

Survive and Thrive!

New group offers women support and skills for breast cancer journey



Everyone's cancer journey is unique and, when you start on it, you have no idea what yours will be like.

Tammy Nardi recalls thinking at the beginning, "OK, I can handle this." But, about six weeks into treatment, "I really started to feel down. I had lost all of my hair. It was hard to relate to everybody at work. It was the most beautiful time of the year, everyone had vacation plans, and I had to be in a chemo lab."

It was about that time when Dr. Jessica Ryan, Medical Director of CMC's Breast Care Center, invited her to take part in a new group, the Breast Cancer Thriver's Club.


"It really helped me from the first session that I attended. I felt cared for and loved," Tammy recalls. "The other women were all at different stages of their plan, and they uplifted me. I had lots of questions and seeing where they all were gave me a process to follow. I felt like, 'I can do this.'"

Thriver's Club consists of four group sessions covering topics like self care, intimacy, nutrition and mindfulness. Mary Wood-Gauthier, RN, from CMC's Wellness & Risk Reduction says, "the whole program helps women focus on the tools, both practical and fun, to make the mind-body-spirit connection they need to get through the fog of cancer."

"There are others who will be there for you taking care of your disease," says Tammy, "but there are aspects of life that you can't put on hold, that you really have to practice. Learning what will put you in a good mood, help you through the day, help you relax. You need these skills to survive."

The Thriver's Club underscores one of the first things Dr. Ryan tries to tell her patients when discussing a cancer diagnosis. "A woman will almost always, instinctively, put others ahead of herself. But in order to gain control of her therapy, in order to thrive, she

has to learn how to make herself the #1 priority."

"And it's OK to do that," Tammy learned. "I was so concerned about how to handle work and balance my responsibilities. I had to admit maybe I couldn't and this group helped me learn that you really have to take care of yourself and ask for help." 

The next session of the Breast Cancer Thriver's Club begins October 9th.

See page 16 for details.

Smiles at the Sink

Flu season is nearly here and clean hands are as important as ever.

Turn to page 3 for practical tips on how to make hand washing fun for little ones (and maybe you, too!).

Medical News

Breast Care Center Unveils New Mammo Machine

New technology means better images, experience

CMC's Breast Care Center recently installed a new, state-of-the-art tomosynthesis mammography machine—a Siemens Mammomat Revelation. The machine is able to take both 2D and 3D images, and can be used for stereotactic biopsy and contrast enhanced mammography.

Thanks to a 2018 law, all insurance carriers in New Hampshire must cover screening tomosynthesis mammography. Tomosynthesis is a 3-dimensional imaging technology that “provides unprecedented clarity,” according to CMC Breast Care Center Medical Director Jessica Ryan, MD, FACS. “This allows us to detect and diagnosis breast cancer at the very earliest stage.”

“We’re able to get incredibly clear images from this wide-angle machine,” says Breast Care Center Practice Manager Delia Cater, CRA, MS, RT(R)(M). “But beyond better



images, we’re also able to provide a better patient experience. The machine features mood lighting to create a soothing, calming effect and it captures images with far less radiation than older technology.”

“This helps us to fulfill one of our Pinky Promises,” says Dr. Ryan, “to offer women the highest quality imaging with the latest innovations.” Make your mammography appointment online today: cmc-breastcare.org



Making Strides Walk

As we prepare for our 2019 walk, the CMC Breast Care Center would like to extend a sincere **thank you** to all those who helped us reach and exceed our 2018 Making Strides Walk fundraising goal.

Join Team “CMC Pinky-Promise” this year and walk **Sunday, October 20, 2019** at the Northeast Delta Dental Stadium (new location).

main.acevents.org/goto/CMCPinkyPromise



YOU MAY BE ELIGIBLE FOR FREE SCREENINGS

Breast and Cervical Cancer Screenings

FREE

Preventative Screenings Save Lives

Protect yourself against breast and cervical cancer.

Call today to see if you qualify for free preventative care screenings.



Call 603.663.8726 or
email: Shilo.Lavenskie@cmc-nh.org
CatholicMedicalCenter.org/screenings

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Want to Stay Healthy? Wash Your Hands!

Tips for improving hand hygiene

It's no wonder that both National Flu Vaccine Week and National Hand Washing Awareness Week are the same week (this year, it's December 1-7). Hand hygiene and the flu—and most other viruses, colds and infections—are closely linked.

"Hand washing is really important to get rid of dirt but also any germs that may be on your hands," says CMC Director of Infection Prevention Ashley Conley, MS, CIC, CPH, CHEP. "It's extra important to wash your hands before eating, after using the restroom and before touching your eyes, nose and mouth. It's how you prevent contacting germs that make you sick."

Good hand washing habits can be easier said than done, especially when

it comes to getting kids to wash every time they should. "Everybody has that problem with kids, even my own seven year old," says Conley. "There are good online resources as well as some cute, interactive ideas. One thing I use, even with adults, is glitter."

Conley explains that it's hard to appreciate how easily germs can spread because germs are invisible. Using glitter helps to visualize how germs work. "Sprinkle it on a surface and see how easily it gets on your hands and, in turn, everything else. Then wash it off and see how difficult it can be to get your hands completely clean."

Glo germ, a glow in the dark lotion, works in the same way. "Here at the

hospital we have staff put it on their hands, then wash it off. After, we use a black light to see if they got all the spots they needed to reach."

Hand sanitizer is good to have around for a quick clean on the go. "When it comes to using the bathroom and preparing food, however, you should use soap and water." ■

For more resources on good hand washing habits and tips for kids, visit one of these websites:

- henrythehand.com
- cdc.gov/handwashing
- glogerm.com

Medical News



Connecting to a Deeper Purpose

Women's Health Forum speaker to inspire, motivate

There was no question Amber Lilyestrom had a great resume. In college, she was captain of the UNH women's soccer team. She went onto work in the athletics department, building the Wildcats brand and teaching sports marketing on campus. She was also poised to become president of the National Association of Collegiate Marketing Administrators.

