candidate for the television series "My 600-pound Life," he'd think to himself. But at his peak, Challenger was 407 pounds. And soon, he started to see just how much he had in common with the show's subjects.

"I was telling myself the same lies, I had the same habits and I wasn't making the changes necessary to not be a candidate to be on that series," he says.

After a lot of procrastination and dire warnings from his doctors, Challenger reached out to Lowell General Hospital's Center for Weight Management and Bariatric Surgery and underwent gastric bypass surgery in 2017. Today he is down more than 150 pounds, walking regularly along Lowell's Riverwalk, and enjoying an active, healthy life with his wife, Yline, and two kids, Reychelle-Rose, 12, and Zwayne, 7.

But Challenger admits the surgery was only the beginning of his weight loss journey. The mental piece was more difficult, and he attributes his success to the center's comprehensive follow-up program run by a team of nurses, dietitians and counselors that includes support groups, workshops and nutritional classes.

Dr. Michael Jiser, who performed Challenger's surgery and has done approximately 2,500 of such procedures, emphasizes to patients that surgery is the easy part. "Long term success is dependent on diet and lifestyle change," he says. "The more time patients spend educating themselves, utilizing support staff, and committing to habit change, the easier the process will be for them after surgery."

The Center for Weight Management and Bariatric Surgery is a comprehensive Center of Excellence and nationally accredited by the American College of Surgeons and American Society for Metabolic and Bariatric Surgery, a designation that ensures patients receive a multidisciplinary program, not just a surgical procedure.

"We have a comprehensive program that is based on continuity," says Melissa Harvey, a Nurse Practitioner with the center. "We have dieticians, physician assistants and nurse practitioners who have been here a long time. They have high standards and are devoted to these patients."

Challenger's brother had similar weight loss surgery in Connecticut where he had appointments in several different locations. He believes having access to a comprehensive program with consistent messaging was crucial for his continued success.

After having his surgery done by Dr. Michael Jiser, a surgeon with decades of experience and Medical Director of the center, he and his wife attended support groups, where patients share experiences and challenges. He also participated in classes like "My Hungry Head," a six-week workshop that teaches individuals the difference between real hunger and "head hunger."

"When you are addicted to a lifestyle and not aware of what you are going through, it takes over your mind and body," he says. "I was living for me, and no one else. I was going to die for me, and I didn't think about what I was going to leave behind."

Not anymore. Still just 42, he has a new job that insists he keep his day to 8 hours. He has a protein shake for breakfast and brings fruit and yogurt to work. He still enjoys his wife's Arubian cooking, but in smaller portions.

Challenger says he wouldn't be here today without the care and comfort of his surgeon, and the staff support that got him through the toughest times. "The entire team is amazing," he says. "I love that they knew my name, and they were there to be of great assistance and learn more about me. Since this happened so many doors have opened, and my confidence is through the roof."

To learn more or to sign up for an information session in English or Spanish, visit www.lowellgeneral.org/weightloss.
For patients to be successful in their weight loss journey, support and education are crucial. The Center for Weight Management and Bariatric Surgery offers an array of programs that help patients achieve their goals. These are just a few examples:

**Complications and Speed Bumps**
Learn what to expect from the surgery, how to recognize rare post-surgical complications, and how best to avoid common speed bumps that might slow down progress.

**Moving Your Body's Way**
A fun exercise class that offers 30 to 40 minutes of gentle movement. Participants can bring a support person to participate with them.

**Clothing Swap**
These swaps provide an opportunity for weight loss patients to bring in clean, good condition clothing and exchange it for better-sized clothing. Clothing is on display for one week, four times a year.

**Overcoming Binge Eating Workshop**
Also known as “My Hungry Head,” this popular, six-week workshop will help you distinguish the difference between real hunger and “head hunger” as you will develop an understanding of the behavioral and biochemical process behind overeating.

