

CMC's Body-Mind-Spirit Approach to Cancer Care

New BeWell program for oncology patients



Sharen Fournier, RN, BSN, M.Ed. (left) and Denise Houseman, MS, Exercise Physiologist (third from left) assist patients Maurice Demers and Jean Aspinwall with custom individualized fitness and education programs to help them regain strength and be well.

"It scares the daylight out of you."

That's how Goffstown resident Maurice "Moe" Demers felt four years ago when he heard the word "cancer." The career social worker, fitness enthusiast, and testicular cancer survivor was about to go through another fight, this time with prostate cancer. Demers had robotic surgery at CMC and, when the prostate cancer recurred, went through radiation treatments. That's when he went to CMC's Wellness Center for medically supervised exercise to counteract the fatigue he felt while undergoing radiation. The track for cancer survivors has him coming to the gym three days a week, not only improving his strength and health but also his spirit and wellness.

"Exercise energized me. It still does now that the cancer is behind me," says Demers, who hasn't had so much as a cold since starting his workouts. "I look forward to going every Monday, Wednesday and Friday. I sleep better, my aches and pains go away, and the socialization is tremendous."

Surviving cancer is about more than treating the disease. It's just as important to treat the body, mind, and spirit of cancer

patients. That's why Catholic Medical Center in collaboration with Dartmouth-Hitchcock's Norris Cotton Cancer Center, is launching the BeWell Cancer Survivorship Program, a two-pronged initiative that builds on existing oncology programs to wholly care for those with cancer and those who are high risk.

"We're beginning to understand how much a positive attitude and healthy mind and spirit can help people overcome disease," says CMC Senior Director of Wellness and Risk Reduction Janet Troski, MSN, RN. "This is the most comprehensive approach to supporting cancer

patients and their families in the area." In addition to receiving social services, support groups, and nutrition counseling, patients will have access to a range of therapies and classes to take care of their whole selves through the BeWell Cancer Survivorship Program. Some of these resources include:

- The Wellness Center
- Yoga and mindfulness classes
- Group nutrition classes
- Music, massage and art therapies along with a comfort cart, all available during infusion treatment at the Norris Cotton Cancer Center
- Health enrichment programs for cancer patients

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Medical News

CMC's Body-Mind-Spirit Approach to Cancer Care, continued from page 1

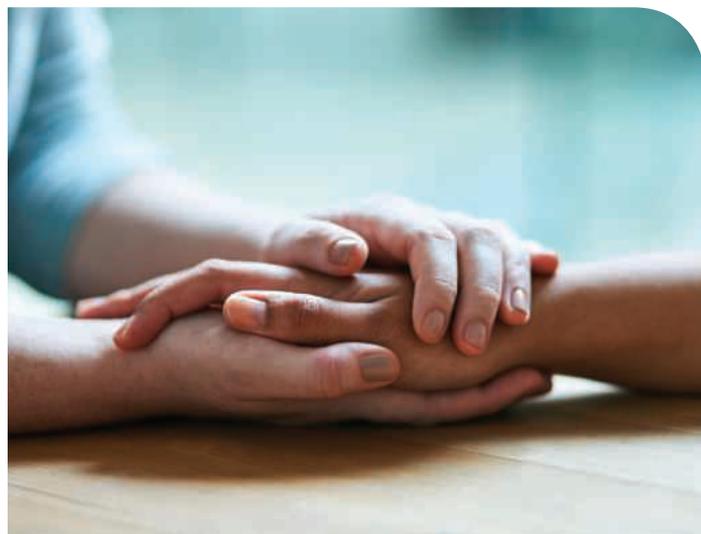
In addition to providing these services, CMC is also working with people who have been identified by their physician as high risk for cancer. Those patients are referred to our Community Health & Wellness programs, which include fitness and mindfulness classes, smoking cessation and weight loss programs, and health enrichment and holistic health programs.

Jean Aspinwall of Merrimack, a five-year breast cancer survivor, takes exercise classes with Demers and also had physical therapy through CMC's Outpatient Rehabilitation Services. She's worked through a host of medical issues and has seen tremendous benefit, both physical and emotional, from her ongoing classes. She believes others will experience the same – if not more – through the expanded BeWell program. "I cannot tell you how wonderful it is – the people, nurses, instructors. There's such joy. I have no problem now getting up in the morning and getting myself to the gym. It's the best thing I ever did."

Anyone receiving the support of the BeWell Cancer Survivorship Program will be able to pick the offerings that are right for them and can expect to receive encouragement along the way. Patients with a cancer diagnosis who are referred to BeWell receive these services free for three months.

"Treating a disease is just one component to being healthy," says CMC Manager of Community Outreach and Wellness Kim Kennedy, RN. "With the BeWell Cancer Survivorship Program, we are helping patients become survivors by helping the whole person become well."

"Words cannot describe how grateful I am," reflects Demers, who plans to keep working out. "A cancer diagnosis is not necessarily a death sentence. That's what I thought it was. I cannot count my blessings because there are so many." ■■



Lymphedema Support Group Offers Kinship and Care

The Lymphedema Support Group meets quarterly at Catholic Medical Center's Breast Care Center in Bedford as a resource for patients, caregivers and others learning to manage lymphatic issues. Lymphedema is the abnormal accumulation of lymphatic fluid, which can cause discomfort or pain, difficulty moving, and other symptoms. It is frequently associated with cancer but can also occur in people with chronic wounds, obesity, and a host of other conditions.