"It was so fun," recalls Lilyestrom, "but in 2013 I became a mom and had a near death experience during childbirth. It was a catalyst to take a hard, holistic look at my life and what I really wanted. Truth was I didn't really want to work a job that required 40-60 hours a week. There was more I wanted to be doing and I wouldn't if I was still on that career path."

So she mapped a vision, "to motivate people, help people access the skills inside of themselves that they hadn't before because they didn't know how or didn't have the courage." Lilyestrom left her successful, safe career in 2014 and now runs a seven-figure business as a branding strategist, business coach, author and speaker. She'll be giving the keynote presentation at the Women's Health Forum on November 16th. (See the entire program on page 10)

"We will explore how our subconscious mind works and align ourselves with the vision for our life that we desire. We have a much higher likelihood of reaching that reality when we shift our focus than we do living in a place of doubt."

Lilyestrom is the first to admit that it can be frightening and daunting to do. "But when we are living our lives on an endless treadmill, we don't give ourselves the time to tend to what's not working. And that has a direct correlation to what's not going well in our bodies, our mindset and our emotions."

Attendees at the Women's Health Forum can expect "an interactive experience that is going to help them connect to a deeper part of themselves. I'll help them create a plan and some action steps. It really is a 'choose your own adventure opportunity' uniquely geared toward them, their goals and where they are in their life. It's going to help them get clarity."

Most of all, she says, "it's going to be really fun!" 🇺🇸

Women's Health Forum 2019

The Women's Health Forum is an event designed by women for women of all ages and is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.

November 16
8:30 AM—2 PM

See topics & event details on page 10

WELCOMING... We're excited to add these talented providers to the CMC family! To learn more about them, please visit CatholicMedicalCenter.org and use the **Find A Doctor** tab!

Bedford Center Internal Medicine & Pediatrics



Brenda Lawrence, MD

Behavioral Health Services



Ann-Marie Bishop, LICSW



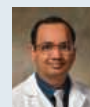
Irene Gablosky, LCMHC

Health Care for the Homeless



Kathryn Sullivan, APRN

Hospital Medicine



Shreyans Bengani, MD



Amr Dokmak, MD



Nonso Egbunu, MD



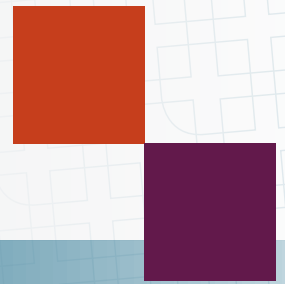
Ali Shami, MD

Pain Center

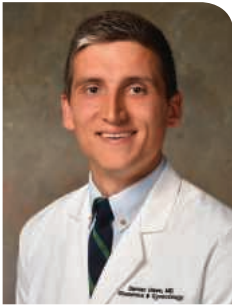


Mohamed El-Ansary, MD, FIPP

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NEW PROVIDER SPOTLIGHT



Damian Olsen, MD **Women's Wellness & Fertility Center**

For Damian Olsen, MD, joining the Women's Wellness & Fertility Center is a homecoming of sorts. "I was born and raised in Vermont and I couldn't be happier to be coming back East."

Dr. Olsen just completed his fellowship in NaProTECHNOLOGY. He defines his specialty as a "medical and surgical approach to women's gynecologic health which addresses issues such as endometriosis, polycystic ovarian syndrome and infertility." All treatments are in line with Catholic teaching and work with each woman's normal cycle, while discovering and correcting the root cause of these conditions.

"I want my patients to know that they are an important part of their care team. What we do is a decision we make together, not a decision made for them," shares Dr. Olsen.

The Women's Wellness & Fertility Clinic is the only practice in the Northeast entirely dedicated to NaProTECHNOLOGY. It has grown significantly since opening in 2017 and recently renovated its space to better accommodate patients.

"My faith is what led me to this work. Also, I believe it is truly better medicine. I am thrilled and humbled for what Women's Wellness & Fertility has to offer to women of New England," says Dr. Olsen.

Dr. Olsen is now seeing new patients. Learn more about Dr. Olsen by visiting CatholicMedicalCenter.org/DrOlsen or by calling the practice at **603.314.7595**.



Gerald Sardella, MD **New England Heart & Vascular Institute**

Gerald Sardella, MD is a familiar face in New Hampshire. He attended undergraduate and medical school at Dartmouth and practiced cardiothoracic surgery in Concord for 12 years. He had a distinguished tenure in Albany,

NY before that. Now at CMC and the New England Heart & Vascular Institute (NEHVI), "I am performing more complicated cases and I am working within a program that is proven to be one of the best in New England."

Dr. Sardella has a special interest in arterial bypass grafting, mitral valve surgery, and newer procedures like transcatheter aortic valve replacement (TAVR). "I am joining a world-class team here at CMC. We offer the next level of care here at CMC without having to refer patients to Boston."

Dr. Sardella loves being outdoors with his family and their rescue dogs. He has a deep appreciation for the high quality of life in New Hampshire and he enjoys connecting with his patients. "Face time is important to people so I try to get to know the patient and their families. They come in with a problem that's limiting their quality of life, so I want to understand what's important to them to not only extend their life but improve their quality of life as well."



Khalil Shahin, MD **Family Physicians of Manchester**

Khalil Shahin, MD, practices family medicine – and make no mistake, the family is just as important as the medicine. "Family medicine is the whole family not just one member. The family is a whole body, one unit. If a doctor doesn't understand the family situation, he or she will never be able to treat anything."

Dr. Shahin has joined Family Physicians of Manchester after spending the last seven years in Kuwait. He was recruited by the royal family to help bring American-style health care to the country's hospitals. While there, "I was assigned by the U.S. Embassy as their post care liaison for their healthcare unit and

supported the Department of Defense taking care of our people out there – our defense contractors, our military members, those with disabilities. I was there for them and it felt great."

Back in New Hampshire, Dr. Shahin is "looking forward to the scope of work taking care of newborns to children to adults to the elderly. Getting to know their personal lives and be able to help them," because, he says, a patient is "more than paperwork and past medical history. It's the relationship that the physician develops with the patient that determines their quality of their care and their outcomes."

Dr. Shahin is now accepting new patients. Call CMC's Access Line at **603.314.4750** to set up an appointment.

Medical News




Commit to Quit!