**Same-sex support groups**
Men and women handle the weight loss journey differently. Same-sex groups discuss the ups and downs of weight loss and life after surgery.

**Patient2Patient**
The goal of this group is to give patients access to other patients for support and to share weight loss experiences in an open and honest forum. Share tips, ask questions, share recipes, give and get support, and make new friendships.
Over $809,000 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 20th 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:

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

Lowell General Hospital
TeamWalk 20
FOR CANCERCARE

www.teamwalk.org   |   978-937-6434
Standout Students from Littleton, Bedford, N.H., Awarded Medical Staff Scholarships

Students Ella Heitmeyer of Littleton and Paola Matos of Bedford, N.H. were named as Lowell General Hospital’s 2019 Medical Staff Scholarship winners.

The Medical Staff Scholarship Fund is established and maintained by the physicians of Lowell General Hospital. The fund supports the future of healthcare with a financial award to graduating high school/secondary school seniors who are Lowell General Hospital employees (or children of employees) in the field of health science.

Ella Heitmeyer, a member of Littleton High School Class of 2019, will attend University of Virginia in the fall and plans to pursue a double major in global public health and biology.

Paola Matos, a member of Bishop Guertin High School Class of 2019, will attend Trinity College in the fall, where she plans to begin her journey in the medical field.

Golf Challenge Raises $401,000 for Saints Campus Improvements

More than 200 golfers were undaunted by stormy skies at the 24th Annual Lowell General Hospital Golf Challenge, raising over $401,000 on Monday, August 19, at the International in Bolton.

An annual highlight of the golf tournament is the Helicopter Ball Drop Raffle, which had to be postponed due to thunderstorms in the area. When the 725 golf balls were dropped on the 18th green, the ball closest to the hole was bought by Steve Normandin of Chelmsford, who took home $5,000.

Other event highlights included a silent auction, hole-in-one and closest to the pin competitions and a new chipping contest.

Proceeds from the tournament will support the planned improvements at the Saints campus, including a renovation of the first floor and expansion of the Emergency Department.

Flu Season Begins in September...Are You Ready?

Saturday, October 12, noon – 2pm

Come to our FREE flu prevention event! Dr. Stephanie Oliva, family practitioner at Merrimack Family Medicine, will answer all your questions about the upcoming flu season.

Merrimack Family Medicine
600 Clark Road, Suite 3
Tewksbury, MA 01876

Free flu shots are available for all attendees!

Register online at www.circle-health.org/fluprevention
(Limited space available)
**Getting Ready for Baby**

**Basics for Babies**
*Tuesday, November 19, 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, November 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.

**Clase De Preparación Sobre El Nacimiento Del Bebé**
*28 y 29 Septiembre o 30 de Noviembre y 1 de Diciembre, 9:00am-1:00pm, GRATIS*
Esta clase abarca los siguientes temas: señales o indicios de trabajo de parto, evolución del trabajo de parto y nacimiento, opciones y técnicas de manejo del dolor, el papel que desempeña un compañero/a de parto, cuándo llamar a su doctor, cuidados después del parto, amamantar, cuidado básico del bebé y seguridad. Incluye un paseo al Lugar de Nacimiento (Piso de Maternidad). Para más información, llame al 978-942-2120.

**Prenatal Wellness Package**
*$149.99/6-week session*
Develop and strengthen your body for the changes it will experience during pregnancy through yoga and 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, second hand smoke, the importance of having everyone in the family quit and strategies for quitting.

**Tdap Vaccine Drop-In Clinic**
*Mondays, November 18 or January 13, 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, December 9, 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.*
Parenting

**Active Parenting 1, 2, 3, 4**  
*Fridays, November 1, 8 and 15, 12:00-2:00pm, FREE*  
This three-week series 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 Child Passenger Safety**  
*Monday, October 7, 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.

