

## JANUARY 2012 HEALTH EVENTS

**JAN. 10** **SLEEP SCREENING & EDUCATION CLINIC**  
3 - 6 p.m.  
BRMC Outpatient Services Center, Suite 32

**JAN. 10** **BREAST CANCER SUPPORT GROUP**  
5 p.m.  
BRMC Ground Floor Assembly Room

**JAN. 16** **DIABETES SUPPORT GROUP**  
6 p.m.  
BRMC Same Day Surgery Waiting Area

**JAN. 16** **LABOR AND DELIVERY CLASSES**  
6 p.m.  
BRMC Classroom B

**JAN. 16** **OSTOMY SUPPORT GROUP**  
7 p.m.  
BRMC Classroom D

**JAN. 24** **SLEEP SCREENING AND EDUCATION CLINICS**  
9 a.m. - noon  
BRMC Outpatient Services Center, Suite 32

**JAN. 26** **ALZHEIMER'S SUPPORT GROUP**  
6:30 p.m.  
BRMC First Floor Activity Room

**JAN. 31** **BEREAVEMENT SUPPORT GROUP**  
4 p.m.  
BRMC Third Floor Chapel (East Wing)

FOR MORE INFORMATION ON ANY SUPPORT GROUP, CLASS OR CLINIC, CALL BRADFORD REGIONAL MEDICAL CENTER AT 814.368.4143.

## FEBRUARY SPOTLIGHT

### MANAGING DIABETES:

Physician presentation and panel discussion  
**Speakers:** Gagandeep Singh, M.D. - Family Medicine, Arthur M. Goldstein, M.D. - Wound Care and Cindy Simms, Diabetic Education Coordinator

**Thursday, February 2**  
**6 - 7:30 p.m.**

BRMC Outpatient Services Center,  
Same Day Surgery Waiting Area

**15% Healthy food + Healthy hospitals = Healthy communities**

**DISCOUNT COUPON FOR DINNER**

Senior citizens age 65 and older can receive a 15% discount on their meals at the Bradford Regional Medical Center's cafeteria, Monday through Friday from 4 to 6 p.m. Enjoy a variety of entrées, vegetables, desserts and drinks. Take-out orders are available. The hospital's 10% discount for seniors is available every day, all day, including weekends.