Great American Smokeout November 21

Quitting smoking is hard, and it can take a long time. “People need a lot of help with this and sometimes you don’t succeed on the first try,” says CMC Department of Radiology Chair Robert Sprague, MD. “The important thing is to have a goal, set a date, be committed and use the resources that are available to help you through it.”

The American Cancer Society Great American Smokeout, held on the third Thursday of November, is a great date to mark on your calendar. Whether it’s

you or someone you know, November 21 can be a benchmark for a plan to quit smoking, vaping, or using other tobacco products. You might consider enrolling in CMC’s smoking cessation program (see the Health & Wellness section in this newsletter). If you’re a long time smoker, you may qualify for free, annual lung cancer screenings.

The American Cancer Society also offers a variety of resources to help your plan to quit be a successful one. Learn more at cancer.org. 

Do you need help paying your bill?

CMC’s Charitable Care program

If you are uninsured, underinsured, ineligible for a government program, or are otherwise unable to pay for medically necessary or emergency medical care, we may be able to help.

Catholic Medical Center and all offices owned by CMC, including physician practices, can provide financial assistance.

For full details and qualifications and an application, please visit our website: CatholicMedicalCenter.org/financialassistance; or call 603.663.8772.

The next edition of Health Living News will be online only.

Be sure to check CatholicMedicalCenter.org for the full listing of winter 2020 classes and events!

Philanthropy

Celebrating Smiles

CMC Wine and Beer Tasting event provides access to dental health

More than 300 people gathered on May 23 at the Bedford Village Inn for the CMC Wine and Beer Tasting Event, Presented by Citizens Bank. The event raised close to \$95,000 in support of CMC's Poisson Dental Facility.

Recognizing that poor oral health is linked to heart disease, stroke, diabetes, respiratory disease and oral cancer, the Poisson Dental Facility has been improving dental health for underserved populations since 1983. Dr. Marybeth Pierce, Clinical Director of the Poisson Dental Facility commented, "A healthy smile is a gift, and we are grateful to the donors who support our patients, this event and the Poisson Dental Facility."

During the Citizens Bank reception held prior to the event, Presenting Sponsor Joe Carelli, President of Citizens Bank, NH & VT commented, "At Citizens Bank, we are committed to serving the communities where we live and work. It gives me great hope in knowing that no matter what issues we may face, we have an outstanding coalition of like-minded leaders who get things done for New Hampshire." 🇺🇸



Holiday Giving: Give a gift of Health, Healing and Hope

What do you give the person who has everything?

"One of the most meaningful gifts I received last year was a card from CMC explaining that my friend made a gift to CMC in support of the program that saved my father's life. It meant so much that someone dear to me gave a gift to a place that means so much to my family." said Cara, a donor from Connecticut.

If you are interested in making a donation of \$25.00 or more to CMC as a gift to someone on your list, please call Brenda Cannon at 603.314.4758. In recognition of your donation, CMC will send a card to the individual(s) you would like to recognize – or, if you prefer, we will send the cards to you so that you may deliver them personally. You can also make a gift in honor or memory of someone at CatholicMedicalCenter.org/donate-online.

This is a wonderful way to thank clients, employees, in-laws and friends near and far.

Catholic Medical Center appreciates your generosity. It has a profound impact on so many patients' lives. 🇺🇸

Thank you to all who attended, as well as the lead event sponsors:

- | | |
|---|--|
| Citizens Bank | Presenting Sponsor |
| Horizon Beverage | Fine Wine Sponsor |
| Amoskeag Beverages | Quality Craft Beer Sponsor |
| Northeast Delta Dental | Community Oral Health Outreach Sponsor |
| Bedford Ambulatory Surgical Center, LLC | Dessert Sponsor |
| Tufts Health Freedom Plan | Floral Sponsor |
| Harvey Construction Company | Pasta Station Sponsor |
| Spectrum Marketing Companies | Print Sponsor |
| Eleanor Wm. Dahar, Esq. | Wine Glass Sponsor |



Matt Kfoury, CMC Board Member and President and CEO of Central Paper Products/Imperial Dade, enjoys a fun moment with Anne Vanhirtum, RN, MSN, CMC's Director of Patient Flow, at CMC's Wine and Beer Tasting Event.



Joseph Pepe, MD, CMC President & CEO; Mary Beth Pierce, DMD, of CMC's Poisson Dental Facility; Joe Carelli, representing Citizens Bank, Presenting Sponsor of the Wine & Beer Tasting Event held May 23 to benefit Poisson Dental Facility.

Philanthropy

CMC Golf Supporters Raise \$124,000 for NEHVI

In a double tournament held on June 5 at Passaconaway Country Club, about 250 golfers and sponsors raised an unprecedented \$124,000 to benefit patient programs and expansions at CMC's New England Heart & Vascular Institute (NEHVI).

While thanking sponsors and players at a lunch attended by morning and afternoon golfers, Alex Walker, CMC Executive VP and COO, commented, "Funds raised here will help ensure we'll be able to continue to provide the compassionate care we're known for and help more patients in the future." 🇺🇸



CMC Board Chair John Cronin (2nd from left) and the Cronin, Bisson & Zalinsky, P.C. team took 2nd place in the morning golf tournament on June 5. The tournament raised \$124,000 for CMC's New England Heart & Vascular Institute.

Thank you to our lead sponsors this year:

- | | |
|------------------------------|--------------------------|
| Continuant | Tournament Sponsor |
| Brandit Marketing Solutions | Gift Sponsor |
| Spectrum Marketing Companies | Print and Design Sponsor |
| Aqueduct Technologies | Golf Cart Sponsor |
| The Common Man | Snack Bag Sponsor |

Joe Graham to Receive Whittemore Award at CMC Gala on October 18

Catholic Medical Center is pleased to announce that the 2019 Charles F. Whittemore Award will be presented to Joseph Graham, President of iHeartMedia New Hampshire, at the CMC Gala Event on Friday, October 18 at the Manchester Country Club. Each year the Whittemore Award is presented to an individual or company in recognition of their philanthropic spirit and commitment to the community.