"Currently there is no cure for Lymphedema, which means learning how to manage it through nutrition, exercise, specialized massage techniques, use of compression and other methods is extremely important," says Rebecca Hecox, PT, CDT-Lana, WCC, who runs the Lymphedema Support group. "Lymphedema is a fairly misunderstood condition so our group looks to empower, inspire and assist the needs of those affected by it."

For additional information, contact Rebecca Hecox at 603.641.6700 or rhecox@cmc-nh.org.

Caring for you.

With heart.

Health Matters!

CMC brings workplace health promotion program to the community

The Wellness and Risk Reduction Department at Catholic Medical Center is now available to help other businesses support their employees' wellness. Healthy, productive employees are a key factor in creating a successful company. Our program, Health Matters, offers your employees access to a health risk assessment, onsite biometric screening, health promotion classes, and other resources. Healthy lifestyle behaviors can improve performance, increase morale, and reduce healthcare costs overtime. To learn more about the benefits of CMC's Health Matters workplace health promotion program, 603.626.2626. 



Rest Easy, Little One

The Mom's Place and Special Care Nursery at CMC take extra steps to ensure safe sleep

The Mom's Place at CMC has been certified by Cribs for Kids® as a Safe Sleep Leader in the National Safe Sleep Hospital Certification Program. This award recognizes hospitals that demonstrate a commitment to reducing infant sleep related deaths by promoting safe sleep practices and by providing education on infant sleep safety.

Both The Mom's Place and the Special Care Nursery staff provide infant safe-sleep, education to new parents, and use

wearable blankets. As part of our Safe Sleep Policy, some nurses have become Safe Sleep Ambassadors to coach staff members on how to talk with parents about their concerns. All staff members have completed a Safe Sleep Educational Program.

Safe sleep practices can help reduce the risk of sleep-related infant deaths, which total about 3,500 every year. Good habits include: placing baby alone, on his back, in a crib every time; using a firm, flat sleep surface covered by a fitted sheet; avoiding bumpers, stuffed animals, and loose blankets; sharing a room, but not a bed; avoiding overdressing and overheating; breastfeeding; and avoiding smoke exposure during pregnancy and after the baby is born.

In order to start good safe sleep habits, CMC holds free Keeping Infants Safe and Secure (K.I.S.S.) classes for families of the Pregnancy Care Center and Special Care Nursery. Caregivers learn safe sleep best practices and go home with a complimentary Pack 'n Play.

So rest easy—at CMC, we're committed to ensuring babies reach a happy, healthy first birthday. 



Medical News

Recognizing the Signs of Bullying

Advice from Jennifer Pelli Packard, MD, MS, FAAP

Catholic Medical Center's Family Health & Wellness Center in Bedford

With the school year in full swing, many families are settling back into autumn routines. Some parents, however, may notice that their children aren't so excited about being back in class. Could bullying be an issue? Oftentimes, children who are bullied are either too afraid or too ashamed to admit the situation to an adult, even their own parent. Fortunately, your child's provider can be one of your best partners in identifying and addressing bullying.

Children who are being bullied can exhibit medical symptoms, like poor sleep and stomachaches or pains, so talk to your doctor if you suspect something more serious is going on at school, on the bus, or around the playground.

"I've had patients who are understandably reluctant to come right out and say, 'I'm being bullied,'" says Jennifer Pelli Packard, MD, MS, FAAP at Catholic Medical Center's Family Health & Wellness Center in Bedford. "But a casual question about how things are at school or with their friends can really get them to open up."

Bullying is defined as the repeated use of physical, verbal, or social intimidation to leverage power over another child. Regular communication with your child helps set the groundwork for identifying what is considered normal behavior in their social circles and when something may be amiss. The American Academy of Pediatrics recommends asking roundabout questions like, "What do you think of



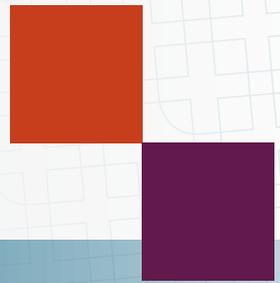
the other kids in your class?" or "Does anyone get picked on or bullied?" The group Kids Health suggests using TV shows about bullying as conversation starters, asking them, "What do you think of this?" or "Have you ever experienced this?" Books can also be a helpful ice-breaker in the bullying conversation.

Being a kid isn't easy; the prevalence of bullying makes both growing up and parenting even more challenging. Fortunately, your primary care provider is a resource to help you and your child along the way.

To learn more about CMC's primary care practices and to meet our providers, visit CatholicMedicalCenter.org/primary-care/. 

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With heart.



Now Available Comprehensive Rheumatology at CMC



Rheumatologist Todd Daugherty, MD

Comprehensive Rheumatology at CMC is a premier regional provider of care to patients with systemic inflammatory autoimmune disorders and osteoporosis. Board certified Rheumatologist Todd Daugherty, MD provides the most advanced patient care, working with each patient to create an individual treatment plan for managing rheumatic diseases. Conditions treated include rheumatoid arthritis, psoriatic

arthritis, gout, osteoporosis, systemic lupus erythematosus, and enteropathic arthritis. Dr. Daugherty is accepting new patients in Manchester, call 603.314.7560 and Peterborough, call 603.924.4697. 🇺🇸

Investing in the Future of Healthcare

Catholic Medical Center Scholarship at Saint Anselm College



Nicole Bruen, a nursing student at Saint Anselm College, and a recipient of the CMC scholarship.