**Infant Massage**  
*Tuesdays, October 22, December 17 or January 21, 12:30-1:30pm, $15*  
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*  
Enter 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, led 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**  
*Fridays, October 12, November 9 or December 14, 9:00am-1:00pm, $60*  
Boys and girls ages 8 and older will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

**Personal Safety and Self Defense for Teens**  
*Saturdays, October 19, 9:00am-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.

Nutrition

**Healthy Nutrition for the Busy Person On-the-Go**  
*Wednesday, October 16, 6:00-7:30pm, FREE*  
Learn how to food prep for your work week using quick and easy recipes and discover some great healthy snack ideas. Presented in partnership with SLS Fitness.

**Healthy Holiday Snacking — Tips to Enjoy the Season**  
*Wednesday, November 13, 6:00-7:00pm, FREE*  
Enjoying the holidays and staying health conscious can be challenging. Whether you are trying to manage your health, or are just concerned about holiday weight gain, we have you covered. Learn how to beat the holiday bulge while celebrating the season.

**New Year, New You — Exercise, Food and Fat Loss**  
*Tuesday, January 14, 6:00-7:30pm, FREE*  
Learn the principles of exercise and nutrition for fat loss, hear common fat-loss myths and discover how hormones affect fat loss. Eating the right foods at the right frequency works with the body’s natural physiology to help control hunger, raise energy, reduce cravings and improve disease prevention, as well as burn fat as fuel. Presented in partnership with SLS Fitness.

Gift Shop

Can’t visit our gift shop in person?  
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or 978-934-8499  
(Saints Campus)  
or place an order online at  
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**Education Classes and Certifications**

**Freedom From Smoking®**
*干事, October 1-29, 6:00-7:30pm, $25*
The American Lung Association’s Freedom From Smoking program is a proven way to quit smoking—and stay smoke free—even if you’ve tried before and went back to smoking. *Full refund of fee upon completion of the course.*

**Introduction to Personal Safety & Self Defense for Women**
*Saturday, November 23, 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
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 (RAD)**
October 14, 16 and 18 or January 13, 15 and 17, 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, October 28, 6:00-7:30pm, FREE*
This workshop will define Sudden Infant Death Syndrome, discuss risk factors and identify safe sleeping positions and environments.

**Stretch & Mobility**
*Tuesday, November 26, 6:00-7:30pm, FREE*
This stretch and mobility class is great for letting the body recover and become more flexible. Learn how to properly stretch your muscles and recover your mobility. Great for those who are sitting at work for long periods of time. *Presented in partnership with SLS Fitness.*

**Vaping: What You Need to Know (For Parents)**
*Thursday, December 5, 6:00-7:00pm, FREE*
Vaping is the newest form of nicotine addiction. Learn the truth about electronic cigarettes from its history to the dangerous health risks for both youth and adults.

**Managing Disease**

**Diabetes & Thyroid Disease: Healthy Living with a Chronic Disease**
*Wednesday, October 23, 11:00am-12:00pm or Thursday, November 7, 6:00-7:00pm, FREE*
Join us for an overview of thyroid disease and diabetes to learn their causes, different types of diabetes and thyroid conditions, forms of treatment and best practices for long-term management.

**Healthy Eating with Diabetes**
*Thursday, January 9, 6:00-7:00pm, FREE*
Eating healthy doesn’t have to be boring! Come and learn about all the foods you CAN eat while living with diabetes and controlling your blood sugars.

**Heart Disease & Diabetes: What’s the Connection?**
*Wednesday, December 4, 6:00-7:00pm, FREE*
No matter your age, you should know the connection between blood sugar control and heart disease and what you can do to minimize risks. Join staff from Circle Health’s Diabetes & Endocrine Center to discuss diabetes and heart disease.

**Circle Health & Wellness Expo**
*Saturday, November 2, 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!

**Parkinson’s Disease Wellness**
Visit www.lowellgeneral.org/health for upcoming 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.