Over the years Joe has demonstrated his support to the community both personally and professionally through iHeartMedia. Currently he serves as the Chairman of the Board of Directors for Hope for New Hampshire Hope for Recovery, a member of the Board of Directors for Swim with a Mission, and as Vice-Chair of the GraniteOne Health System Board of Directors.

Joe recently completed his 11th Pan-Mass Challenge in Massachusetts in support of The Dana-Farber Cancer

Institute and is an active leader in the yearly Southern New Hampshire golf fundraiser to support the Children's Hospital at Dartmouth. 🇺🇸



Joe is also a current or past member on the boards of:

- New Hampshire Association of Broadcasters
- Greater Manchester Chamber of Commerce
- Portsmouth Chamber of Commerce
- Catholic Medical Center
- Shoreline Foundation of CT YMCA

Where heart meets health.

Grateful for the CMC Culture

“CMC is like a family to me and I wanted to give back,” said volunteer and former CMC shuttle bus driver, Bill Hooley, as he describes his gratitude for the care his late wife, Martina, received. That gratitude led him to make a legacy gift to CMC in his will.

“My wife’s journey began 25 years ago when she had a massive heart attack and she survived because of CMC,” Bill said. “I’ve known this cohesive team for years. There is a culture here that is special. Everyone gets this type of compassionate care. I know because I would talk to people when I drove the shuttle bus for 12 years.”

Bill said Martina had congestive heart failure and the diagnosis was grim. She needed a heart transplant and the staff at the New England Heart & Vascular Institute came up with a plan that would help her while she waited for a heart. Martina became the first patient at CMC to have a left ventricular assist device implant (LVAD).

“She was a brave pioneer and she had a brand new life for quite awhile. We travelled and life was good.” Bill said. “Tomorrow is promised to no one. They gave us 25 years of tomorrows and I will be eternally grateful.” 🇺🇸



“CMC is like a family to me and I wanted to give back”

- Bill Hooley

Your Support Touches Lives

Name:	
Address:	
Phone:	Email:

Enclosed is my gift of: \$

Please direct my gift to CMC’s:

- Greatest Need
 New England Heart & Vascular Institute
 Program of my choice:
 Please do not publish my name in print or online

By Credit Card:

Visa Mastercard AmEx Discover

Card #:	
Exp. Date:	CVC:
Cardholder’s Name:	

Online:

CatholicMedicalCenter.org/giving

By Check:

Check is enclosed

Make check payable to
“Catholic Medical Center.”

If your gift is for a particular purpose or department, please note it on the memo line of your check.

Please return by mail to:

CMC Philanthropy Office
100 McGregor Street
Manchester NH 03102

All gifts are tax deductible. For information about planned giving or leaving a legacy gift in your will or estate plan, please contact **Jennifer Pitre**, Vice President of Philanthropy, at **603.665.2569** or **Jennifer.Pitre@cmc-nh.org**.

Health & Wellness

Women's HEALTH FORUM 2019



Taking Care of Number One!

Designed for women by women. Join us for a rejuvenating, fun and informative day! The Women's Health Forum—appropriate for all ages—is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.

Sponsored by: Delta Dental and Maloney Associates

Topics include:

Strategies for Creating and Implementing a Bigger Vision for Your Life

Amber Lilyestrom, MS, Transformational branding strategist and business coach

Keynote speaker Amber Lilyestrom discusses how after her personal story of burn out and how a near death experience helped frame her choice to successfully change the trajectory of her life. As an entrepreneur and career coach, Amber now shares strategies for discovering the true self and passions that often get pushed aside, keeping us trapped and feeling out of synch with what we really want for our lives, which can lead to illness, depression and burn out. With an interactive approach, Amber helps us to identify what is truly most important to us and how we can live our lives to nurture our desired goals and meet our potential for a more joyful life.

Intentional Self Care Practice: Fuel for Better Health and Well Being

Mary Wood-Gauthier, RN, MSN, Certified Holistic Stress Management

Speaker Mary Wood-Gauthier believes the practice of self care seems to fall to the back burner for many of us with our daily business taking most of our attention. Eventually, mental or physical exhaustion robs us of our energy and vitality and, potentially, our life. Intentional self care practice, it is a daily strategy that allows us to plug in, refuel and help us to be our best selves. Participants will explore individual expectations and experiences within the many roles of their daily life, identify the inner dialog that promotes self criticism or self respect, and discuss reliable and realistic strategies for developing an intentional and potentially lifesaving self care practice.

Weight and Wellness—Fad Diets vs. Healthy Weight Management

Sarah Finn MD, Medical Director, Dartmouth-Hitchcock Regional Weight and Wellness Center

Where do patients currently obtain information on a healthy diet? They Google it. Googling 'quick weight loss' leads to 6.2 million results, which means the majority of patients are getting unproven and harmful advice on weight management. Join Dr. Sarah Finn as she helps to navigate us through the evidence-based treatment for a healthful lifestyle that relates to our unique situations. Discussion will also include how to change the behaviors we have adopted that may lead to poor eating habits, ultimately allowing us to focus on lifestyle and not fads.

Sat, Nov 16, 8:30 AM-2 PM

Fratello's Italian Grille, Manchester, NH

\$59, registration required (space is limited), call 603.626.2626

Where **heart** meets health.

Health Enrichment

Payment is due at time of registration.



Blood Drive

Every two seconds someone in the U.S. needs blood. You can help! CMC is hosting a blood drive in cooperation with the American Red Cross on:

Fri, Sep 27, 10 AM-4 PM

Roy Auditorium, CMC, Level C

Call to make an appointment, 603.626.2626 or online at redcrossblood.org. Walk-ins are also welcome.

AARP Smart Driver Program

AARP's program teaches drivers how to boost safety awareness, increase confidence and minimize crash risk. Persons of any age may attend.

Mon, Oct 7; Mon, Nov 4; Mon, Dec 9, 9 AM-4 PM

195 McGregor St, Lower Level, Suite LL22

\$20 (\$5 discount to AARP members)

Registration required, call 603.626.2626

Science of Mindfulness

The human mind is rich in its ability to adapt and flourish. Neuroscience has shown that we can gear our brains to wire towards greater well-being by cultivating mindfulness. But how do you make that happen amidst non-stop distractions and multiplying worries? Join Debra LeClair Psy.D for an overview of the latest and most relevant research and to learn simple practices to integrate into your busy days. CMC is a NHNA approved educational activity provider. 1.5 nursing contact hours pending.