Each year, CMC funds a scholarship to support a student in the Nursing program at Saint Anselm College. Last year's recipient is Nicole Bruen, Class of 2018, from Plaistow, New Hampshire. In a recent letter to CMC President & CEO Dr. Joseph Pepe, Nicole expressed deep gratitude for the opportunities this scholarship is affording her. The scholarship, "has granted me the ability to follow my passion for nursing and attend a great institution like Saint Anselm College," she wrote, "...which I may not have accomplished without it."

Supporting students like Nicole, who watched her own mother battle and beat cancer, is an investment in the future of healthcare. These are the caregivers who will carry CMC's commitment of providing health, healing, and hope to all on to the next generation.

Congratulations to Nicole and all those who've made the decision to pursue a career in nursing! 🇺🇸

Building on Strengths



Building on each other's strengths in delivering the most advanced patient care, Dr. Joseph Pepe, CMC President and CEO (left) and Dr. Peter Slavin, President of Mass General (right) recently announced the **clinical affiliation between Catholic Medical Center and Massachusetts General Hospital**. The two hospitals intend to work together in several areas, including substance use disorder prevention and treatment, veterans' services, heart and vascular care, and neuroscience. The affiliation will increase access to certain highly specialized services and innovative treatments for New Hampshire residents.



Medical News

Hospitals for Heroes

CMC leads pledge to care for veterans



It started when WGIR-AM radio host Jack Heath, a champion of veteran care, called on hospitals in New Hampshire to publically state that they will care for local veterans. Catholic Medical Center was the first to step up to the plate, leading the way in getting all 26 hospitals in the state to sign on to Hospitals for Heroes.

Hospitals for Heroes is a pledge to not only raise veterans' awareness of their healthcare options but also advocate on veterans' behalf to make their experience as hassle-free as possible. The U.S. Veterans Administration (VA) recently-created insurance option, Veterans Choice, allows cardholders

to get care from a local provider for services not offered, or not offered timely enough, through the VA system. The closest full-service VA hospital is in Jamaica Plain/West Roxbury, Massachusetts, making access to advanced and specialty care difficult for local veterans.

"All 26 hospitals have said to the veterans, 'we are here, we will not forget you, we will treat you,'" says Alex Walker, CMC's Executive Vice President of Operations & Strategic Development, who notes CMC is talking with the VA and the administrator of the Veterans Choice program to cut the red tape out of the patients' experience.

The Veterans Choice program has, however, been criticized as being difficult to navigate and bogged down by long wait times for authorization. Merrimack veteran Phyllis Parker, who served in the Air Force and worked at the VA for 12 years, joined Veterans Choice when it first launched. "I've been in the program for three years and it was rough in the beginning. I wound up having to wait more than two months for a referral for back surgery."

At a recent town hall event in Manchester, NH, elected officials and representatives from Veterans Choice heard from the community about their frustrations and pledged to improve the program. Parker has been to CMC for surgery and follow-up care through Veterans Choice. She says there are still bugs that need to get worked out but, "It's getting better. Once you get the referral in place, it's wonderful. It's wonderful to get a doctor outside of the VA, especially in specialty areas." ■■

Change Direction NH

How to spot the five signs of suffering

Did you know that nearly one in five people—or about 42.5 million Americans—suffers from a diagnosable mental health condition? Sometimes it's hard to tell if our friends, neighbors, or family members need help. Even they may not recognize the symptoms. That's why CMC, as a part of Granite Health, is proud to support the Change Direction New Hampshire Campaign. Change Direction seeks to remove the stigma of mental health by increasing awareness of the issue and sharing the "5 Signs of Suffering."

Granite Health—a partnership of six, independent New Hampshire hospitals—pledges to keep mental health and

emotional suffering at the forefront of efforts to improve patient care. You can also make a pledge to share the signs, and learn more about what to do if you recognize any of them, by visiting changedirection.org/nh. ■■





Round and Round It Goes, Where It Stops Nobody Knows

Or do we?



All you did was roll over in bed, and suddenly that peaceful night's sleep turns into a tilt-a-whirl! The room begins to spin so fast that you hold on for dear life as you try not to vomit. Then, almost as quickly as it began, it's gone. Or, maybe it came on while you were reaching for a dish from a cupboard, looking to check on-coming traffic, bending over to weed your lawn, or doing absolutely nothing at all! It's frightening to say the least. So, what is going on?

There is a myriad of things that may be at the root of your vertigo symptoms. Figuring out the cause is the key to getting you off that tilt-a whirl. That's where the staff at CMC's Outpatient Rehabilitation Center comes in. "We can help you exit that wild ride by determining the cause of your vertigo

and the best course of treatment. Better yet, one of the most common causes has a pretty quick fix," states Rose Wild, OTR/L.

Benign paroxysmal positional vertigo (BPPV) is a condition involving tiny crystals attached to the lining of your inner ear, which help maintain your sense of balance. If those crystals become dislodged and fall into the wrong place, things can start spinning. This can be caused by, in particular, a blow to the head, a prolonged inverted position (like during dental work), or for no apparent reason at all. It occurs most commonly in women over 50, but it can also occur regardless of gender or age. Thankfully, a series of specific maneuvers guided by our therapists can help you put those crystals back into their proper place.

