

Focus on Men's Health

These community health and wellness events were designed just for you!



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To register and for more information on dozens of Community Health programs, visit mountainsidenow.com



MOUNTAINSIDE HOSPITAL COMMUNITY HEALTH EVENTS

Focus on Men's Health

These community health and wellness events were designed just for you!



Inside you'll find seminars to help you:

- * Lose weight
- * Prevent disease
- * Stay healthy
- * And much more!

MOUNTAINSIDE
H O S P I T A L

Men's Urological Health

This informative discussion will address the changes in voiding and sexual dysfunction that can occur in men as they age. Presented by James Saidi, MD., Urologist.

Date: September 30, 2009

Time: 2pm to 3pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Cognitive Therapy for Dieters

Train your brain to think like a thin person, stay focused on your weight loss goals and learn ways to combat negative thinking, emotional eating, bargaining and off diet eating by using cognitive behavioral therapy techniques. Presented by Nancy Herron, LCSW, ACT, a Certified Cognitive Behavioral Therapist and Certified Affiliate of the Academy of Cognitive Therapy.

Date: June 3, 2009

Time: 6pm to 7pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Weight Loss Surgery: The Facts

Find out how this proven procedure can improve your health and lifestyle. Presented by Karl W. Strom, MD, Bariatric Surgeon.

Date: June 10, 2009

Time: 7pm to 9pm

Location: Clifton Public Library, Allwood Branch, 44 Lyall Road, Clifton, NJ 07013

Date: June 17, July 15, August 12, September 23, 2009

Time: 7pm to 9pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Sure Steps to Control Diabetes

Diabetes Self-Management Classes which include an initial individual assessment, three 2 hour group classes and an individual follow-up assessment. Call the Diabetes Center at 973-429-6305 to arrange for an appointment for individual initial assessment.

Date: A new series will be held each month in May and June. No sessions in July & August.

Time: 9am to 11am

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Advances in Stroke Management

A discussion on modern approaches and advances for the stroke patient will be addressed. Presented by David Blady, MD, Neurologist & Medical Director of the Stroke Team Committee.

Date: September 15, 2009

Time: 6pm to 7pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

What is the Metabolic Syndrome?

Metabolic syndrome is characterized by a group of risk factors such as abdominal obesity, elevated blood pressure, high triglycerides and insulin resistance. Join us as we address these risk factors and identify those individuals at risk. Presented by Giovanni Campanile, MD, cardiologist & Chief of Cardiovascular Services.

Date: July 14, 2009

Time: 6pm to 7pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Your Blood's Journey through the Vascular System

This informative discussion will focus on the blood's journey, how detours or delays can impact your health and how these factors can lead to Peripheral Arterial Disease, Strokes and Heart Attacks. Presented by Raymond Holmes, M.D., Vascular Surgeon.

Date: September 10, 2009

Time: 6pm to 7pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Hypnosis for Weight Reduction

No diets, restrictions or feelings of denial. Through hypnotic suggestions and proven behavior modification techniques you will make subtle changes to permanently reduce your weight.

Date: June 4, July 9, August 6 & September 3, 2009

Time: 7pm to 9pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Fee: \$70.00/person

Hypnosis for Smoking Cessation

Overcome the desire to smoke and beat psychological cravings using group hypnosis and behavior modification techniques.

Date: May 20, July 22 & September 16, 2009

Time: 6:30pm to 8:30pm

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Fee: \$70.00/person

Survivor's Day Celebration

Survivor's Day is an event that celebrates the resiliency of Mountainside Hospital's cancer patients. Registration is required.

Date: June 7, 2009

Time: 12:30pm to 2:30pm

Location: Bayberry Café, Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

Diabetes Support Group Meetings

Support group meetings for adults with Diabetes and their families and friends. Topics relevant to Diabetes self management will be discussed. No registration is required.

Date: May 28, June 25 & September 24, 2009

Time: 10am to 11am

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

For more information, please call 973-429-6392.

SCREENINGS

This is just a sample of the many screenings available. Please visit www.mountainsidenow.com or call 1-888-973-4MSH for a complete list of screenings.

Stroke Screenings

Evaluate your risk for stroke through cholesterol testing, blood pressure, pulse check, carotid artery assessment and stroke-related counseling from staff physicians. Fee: \$30.00/person, \$20.00 for those 55 and older. Registration is required.

Date: May 29, 2009

Time: 9am to 11am

Location: Mountainside Hospital, 1 Bay Avenue, Montclair, NJ 07042

To register for any of the above programs and for more information on dozens of Community Health programs, please visit www.mountainsidenow.com or call 1-888-973-4MSH.

Do you have a suggestion for a Community Health program? Would you like to receive information about services and programs? We'd love to hear from you! Send us an e-mail: info@mountainsidehosp.com.