Wed, Nov 6, 6-7:15 PM

Roy Auditorium, CMC, Level C

\$15, registration required, call 603.626.2626



Emerging Research and Treatment for Breast Cancer

According to the American Cancer Society, researchers around the world are working to find better methods for prevention, early and accurate detection and treatment for breast cancer, including holistic approaches to cancer care that is improving the quality of life of patients and survivors. Join Jessica Ryan, MD who will discuss the latest research and its impact on survivorship.

Tue, Oct 1, 6-7:15 PM

Roy Auditorium, CMC, Level C

FREE, registration required, call 603.626.2626

Nutrition for Cognitive Health

Many adults have concerns about maintaining memory, critical thinking and reactionary skills as they age. Join Leanne Schoenfeld, RD and learn how you can support the health and function of your brain through good nutritional choices.

Thu, Oct 24, 6-7:15 PM

Roy Auditorium, CMC, Level C

FREE, registration required, call 603.626.2626

Advance Care Planning

Ann Berthiaume, LICSW and Marc Guillemette, MS., M.Div. will discuss the importance of advance care planning for end of life care. There will also be a review of Catholic Church teaching regarding care and Medical treatment at the end of life. Copies of Three Beliefs: A Guide for NH Catholics on End-of-Life Decisions, as well as copies of New Hampshire's Advanced Care Directives forms will be available. There will be notary present for those interested in completing their advance directive forms.

Tue, Nov 5, 6:30-8 PM

Roy Auditorium, CMC, Level C

FREE, registration required, call 603.626.2626

Health & Wellness

SPEAK OUT® and The LOUD Crowd®!

Catholic Medical Center is pleased to offer a two-part speech therapy program to help individuals with Parkinson's regain and maintain effective communication. SPEAK OUT!® places emphasis on speaking with intent and converting speech from an automatic function to an intentional act. Together the participant and their speech-language pathologist, work through a series of speech, voice and cognitive exercises outlined in the SPEAK OUT!® workbook. Upon completion of the program, the participant is transitioned to the The LOUD Crowd® maintenance program which consists of weekly group sessions led by a speech-language pathologist. Participation in the program and daily practice provides the participant with support, encouragement and the ability to maintain communication skills throughout the progression of Parkinson's. For more information call: Larissa J. Hebert, M.A., CCC-SLP, Speech-Language Pathologist Outpatient Rehabilitation Services 603.641.6700

Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances and cholesterol goals. To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2.

Diabetes Education

If you have pre-diabetes or diabetes, education is the key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide group and individual appointments, with extended early-morning and late-day appointments available. A referral from a primary care physician is required. To receive a copy of our monthly eNewsletter, email diabetesconnection@cmc-nh.org. To schedule an appointment call 603.663.6431

Greater Manchester Brain Injury & Stroke Support Group

Greater Manchester Brain Injury & Stroke Support Group is a support group for brain injury & stroke survivors, their family members and their care givers. This program provides a constructive, creative and safe opportunity for participants to share their experiences, exchange resources and develop strategies for coping. 2nd Tue of month, 6-7:30 PM RMU, CMC, Level F FREE, for more information, call 603.626.2626

Holistic Health Series

Healthy Wealthy and Wise: An Introduction to Estate Planning

Estate planning can be complicated and myths abound that could have a negative impact on your estate. Find out the facts about wills vs. trusts, estate tax rules and Medicaid rules for long term care. An expert from St. Mary's Bank will help you separate fact from fiction and show you how a little effort goes a long way toward peace of mind. Mon, Oct 21, 6-7:15 PM Roy Auditorium, CMC, Level C FREE registration required, call 603.626.2626

Jingle Jangle Zentangle

The holiday season can be a very busy and stressful time. Zentangle is a fun strategy to unwind from stress, focus your thoughts, or even just explore your creative side.

Learn the basics of Zentangle's creative and relaxing method of art. By using this method, easy-to-learn repetitive patterns and deliberate pen strokes, you create an abstract piece of art while allowing you to become more relaxed and focused, and that is good for your heart. This session will help you to create a holiday themed, work of art that you will be proud to bring home. Even if you think you can't draw... you *can* Zentangle.

Tue, Dec 3, 6-7:30 PM
195 McGregor Street, Lower Level, Suite LL22
\$25, registration required, call 603.626.2626



Where **heart** meets health.

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and helps you reach your goal to be smoke free. An individual session with a certified hypnotist is provided. For reinforcement, a 40-minute CD is given for daily, at-home use.

Thursdays, 1 PM

CMC, Level D

\$115, registration required, call 603.626.2626

Fitness

Staying Strong, Living Long!

We'll use hand weights, leg weights and resistance tubing to focus on strength, flexibility and balance. This class is perfect for those new to exercise or for adults looking to stay strong and active. Ongoing, join at any time.

Tue & Thu, 9-10 AM

195 McGregor St., Lower Level, Suite LL22

\$20 month, registration required, call 603.626.2626

Parkinson's Dance Class

Join us for specialized dance classes that empower people with Parkinson's disease to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing PD-specific concerns such as balance, flexibility and coordination. The classes are open to the participants, their friends, family and caregivers. No dance experience necessary.

Tue, 1-2:15 PM

195 McGregor St., Lower Level, Suite LL22

\$40 (8 weeks), registration required, call 603.626.2626

Barre Above

This total-body conditioning class is a fusion of yoga, Pilates and strength training, with a focus on overall body and core strength, flexibility, balance and stability. It's easy on the joints, helps develop muscle definition, and improves mobility. Use of disks, core balls, tubing, and weights will be incorporated into the class. No experience needed! Participants should be able to get up and down from the floor with ease throughout the class.

Thu, Dec 12-Mar 12, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Chair Yoga

Strengthen your muscles, improve your balance and increase your flexibility through a gentle, supportive yoga practice. Reap all the benefits of yoga while practicing with the stability and security of a comfortable chair. We will use our breath to bring awareness to our movements and reduce our stress, creating a sense of calm to our mind and body. No experience needed!