That said, not all vertigo is BPPV. There are many other potential causes such as: dysfunctional neck postures, migraines, anxiety, viruses, hormones, drug and alcohol exposure, dehydration, head injury, neurological conditions and structural disorders, or diseases of the inner ear. Not all have the same quick fix for BPPV, but exercises and life style changes can help in most cases. More importantly, many of the therapists at CMC's Outpatient Rehab Centers are trained in helping you determine the cause and a corresponding course of treatment. After all, the carnival is supposed to be fun! 🇺🇸

CMC's New England Sleep Center Community Sleep Wellness Fair

Sat, Oct 29, 10 AM-2 PM

CMC's New England Sleep Center
The Holiday Inn-Manchester Airport
2280 Brown Ave, Manchester

Enjoy a tour of our Sleep Center, meet our staff and learn about common sleep disorders. Light refreshments, sleep giveaways and raffle prizes. FREE!



Medical News

Coming Soon! The Women's Wellness & Fertility Center of New England

CMC opens OB/GYN practice using NaProTECHNOLOGY

Beginning this winter, women will have another choice for their gynecologic and fertility care. CMC's Women's Wellness & Fertility Center of New England will offer family-centered, holistic obstetrics, gynecology, and natural reproductive care. This center will be the only comprehensive OB/GYN service in New England where the entire staff is fully dedicated to the philosophy of NaProTECHNOLOGY, a groundbreaking, restorative approach to reproductive health

that regulates fertility naturally and actively engages women in their care. For additional information, visit cmc-womenswellness.org or call Nancy Malo, CMC FertilityCare™ Practitioner, at 603.314.7595 or CMC_WWFCNE@cmc-nh.org. 



WELCOMING...

We're excited to add these talented providers to the CMC family!



Fahad Gilani, MD received his medical degree from the University at Buffalo School of Medicine. He completed his residency at Yale-New Haven Hospital. He completed his cardiovascular disease fellowship at Stony Brook University, interventional cardiology at Boston Medical Center, and structural heart disease fellowship at Yale-New Haven Hospital. He earned his undergraduate degree from Cornell University, Ithaca, New York.

Dr. Gilani is board certified in Internal Medicine, Physician Vascular Interpretation (RPVI), Nuclear Cardiology (CBNC), National Board of Echocardiography (NBE), Cardiovascular Disease—American Board of Internal Medicine, Interventional Cardiology – American Board of Internal Medicine. Dr. Gilani has also been involved in several clinical research projects.

For additional information, please call the New England Heart & Vascular Institute at 603.663.6894 



Cynthia Tolbert, MD is board certified in family practice. She earned her medical degree from the Medical College of Pennsylvania in Philadelphia and completed her residency at the University of Missouri-Columbia, where she was Chief Resident. She studied pre-med at Columbia University-New York and earned her Bachelor of Art Degree from Dartmouth College in Hanover, New Hampshire.

For additional information, please call Family Physicians of Manchester at 603.622.6491 

Philanthropy

With Gratitude

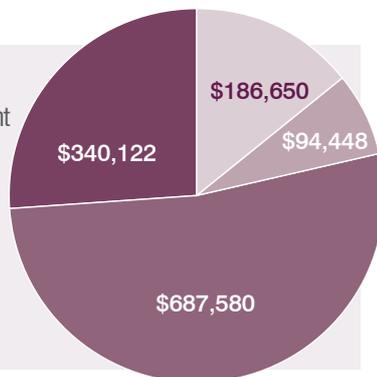
We gratefully acknowledge the individual donors, foundations, corporations and government entities that contributed \$1.3 million in restricted or unrestricted funds in Fiscal Year 2016. Between July 1, 2015-June 30, 2016, CMC received 1,073 gifts from 710 donors, including 317 new donors.

Donations were used to support:

- New diagnostic equipment, research, and rehabilitation for cardiac and vascular patients at the New England Heart & Vascular Institute.
- Pastoral care programs to minister to in-patients' spiritual needs.
- For patients of the CMC Special Care Nursery, family-centered programming, training equipment, education programs and safe sleep environments for infants' use at home.
- Cardiac trauma equipment for the new trauma room in the CMC ER.
- Oral health care for uninsured children and adults at the CMC Poisson Dental Facility.
- Equipment and training for community EMTs and firefighters to improve care in-transit and upon arrival at CMC.
- Books for babies who are patients of the Catholic Medical Center Special Care Nursery.
- Activity books to keep kids calm while they wait to be treated in the Emergency Department.
- Prenatal care for underinsured women at the CMC Pregnancy Care Center.
- Breast and Cervical Screenings for low income women from the greater Manchester area.
- New surgical equipment to benefit patients of the CMC Breast Care Center.
- Treatment of chronic medical needs of homeless patients.

Total: \$1,308,800

- \$186,650 Foundations & Government Entities (14% of total)
- \$94,448 Donor Sponsored Events (7% of total)
- \$687,580 Individuals (53% of total)
- \$340,122 CMC Special Events (26% of total)



Manchester Monarchs to be Honored

Catholic Medical Center is proud to present the 12th Annual Charles F. Whittemore Award to the Manchester Monarchs at our annual Gala Event to benefit CMC Maternal Health Services on Friday, October 21, 2016 at the



Manchester Country Club. According to Joseph Pepe, MD, President and CEO of Catholic Medical Center, "The Manchester Monarchs have demonstrated their belief in the power of philanthropy in the community since creating their team in 2001. They have generously focused their charitable efforts on lending support to Education, Character Development, Health and Safety and recreation for the youth of Manchester, New Hampshire."

The Manchester Monarchs have been loyal supporters of Catholic Medical Center since 2004, donating over \$220,000 in support of the CMC Special Care Nursery, The Mom's Place, Emergency Department, and lead testing for children. Since 2011 the Manchester Monarchs have also organized Pink in the Rink, a fundraising event that helps to support the purchase of emerging technologies for the CMC Breast Care Center.