**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.

For a full description or to register for these and other programs, classes and support...
**Fitness**

**65+ Years Fitness Programs**  
Every week, Monday-Thursday from 11:00am-12:00pm, $54.99 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. SLS Fitness offers fitness classes for adults 65 and older with exercises ranging from simple stretches and light weights to TRX and fun circuits. Modifications are always offered to accommodate all ability levels!

**Gentle/Moderate Yoga**  
(7-week series)  
Tuesdays, October 15-November 26, 5:15-6:15pm, $85  
Wednesdays, October 16-November 27, 5:15-6:15pm, $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.

**Gentle/Moderate Yoga**  
(4-week series)  
Tuesdays, January 7-28, 5:15-6:15pm, $50  
Wednesdays, January 8-29, 5:15-6:15pm, $50  
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, October 28-December 9*, 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 November 11

**Tai Chi – YangTao℠ Long Form**  
Thursdays, October 31-January 2* or January 9-February 27, 6:00-7:00pm, $70 or $10 drop-in rate per class  
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. *No class November 28 or December 26

**Tai Chi – YangTao℠ Short Form**  
Tuesdays, January 7-28, 6:15-7:15pm, $55  
A short, circular form of Tai Chi perfect for a quick pick-me-up or stress reliever at home, work or while traveling. YangTao℠ Tai Chi Short Form synchronizes slow flowing movements, deep rhythmic breathing, and a calm, present state-of-mind, to help you reduce stress, improve balance, expand range-of-motion, and strengthen the immune system.

**Brush Knee Tai Chi for Balance**  
Tuesdays, October 8-29, 6:15-7:15pm, $55  
A short, linear form of Tai Chi with moving meditation that rebalances your body, mind and spirit. The Brush Knee Push movement helps improve posture and body alignment.

**Zumba®**  
Thursdays, October 3-31 or November 7-December 12, 5:30-6:30pm, $50 *No class November 28  
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 Zumba’s infectious music, easy-to-follow dance moves and body-beautifying benefits.

**Meditation: A Three-Part Series**  
Thursdays, October 3-17, 6:00-8:00pm, $40  
Expand your awareness with meditation practice and 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.

**Mental Health First Aid for Adults**  
Friday, October 18, 7:30am-4:30pm, $25*  
Learn how to help someone who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis and addictions. *Fee reimbursed upon completion of course.

**Stress Management with Self-Hypnosis**  
Tuesdays, November 5 and 12, 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.

**Let’s Meditate: Going Within to Your Peaceful Space**  
Thursday, September 26, 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.

**Anger Management Series**  
Wednesdays, October 2-November 6, 5:00-7:30pm, $45  
This program focuses on recognizing ways your current anger expression is causing negative interference in your daily life and relationships. 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.

**Five Pillars of Brain Health**  
Tuesday, October 29, 6:00-7:30pm, FREE  
Join us in learning the five pillars of brain healthy behaviors, which research tells us if we undertake starting today, regardless of our age, will help reduce the risk of age-related diseases and optimize our chances of maintaining our cognitive abilities. Presented in partnership with AARP.

**Bereavement Support Group (Lowell)**  
Thursdays, September 19-November 21, 6:30-7:30pm, 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.

**Bereavement Support Group (Dracut Council on Aging)**  
Third Monday of each month, 10:00am, 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.
First at 40.
Start screening mammograms at 40. Don’t wait.

Women’s Imaging Center - Chelmsford
4 Meeting House Road, Suite 13, Chelmsford

Lowell General Hospital - Main Campus
295 Varnum Avenue, Lowell

Lowell General Hospital - Saints Campus
1 Hospital Drive, Lowell

Lowell Community Health Center
161 Jackson Street, Lowell

Women’s Imaging Services at Lowell General Hospital possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

3D screening mammography is available at all Lowell General Hospital imaging locations. Schedule your mammogram today online at www.lowellgeneral.org/mammogram or call 978-937-6023.