Thu, Dec 12-Mar 12, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, Call 603.626.2626



Half Hour Power

Join us for a 30 minute workout to get your blood pumping and metabolism going. Test your balance, endurance and strength in this 30 minute circuit. Class is limited to six participants.

Tues, Oct 29-Dec 3, 9:30-10AM, 11-11:30 AM, 11:30 AM-12 PM or 4:30-5 PM

Tues, Dec 17-Jan 28, 9:30-10AM, 11-11:30 AM, 11:30 AM-12 PM, or 4:30-5 PM

Tues, Feb 11-Mar 17, 9:30-10AM, 11-11:30 AM, 11:30 AM-12 PM, or 4:30-5 PM

195 McGregor St., Lower Level, Suite LL22

\$35 (6 weeks), registration required, Call 603.626.2626



Power Hour

This great interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises. This class is designed for those who are ready for a more vigorous exercise program.

Thu, Dec 12-Mar 12, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Strong Core and More

Maintaining core muscle strength helps to stabilize, protect and move the spine. This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles. This class is designed for those who are ready for a more vigorous exercise program.

Tue, Dec 10-Mar 10, 5:30-6:30 PM or Thu, Dec 12-Mar 12, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Health & Wellness

Yoga 101

Have you been curious about what yoga is all about? In this beginner-level class you will learn basic yoga postures and how to modify them as needed. Take time out of your busy day to refresh and learn the benefits of practicing yoga to improve strength, agility and the ability to manage stress. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Dec 10-Mar 10, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Gentle Yoga

Yoga can help you increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. This gentle yoga series is a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing and laying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Dec 10-Mar 10, 10:15-11:15 AM or

Tue, Dec 10-Mar 10, 3:45-4:45 PM or

Tue, Dec 10-Mar 10, 6:30-7:30 PM or

Thu, Dec 12-Mar 12, 10:15-11:15 AM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Tai Ji Quan™: Moving for Better Balance

Don't let a fear of falling or a lack of balance hold you back from living your best life! Using adapted movements from Tai Chi, you can improve your strength, endurance, coordination, and balance in this gentle but progressive, 24-week program. Open to any adults with balance concerns. No experience with Tai Chi or other forms of exercise is necessary. We recommend that participants be able to stand for moderate periods of time. For more information, visit: tjqmbb.org. Program cost for the full six-months is \$95 (less than \$2 per class!). These programs are brought to you through a partnership between the YMCA Allard Center of Goffstown and the CMC Wellness Center.

Mon & Wed, Oct 14-Apr 22, 2-3 PM

\$95 for six months

For more information and to pre-register, please contact Katie Welch, YMCA Allard Center Director of Healthy Living, at 603.232.8607 or kwelch@granitemca.org.



The Wellness Center

Whether you are a healthy individual interested in exercise or wanting to control your risk factors, The Wellness Center has something for you. The Center offers a variety of programs to help you achieve your goals, including classes that are medically supervised by healthcare professionals. Our staff, through their expertise and support, can help you play a major role in your own health and wellness!

Come by for a tour, Mon, Wed or Fri

8:30 AM-12 PM or 3:30-5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000

Nutrition and Weight Loss

Nutrition Solutions

The Outpatient Nutrition Center can help you cope with a multitude of health issues as it relates to nutritional needs within the scope of one's lifestyle, financial situation, cooking abilities, etc. Our services include, but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastrointestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy and more.

195 McGregor Street, Suite 312

To schedule an appointment or obtain a physician referral, call 603.663.8739

Surgical Weight Loss Options at CMC's Bariatric Surgery Center of Excellence

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. Our experienced surgical team has performed more than 2,400 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Thu, Oct 3; Mon, Nov 4; Tue, Dec 3

4:30-6:30 PM

CMC, Roy Auditorium

FREE, registration required, call 603.663.7377

Where heart meets health.

OPTIFAST® - CMC'S Medically Supervised Rapid Weight Loss Program

Achieve rapid weight loss with OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average, participants lose 50 pounds in 12 to 22 weeks.

Weekly support group and medical clinic occurs every Tuesday from 4:30-6:30 PM. For those who may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. See below for FREE info session schedule.

Call 603.663.6297 for more information.

"Opti-Mistic" Lifestyle - OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day 1. Get consistent results with easy to follow meal plans. Pay only for the cost of food*. FREE optional monthly support group offered. See below for FREE info session schedule.

For more information, call 603.663.6297

*Cost is based on BMI & number of products required per week, call to get your personal quote



FREE OPTIFAST® Information Sessions

Learn about both the OPTIFAST® low calorie Full Fast plan for rapid weight loss and the "Opti-Mistic" Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products and complete the first step to getting started on either plan.

Wed, Oct 2 & 16; Nov 6 & 20; Dec 4 & 18
5:30-6:30 PM

The New England Weight Management Institute,
769 South Main St., 3rd Floor
FREE, registration required, call 603.663.6297

Parish Nurse Program

The CMC Parish Nurse Program is present in 21 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish nurses provide a variety of health screenings, wellness education programs and patient advocacy. CMC Parish Nurse's main office is located at Parish of Transfiguration and available by phone at 603.663.8004. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

Parish of Transfiguration, Tue-Thu, 9 AM-3 PM, closed Mon & Fri
Brookside Congregational Church, Manchester, 3rd Sun, 11:15 AM-1:15 PM