For sponsorship or ticket information, please contact Keri Degen at 603.663.6056 or kdegen@cmc-nh.org.

You're Invited!

The doctors and staff at **CMC's Breast Care Center** invite you to an informal open house on Tue, Nov 1, 5-7 PM at 9 Washington Place, Suite 203, Bedford, NH 03110. Come meet our doctors and learn about how technology helps them detect and treat cancer and other breast diseases safer and faster. Refreshments will be served. RSVP by Mon, Oct 24 to Brenda Cannon, 603.314.4758 or bcannon@cmc-nh.org.

Health & Wellness

Health Enrichment

Payment is due at time of registration.

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.

Fri, Oct 14, Nov 18 or Dec 16

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

Registration required, call 603.626.2626

Blood Drive

CMC is hosting a Blood Drive in cooperation with the American Red Cross on:

Fri, Oct 7, 10 AM-4 PM

Roy Auditorium Level C, CMC

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

Staying Safe from Fire and Burn Injuries



Laura Boyce, co-host on *Greg and the Morning Buzz*, with her sons Dylan and Parker.

Every day, hundreds of children and adults are taken to emergency rooms with burn injuries. **Laura Boyce**, co-host on *Greg and the Morning Buzz*, will open this presentation with her personal story about how in a split second her world turned upside down. Laura's son Dylan, was badly burned when he pulled a pot of boiling water

from the stove onto himself. Courtney Strong, MSN, RN, CCRN, Clinical Educator, Shriners Hospitals for Children-Boston, and Peter Lennon, Fire Marshal, Manchester Fire Department will discuss how you can prevent injuries in the home from fires, scalds, electrical sources, and more. Discussion will include an overview of burn types and how they vary by age, first aid tips should a burn injury occur, and steps you can take to prevent a serious burn to you or a loved one.

Tue, Oct 25, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Freedom From Smoking®



The American Lung Association's *Freedom From Smoking*® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit.

The eight-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

Tue, Oct 25-Dec 13, 6-7:30 PM

G3, Level G, CMC

\$49 (materials included), registration required, call 603.626.2626

Medicare Updates

Medicare Open Enrollment for 2017 runs from October 15 thru December 7, 2016. Join us for an update on the changes that Medicare has in store for 2017. This is your opportunity to review the changes surrounding coverage, Part D (prescription coverage) and Medicare Advantage Plan choices for 2017.

Mon, Oct 31, 2-4 PM

195 McGregor St., Lower Level, Suite LL22.

FREE, registration required, call 603.626.2626

Caring for you.

With heart.



Healthy, Wealthy and Wise: Changing the Way You Think About Money

Between past mistakes and future concerns, balancing competing financial priorities can seem like a daunting task. Whether you want to pay off debt, manage a budget, or improve your credit score, this program will help you develop a strategy to take control of your finances once and for all.

Tue, Nov 1, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Spicing Up Your Meals

Healthy food doesn't have to be bland or boring! Join Ann Saltalamacchia, Registered Dietician to learn how to incorporate herbs and spices into healthy food choices which may help reduce your risk of cancer or reoccurrence.

Tue, Nov 8, 6-7:00 PM

Roy Auditorium Level C, CMC

FREE registration required, call 603.626.2626



Recovering From Stroke and Brain Injury

Recovering from stroke or mild traumatic brain injury can be a stressful time and complicated process. Understanding the basic strategies and goals of the recovery process, is essential for the individual and for the family to help manage this stressful time. Not every brain injury is the same and recovery is a very individual experience. Join physical therapist, Jason Czarnosz, PT and Nina Hopkins, OTR/L to learn about the process of recovering from an injury to the brain, and rehabilitation goals that are created with the individual and the rehab team.

Tue, Nov 29, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE registration required, call 603.626.2626

When the Immune System Goes Awry

Our immune system is an amazing network of cells that function to protect us from our environment and watch for any early damage in our own cells. Sometimes, however, the system goes awry and misreads signals. As a result, our defenses do not recognize our own body at work, and begin "attacking" cells. This leads to illnesses called autoimmune diseases such as rheumatoid arthritis (inflammation of the joints), systemic lupus erythematosus (inflammatory disease of connective tissue), and vasculitis (inflammation of a vessel of the body). Join Todd Daugherty, MD, Rheumatologist for Comprehensive Rheumatology at CMC and MCH, to learn about autoimmune rheumatic diseases and the latest treatment options for managing the pain and complications that often occur with these conditions.

Tue, Dec 6, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



Health & Wellness

Greater Manchester Brain Injury & Stroke Support Group

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 Level F, CMC

FREE, for more information, call 603.626.2626

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

Computer Club

Second Thursday of month, 10-11 AM

FREE, for more information, call 603.626.2626

NH Retired Men's Association

Social hour with refreshments and an informative speaker with topics of interest for retirees.

Third Tuesday of month

10:30 AM-12:30 PM

195 McGregor St., Lower Level, Suite LL22.

FREE, for more information: nhretiredmen.org

Massage

For information, or to schedule an appointment, call 603.641.6700

Holistic Health Series

Pure and 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 the information to manage fertility and to identify possible underlying reproductive disorders.

Tue, Oct 18, Nov 22 or Dec 20, 6:30-8 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



Before the First Taste: Strategies for Happy and Healthy Holiday Eating

Between Halloween and New Year's, the sweets and treats arrive in force. At the same time, the stress of the holiday hustle creates the urge to overindulge. How do you find the balance between enjoying the pleasures of the season without expanding your waistline? Join us for an integrated approach where psychology meets nutrition to provide realistic strategies for happy and healthy holiday eating. In this two-part series, participants will learn how to identify triggers for overeating, understand how mindfulness can help shift the experience of stress and eating and develop a plan for making food decisions that enhance both enjoyment and health.