Congregational Church, Goffstown, Wed, 10 AM-12 PM

Divine Mercy, Peterborough Oct 24; closed Nov & Dec

First United Methodist Church, Tue, 8:30-10:30 AM

Litchfield Community Church, 2nd Wed, 10 AM-12 PM

Sacred Heart Church, 3rd Tue, 8:45-10:30 AM

Salvation Army, 3rd Thu, 9-11 AM

St. Andrew's Episcopal Church, 1st and 3rd Tue, 8-9 AM

St. Anne-St. Augustine Parish, 2nd and 3rd Tue, 10:30-11:30 AM; Sun

Oct 20, Nov 17 and Dec 15, 11 AM-2 PM

St. Anthony's 2nd & 4th Thu, 9-11 AM

St. Catherine of Sienna, Wed, 11 AM-12 PM

St. Elizabeth Seton, Bedford, 1st and 3rd Tue, 8:30-10:30 AM

St. John the Baptist, Suncook, Mon, 9-11 AM

St. Joseph Cathedral, 1st & 3rd Tue, 10-11:30 AM

St. Lawrence, Goffstown, call for information

St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM

St. Pius X Church, Fri, 9-11:30 AM

St. Raphael's, Tue, 12:30-1:30 PM & Burns High Rise, 1:30-2:30 PM

Immaculate Conception Parish, Nashua

Chair Exercises

Congregational Church, Goffstown, Wed, 10 AM

Parish of the Transfiguration, Thu, 9:30 AM

St. Elizabeth Seton, Bedford, Tue, 9 AM

FREE

Indoor Walking, 1-2 miles

Parish of the Transfiguration, Tue, 9:30 AM

FREE

Health & Wellness

Grief & Loss Support Group

The goal of this confidential group is to provide a monthly opportunity for people who have experienced the death of a loved one to engage in mutual support. The group is open-enrollment and people can attend whenever they wish. Participants do not need to be members of Immaculate Conception Church. The group is facilitated by a licensed mental health counselor and will include educational, support and spiritual components.

Call for dates

Immaculate Conception,
216 East Dunstable Road, Nashua
FREE, call 603.663.8004 for information.

S.H.I.N.E.

S.H.I.N.E is a senior support group offering sociability, education, nutritious food and exercise.

Wed, 10:30-11:45 AM
St. Matthew's Parish House
5 N. Mast Street, Goffstown
FREE

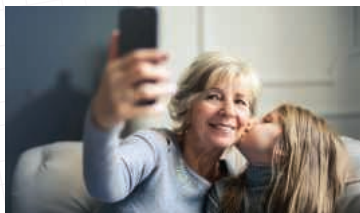
Prayer Shawl Program

Immaculate Conception, 2nd Wed, 6-8 PM
Parish of Transfiguration, 1st Wed, 10:30 AM-2 PM
Sacred Heart, 2nd Tue, 10:30-11:30 AM
St. Elizabeth Seton, 1st Mon, 6-7:30 PM
St. Joseph Cathedral Rectory, 3rd Tue, 1-2 PM
St. Lawrence, 3rd Thu, 10 AM
St. Pius X, 1st Fri, 9 AM
St. Raphael's, 2nd Wed, 7 PM
FREE

Free Flu Clinic

Be a good inFLUence—protect her, protect yourself. Free flu shots are available for the uninsured or under insured through a partnership between Walgreens and the CMC Parish Nurse Program.

Sat, Sep 28, 9-10:30 AM
Food for Children at the JFK
Memorial Coliseum
Sun, Oct 20, 11 AM-2 PM
St. Anne-St. Augustine
Wed, Oct 23, 9-11 AM
Holy Cross Learning Center



For more information about any of the above Parish Nurse Programs, please call 603.663.8004

BeWell Cancer Survivorship Program

Caring for You During Your Cancer Journey—Body, Mind and Spirit

NEW—Breast Cancer Thriver's Club Education and Support Series

Self Care and Recovery

Focusing on ourselves is often an unfamiliar concept and a great challenge, especially for women. Mary Wood-Gauthier RN, MSN, will lead discussion surrounding building resilience through intentional lifestyle and activities that help manage stress, protect your energy and nourish your body, mind and spirit.

Wed, Oct 9, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
FREE, registration required, call 603.626.2626

Birds and the Bees: Intimacy and Breast Cancer Treatment

Treatment for breast cancer may involve some unexpected side effects that relate to intimacy. Surgery hormonal treatment, radiation and chemotherapy, can influence the feelings toward comfort, beauty and intimacy. Jessica Ryan, MD, will discuss the challenges that intimacy may present and strategies to overcome them.

Wed, Oct 16, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
FREE, registration required, call 603.626.2626

The Role of Nutrition in Energy and Healing

Nutrition plays a key role in both healing, recovery and in energy levels. Maintaining proper nutrition during recovery has its challenges. Nutrition specialist, Ann Saltamacchia RD, will discuss how food can help heal and improve your immune response and offer recipes and ideas to meet the challenges of maintaining good nutrition.

Wed, Oct 23, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
FREE, registration required, call 603.626.2626

Where heart meets health.

Be Well. Be Beautiful

While undergoing treatment for cancer, some of the side effects may begin to alter the familiar look you might be more accustomed to seeing in the mirror. You may be experiencing changes from hair loss to skin tone coloring. Kim Lowell CMT, licensed esthetician and makeup artist, and certified image consultant, will be presenting how to look your best through proper skin care, make-up application, and choosing colors that best match your skin tone, to help you feel and look beautiful during this challenging time.



Wed, Oct 30, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
FREE, registration required, call 603.626.2626

Free Wig Bank

For cancer patients coping with hair loss from cancer treatment. All wigs are new and have been donated by the American Cancer Society.

Norris Cotton Cancer Center
FREE, appointment required, call 603.629.1828

Living with Cancer Support Group

This group provides education and support for patients who are undergoing treatment for cancer, or their loved ones and caregivers.

2nd Wed of the month, 3-4 PM
FREE, registration required, call 603.629.8683

Oncology Exercise Program

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment. Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Mon, Wed, Fri, ongoing, various class times
The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE 90 day membership, registration required, call 603.663.8000

Thriving with YogaCaps

A gentle, therapeutic, mat-based yoga class for individuals and their caregivers who have or have had cancer. No previous yoga experience needed.

Thu, 6:30-8 PM

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE, registration required, call 603.674.3770

Lymphedema Support Group

To empower, inspire and assist in the needs of patients, caregivers and health care providers faced with all forms of lymphatic issues.

Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services visit: CatholicMedicalCenter.org/BeWell or call 603.663.6535.

Patient Assistance Services

Breast and Cervical Cancer Screening

Breast and cervical cancer screenings save lives.