Wed, Oct 26-Nov 2, 6-7:15 PM

G1 & G2, Level G, CMC

\$20, registration required, call 603.626.2626

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Zentangle FUNdamentals

Zentangle is a new and mindful art form for the non-artist and artist alike. Anyone can learn this unique, easy to do, creative activity. Join Diane Lachance for this 2-part series and begin to tangle your stress away!

Tue, Oct 25-Nov 1, 1-3 PM

195 McGregor St., Lower Level, Suite LL22

\$49 (materials included), registration required, call 603.626.2626



Letting Yourself be Happy

What makes us happy is a very individual experience and happiness may seem like an elusive concept at times. We often stress and ruminate over solving problems and don't always notice the goodness happening around us. The research of positive psychology focuses on enhancing what is good in life rather than the focus on fixing what seems to be wrong. Join Jill Leppanen-Lerner, LCMHC as we explore the power of positive psychology in reducing stress and negative thinking, and learn strategies to pause and heighten awareness of the abundance in our lives.

Wed, Nov 9, 6-7:15 PM

Roy Auditorium Level C, CMC

FREE registration required, call 603.626.2626

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on 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

Level D, CMC

\$115, registration required, call 603.626.2626

Fitness

ZUMBA®

This energetic, dance based program combines a mixture of Latin, hip hop, salsa, and much more for a great aerobic workout.

Tue, Nov 15-Jan 31, 6:30-7:30 PM or

Thu, Nov 17-Feb 9, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

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

ZUMBA Gold®

This energetic, dance based fitness program combines a mixture of Latin, and world rhythms for a great aerobic workout. This class is perfect for active older adults looking for a modified, lower intensity Zumba class.

Tue, Nov 15-Jan 31, 10:15-11 AM

195 McGregor St., Lower Level, Suite LL22

\$75 (12 weeks), registration required, call 603.626.2626

Yoga 101

Have you been curious to find out what yoga is all about? Here is your chance to learn the basic yoga postures and how to modify them to your own level of fitness. 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.

Tue, Nov 15-Jan 31, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

Pilates 101

Toning, flexibility, better posture, and core strength are just some of the benefits of a Pilates mat class. This exceptionally good workout will form the foundation for a lifetime of healthy habits.

Thu, Nov 17-Feb 9, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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



Health & Wellness

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 designed for various fitness levels looking for a slower-paced class with a focus on stretching postures and gentle flows. All levels are welcome.

Tue, Nov 15-Jan 31, 3:45-4:45 PM or

Wed, Nov 16-Feb 8, 5:45-7 PM or

Thu, Nov 17-Feb 9, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

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

Yoga Flow

In this class based on the Vinyasa flow style of yoga, we will build strength, stamina, and flexibility by using longer held postures and flow sequences. We will end with gentle stretching and relaxation exercises to reduce tension and calm our minds. All levels are welcome.

Wed, Nov 16-Feb 8, 4:00-5:00 PM

195 McGregor St., Lower Level, Suite LL22

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

A 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.

Tue, Nov 15-Jan 31, 5:30-6:30 PM or

Thu, Nov 17-Feb 9, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

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

The Wellness Center

Whether you are a healthy individual interested in fitness 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

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 2,000 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Wed, Oct 5, Nov 2 or Mon, Dec 5

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

Weighing in on Your Weight Loss Options at CMC

Learn about nutritional programs CMC offers to help you achieve your weight loss and long term weight maintenance goals. We offer individual counseling, medical weight loss, OPTIFAST® low calorie Full Fast for rapid weight loss and the Opti-Mistic Lifestyle Partial Fast plan. This information session is step one for both.

Wed, Oct 5, 19, Nov 2, 16 or Dec 21

Mon, Oct 24 or Nov 28

5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Fl., Suite 300, Manchester

FREE, registration required, call 603.663.6297

Nutrition Solutions

Nutrition Clinic 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, with COPD, dysphagia (swallowing difficulty), gastrointestinal health, 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

Caring for you.

With heart.



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

Achieving rapid weight loss can help provide the motivation to transform health and make long term lifestyle changes. On average participants lose 50 pounds in 12 to 22 weeks. This comprehensive, medically supervised, low calorie fasting program offers a weekly group and medical clinic. For those that may need alternate scheduling, daytime appointments can be arranged.

Tue, 4:30-5:30 PM, (clinic), 5:30-6:30 PM (group)
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester
Fee varies per individual. Registration required, call 603.663.6297

Opti-Mistic Lifestyle—OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacements and some of your own foods. Specific guidance is given to support low glycemic food choices, hormonal balance and reduced insulin.

Support Groups are offered every 2nd & 4th Wed, 5:30-6:30 PM
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

FREE weekly weigh-ins. Fee for food products varies.
For more information, call 603.663.6297

Parish Nurse Program

The CMC Parish Nurse Program is present in 17 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide a variety of health screenings including blood pressure, hearing and weight screenings, as well as wellness education programs and patient advocacy. The CMC Parish Nurse Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

Parish of Transfiguration (CMC Parish Nurse Main Office, 603.663.8004)

Mon, 9 AM-1 PM, Tue-Thu, 9 AM-3 PM, Closed Fri

Bedford Presbyterian Church, Bedford, 2nd and 4th Tue, 9:45-11:15 AM

Blessed Sacrament Church, Manchester, 1st and 2nd Wed, 1:30-3 PM

Brookside Congregational Church, Manchester, Thu, 10-11:30 AM

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

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

Devine Mercy, Peterborough, To Be Announced

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

St. Anne- St. Augustine Parish, Manchester, 2nd or 3rd Tue, 10:30-11:30 AM

St. Anthony Church, Manchester, Thu, 9-11 AM

St. Catherine of Sienna, Manchester, To Be Announced

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, Manchester, 1st & 3rd Tue, Senior Group 10-11:30 AM

St. Lawrence, Goffstown, 3rd Thursday of the month, 9-11 AM

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

St. Pius X Church, Manchester, Fri, 8:30-11 AM

St. Philip Greek Orthodox Church, Nashua, Wed 10 AM-12 PM; last Sun, 11:30 AM-1 PM

St. Raphael's, Manchester, 3rd Tue, 12:30 -1:30 PM & Burns High Rise 1:30-2:30 PM



Health & Wellness

Parish Nurse Program

Flu Shots in collaboration with Walgreen Pharmacists

Blessed Sacrament, Manchester, Wed, Oct 19 or 26, 1-3 PM
St Anne-St Augustin, Manchester, Sun, Oct 23, 11 AM-2 PM
FREE for uninsured or underinsured and medicare clients

Balance Screening

Tue, Sep 20, 8:30-10:15 AM
St. Elizabeth Seton, Bedford
Fri, Sep 30, 9:30-11 AM
St. Pius X, Manchester
FREE

S.H.I.N.E.

Supportive services for older adults.
Wed, 10:30-11:45 AM
St Matthew's Episcopal Church, Goffstown
FREE

Prayer Shawl Program

Parish of Transfiguration, 1st Wed, 10:30 AM –12 PM
St. Joseph Cathedral Rectory, 2nd Tue, 1 –2 PM
St. Pius X, 1st Fri, 9 AM
St. Elizabeth Seton, 1st Mon, 6:00 –7:30 PM
St. Raphael's – no formal meeting
FREE

Historic Church Tour

Join us on a tour of three local houses of worship to learn about their architecture, history, culture and traditions.
Tue, Oct 4, 9:15 AM-1 PM
9:15-10:15 AM Tour begins at Hope Tabernacle Church, 222 Cedar Street, Manchester
10:30-11:15 AM, Tour Jehovah Witness Kindgom Hall, 1745 Candia Road, Manchester
11:30 AM-1 PM, St. George Greek Orthodox Church, 650 Hanover Street, Manchester
Please bring a lunch. Free, non-perishable food donations encouraged.

Chair Exercises

2nd & 4th Tue, 9:45 AM, Bedford Presbyterian Church
Wed, 10 AM, Goffstown Congregational Church
Tue, 9:00 AM, St. Elizabeth Seton, Bedford, NH
Thu, 9:30 AM, Parish of the Transfiguration & St. Anthony Church
FREE

Indoor Walking, 1-2 miles

Tue & Wed, 9:30 AM
Parish of Transfiguration
FREE

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

Spicing Up Your Meals

Healthy food doesn't have to be bland or boring! Join Ann Saltalamacchia, RD to learn how to incorporate herbs and spices into healthy food choices which may help reduce your risk of cancer or reoccurrence.

Tue, Nov 8, 6-7:00 PM
Roy Auditorium Level C, CMC
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

Look Good, Feel Better

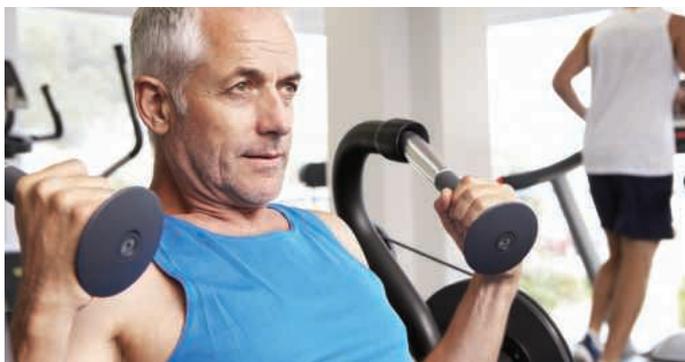
This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.
Last Tuesday of the month, 6-8 PM
FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828

Living with Cancer Support Group

This support group provides education and support for patients who are undergoing treatment for cancer or their loved ones and caregivers.
Second Wednesday of the month, 3-4 PM
FREE, registration required, call 603.629.8683

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With heart.



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

YogaCaps

A gentle, therapeutic seated yoga class for patients and their caregivers who have had or have cancer. No previous yoga experience needed.

Thursdays, 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 healthcare providers faced with all forms of lymphatic issues.

Tue, Dec 6, 5:30-6:30 PM

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

Gentle Yoga

A gentle, therapeutic, mat based class for individuals who are currently undergoing or have recently completed treatment for cancer. Experience how yoga can lower tension and anxiety while promoting a sense of calm and wellbeing.

Tuesdays, 1-2 PM

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE 90 day membership, registration required, call 603.663.8000

Screenings

Functional Movement Screening

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30-minute screening will utilize seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30-minute session will be a review of the findings, and individualized corrective exercises to assist in restoring maximal function.

\$25. For more information or to schedule an appointment, call 603.641.6700

Patient Assistance Services

Breast and Cervical Cancer Screening

FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required.

Breast Care Center, 9 Washington Place, Suite 203, Bedford
To see if you qualify, call 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. For more information on any of our classes or services please call 603.626.2626 or email Farrah at fdeselle@cmc-nh.org.