Breast Care Center, CMC

Registration required, FREE to those who qualify, call for more info 603.626.2626

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long-term prescription medication from major pharmaceutical companies. Catholic Medical Center staff assists patients in determining eligibility and completing the necessary paperwork. Patient eligibility criteria in general includes: US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance.

For an appointment, call 603.663.8752



Health & Wellness

Pregnancy, Birth And Beyond

The Mom's Place childbirth and parenting programs are offered by nurses specially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. Pre-registration is required.

For more information on any of our classes or services or to register, please call 603.626.2626 or visit CatholicMedicalCenter.org/classes-and-events.

A Welcome Visit to the Mom's Place

Are you unsure where to go for your prenatal care? Do you want to learn more about having your baby at CMC and what to expect during your stay? Expectant moms and partners or support persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay. We look forward to welcoming you!

FREE

Becoming a Big Sister or Big Brother

This class prepares children, ages 2 to 6 to become new big siblings. They will receive a warm welcome to The Mom's Place including a tour especially for them. Siblings-to-be will learn what to expect at the hospital and at home, make a hand print and take home a keepsake certificate. Children are welcome to bring a doll or stuffed animal to join them.

Family fee: \$10

Birth Preparation—Series or Weekend Classes

In this series, parents-to-be prepare their bodies, minds, hearts and changing relationship for labor, birth and early postpartum. This class helps parents learn practical information about labor and birth and fosters awareness, flexibility, determination and resourcefulness. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person. This class offers you what you can't get from a book or online. A tour of The Mom's Place and birth suites is included in this in-depth series.

Refreshments are provided.

\$130



Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth.

\$40

Breastfeeding Class

Prepare for your breastfeeding experience at our officially designated Baby-Friendly™ hospital. Learn basics for getting started to meet both the infant's and mother's needs.

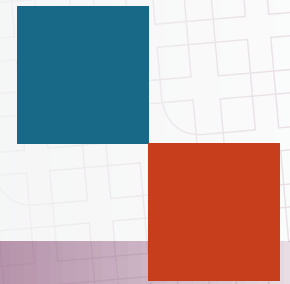
FREE

CPR and Safety Class for Caregivers of Infants and Children

Learn how to prepare and care for infants and children in emergencies, including life-threatening situations. Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of eight. This is a non-certification class.

\$20 per person

Where heart meets health.



Cesarean Birth Class

This program is designed for couples looking to deepen their knowledge about cesarean birth. Discussion will include practical strategies that may help prevent the need for a cesarean birth. We also discuss preparation for a cesarean birth (should it become necessary), expectations, risks, common fears associated with cesarean birth, and how you can actively participate in the process of birth. Postpartum expectations and recovery are included. Parents are encouraged to bring questions and concerns. \$40

Grandparenting Class

Are you expecting a grandbaby in your family? Come join us to learn how to navigate your new role as a grandparent—including current guidelines for infant care, safety, car seats, safe sleep and bonding with your grandbaby. \$30 per person or per couple



Lactation Services

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home. FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

Mother's Journey: A Mom's Group

This weekly program provides support for new moms as they begin or continue on their parenting journey. Each week focuses on a different topic that is important to moms in our community and culture, including postpartum emotions. Join us to talk, listen and be in a nurturing environment. Light refreshments will be served. Infants up to crawling are encouraged to join their moms. FREE

Parenting Your Newborn

This program helps prepare parents-to-be and new parents for the physical and emotional needs of their baby and their own experience as parents. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys and challenges of parenting, to have open, lively discussions about today's parenting topics, and build confidence in parenting your newborn.

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series.

Pure & Natural Fertility Care

Discover a highly effective system to understand and manage your fertility without chemicals or devices. A woman's body signals when she is entering and leaving her time of fertility.

Knowing how to track these signs empowers a woman with information to manage fertility and to identify possible underlying reproductive disorders. A highly effective and natural way to achieve or avoid pregnancy.

Women's Wellness & Fertility Center
88 McGregor Street, Suite 201
FREE

Vaginal Birth after Cesarean (VBAC) Class

Have you had a cesarean birth and are expecting again? Is VBAC an option for you? Come and learn more to help you make the decision and to prepare your mind, body and heart for the journey ahead. Topics include: labor process, preparing your body, partner support, pain coping practices, and preparing for the unexpected and unknown. FREE

For more information on these classes or to register please call 603.626.2626 or visit CatholicMedicalCenter.org/classes-and-events



Save the Date

CMC's 5th Annual Summit

Management of the Opioid-Dependent Patient & Optimal Pain Treatment

Friday, Nov 15, 2019 | 7:30 AM–4 PM
Courtyard by Marriot, Nashua NH Fee \$75.



This annual conference highlights strategies and partnerships to assist in the prevention, identification and treatment of opioid-dependent patients in our community. It is targeted toward prescribers or any medical professional who works with opioid-dependent patients.

Speakers include:

- **Michael Bradley, MA, LCMHC, MLADC** of Mental Health Center of Greater Manchester, Manchester, NH on “Motivational Interviewing”
- **New Hampshire Assistant Attorney General Matthew Mavrogeorge** and **Senior Assistant Attorney General James Boffetti** with an update on holding pharmaceutical companies accountable for the suffering and expenses related to the opioid crisis
- **Jill McGregor, APRN** from Catholic Medical Center on developing a medication assisted treatment practice within primary care
- **Dr. Sarah Wakeman** from Massachusetts General Hospital and Harvard Medical School on state of the art management of patients with substance use disorder

- **Ryan McCormack, MD, MS**, Assistant Professor from NYU School of Medicine & Bellevue Hospital Center on the “Role and Feasibility of Initiating Suboxone and MAT in the Emergency Department”

Other speakers yet to be announced.

This conference satisfies the biennial opioid prescribing competency requirement of 3 contact hours on opioid prescribing for the management or treatment of pain, or for the treatment of opioid use disorders, as set forth by the NH Board of Medicine.

To register, visit CatholicMedicalCenter.org/opioidconference or contact **Roberta Champagne at Roberta.Champagne@cmc-nh.org**

your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at CatholicMedicalCenter.org or e-mail info@cmc-nh.org.

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 **CMC Connect App**

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at jointcommission.org. ©2019 CMC. All rights reserved.