Welcome Visits at The Mom's Place

Do you want to learn more about having your baby at CMC and what to expect during your stay? Are you unsure where to go for your prenatal care? 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, registration required, call 603.626.2626

Preparation for Breastfeeding

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.

Thu Oct 6, Nov 3 or Dec 1, 6:30-8 PM

Level E, CMC

FREE, registration required, call 603.626.2626.

Preparation for Birth

In this series parents-to-be prepare their body, mind, heart 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. Refreshments are provided. A tour of The Mom's Place and birth suites is included in this in depth series.

Sat & Sun, Oct 8 & 9 or Nov 12 & 13 or Dec 10 & 11

9 AM-2:30 PM (two sessions)

Tue, Oct 11, 18, 25 & Nov 1 or Nov 15, 22, 29 & Dec 6 (four sessions)

Level E, CMC

\$120, registration required, call 603.626.2626

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.

Thu, Nov 17, 6 PM-9 PM

Level E, CMC

\$40, registration required, call 603.626.2626

CPR and Safety Class for Caregivers of Infants & 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 comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

Sat, Oct 1 or Dec 3, 9-11:30 AM

\$30 (includes two parents or one parent with caregiver).

Registration required, call 603.626.2626

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.

Thu, Oct 20 or Dec 15, 6-8:30 PM

Sat, Nov 5, 9:30 AM-12 PM

Level E, CMC

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

Registration required, call 603.626.2626

Caring for you.

With heart.



Prenatal Yoga

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension and enhances circulation. Classes help prepare your mind and body for labor and birth.

What to bring/wear: yoga mat, water, comfortable clothing
All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15-7:15 PM

Level E, CMC

\$50 for 6 week session or drop in \$10 per class, ongoing.

Registration required, call 603.626.2626

Yoga with Your Baby or Tot

Research shows that infants and young children who experience touch and physical attention from caregivers have improved learning and self regulation as they develop. Take a break from the busy day and join us to give you and your baby or toddler some special time to connect and learn more about what you can do at home to give your baby the best start. No yoga experience is needed. Blankets and yoga mats are provided or bring your own if you prefer.

Baby Yoga (six weeks to crawling)

Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Classes are laidback and soothing crying babies, changing and feeding during class is the norm. Join us to relax, have fun and connect with other new parents.

Mon, 10:30-11:15 AM

Level E, CMC

\$50 for 6 week session or \$10 for drop in, ongoing

Tots (crawlers-36 months)

Crawlers and walkers move through simple yoga poses while sitting, walking, jumping and standing with the assistance of their parents.

Mon, 9:30-10:15 AM

Level E, CMC

\$50 for six week session or \$10 for drop in, ongoing

To register, call 603.626.2626

Becoming A Big Sister Or Big Brother

This class prepares children, ages two to six 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.

Sat, Oct 1, Nov 5, or Dec 3 12:30-1:15PM

Level E, CMC

Family fee: \$10. Registration required, call 603.626.2626

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 663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

A Mother's Journey: A Group for Growing Moms and Babies

This weekly program is offered to provide 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. 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, registration required, call 603.626.2626





Women's Health Forum 2016 Taking Care of Number One!

Sat, Nov 12—8:45 AM to 3:15 PM

New Venue:

Puritan Conference Center

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

Sponsored by:



Northeast Delta Dental



Embracing Life's Seasons

**Mary Wood-Gauthier, RN, MSN
Catholic Medical Center (9:45 AM)**

Each season of a woman's life has developmental advances, challenges, pleasures and beauty. Our youth oriented culture tends to focus on decline and negative stereotypes. We are conditioned to fear and to fight any outward indications of advancing years. Join us as we discuss the natural developmental changes throughout the adult life, the influence of societal and personal attitude toward getting older, and the steps we can take throughout our lives to embrace the joy and privilege of becoming older and wiser.

Feasting Locally: Healthy Food Never Tasted So Good!

Liz Barbour, Chef, Creative Feast (11 AM)

The modern movement of eating locally grown and raised seasonal fare has its roots deeply planted in our historic kitchens. Join Creative Feast chef, Liz Barbour as she explores our journey back to the local farm with a discussion about the benefits of buying local and eating within season. Enjoy a cooking demonstration and tasting of recipes featuring the distinct flavors of locally harvested, seasonal ingredients. Your holiday side dishes will be a hit this year!

Glowing, Gorgeous Skin: Keeping Your Skin Healthy and Radiant

**Jennifer Stead, DO, Dermatologist,
Dartmouth-Hitchcock Manchester (1 PM)**

Your skin is the largest organ of your body, performing a number of vital functions to maintain your overall health. Because your skin plays such an important role in protecting your body, it makes sense that you should keep your skin as healthy as you can. Learn how diet, exercise, moisturizers, sunscreen and more can keep your skin healthy at every age and stage of life. Discussion will include the latest advances in skin care products and treatments, and what really works.

Is Stress Making Your Pants Tight?

Melissa Koerner, Founder of Better Beyond 50 (2 PM)

This stressful world of multitasking, balancing work and family and constant demands on our time takes a toll on our physical bodies in ways we may not be aware of... including increasing our waistline. While we can't always realistically change the stressors in our lives, we can change how we respond to them in a positive way. Discover the six different kinds of stress making you tired, unproductive and sick, and five simple tips to manage it more effectively to reduce your pant size, increase your energy, and boost your motivation.

**Fee: \$55. Registration required.
(Space is limited)
Call 603.626.2626.**

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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