

# August 2019 Calendar of Events

## August 4

Community Shredding Event hosted by State Senator Anthony H. Williams, State Representative Joanna McClinton in partnership with Mercy

**10:00 a.m. – 1:00 p.m.**

**Mercy Fitzgerald's East Campus,  
1515 Lansdowne Avenue, Darby, PA**

Properly shred unneeded papers from your taxes, financial and medical records, and other papers with personal information. Staff of Sen. Williams & Rep. McClinton will also provide help with state issues such as applying for PennDot, Medicaid and the Property Tax/Rent Rebate Program.

## August 6

The Farmers Market at  
Mercy Fitzgerald Campus

**11:00 a.m. – 2:30 p.m. & 3:30 p.m. – 6:30 p.m.**

**Cafeteria, 1st floor**

A large variety of fresh produce will be available. Help your family eat well.

## August 7

Women's Cancer Support Group

**2:00 p.m. – 4:00 p.m.**

**Cancer Center Resource Room  
Medical Science Building**

Registration is not required.

**For more information, call 610.237.2648.**

## August 12

Bariatrics Support Group

**5:00 p.m. – 6:00 p.m.**

**Sr. Marie Lenahan Wellness Center  
2nd Floor Community Room**

Learn more about life-changing bariatric surgery options, support services, and meet our bariatric surgeons.

**For more information, call 610.237.3641.**

## August 13

Total Joint Replacement Class

**9:00 a.m. – 10:00 a.m.**

**Sr. Marie Lenahan Wellness Center  
2nd Floor Community Room**

For persons having or considering joint replacement surgery.

**Please call 1.877.GO MERCY for info. or to register.**

## August 21

Men's Cancer Support Group

**2:00 p.m. – 4:00 p.m.**

**Cancer Center Resource Room  
Medical Science Building**

Registration is not required.

**For more information, call 610.237.2648.**

## August 24

Community Day Health Fair

**9:00 a.m. – 4:00 p.m.**

**St Michael's Episcopal Church  
813 Longacre Boulevard, Yeadon, PA**

Mercy Fitzgerald will be providing free health and wellness information.

## Recurring Events and Meetings

### August 1, 8, 15, 22 & 29

Diabetes Self-Management Education Classes

**5:00 p.m. – 8:00 p.m.**

Whether you are newly diagnosed or have been dealing with diabetes for years, proper management of the disease is essential to your health. Learn how to successfully manage all aspects of your diabetes. Pre-registration required.

**To register or for more info. call 610.237.4192.**

### August 8 & 22

WRAP (Wellness Recovery Action Plan) Workshop

**1:00 p.m. – 2:30 p.m.**

**Sr. Marie Lenahan Wellness Center  
2nd Floor Community Room**

Take control of your mental health recovery with WRAP, a self-management and recovery system.

Registration not required. **For more info. call 610.237.7340.**

### August 12 & 26

Bariatric Nutrition Class

**4:30 p.m. – 5:00 p.m.**

**Sr. Marie Lenahan Wellness Center  
2nd Floor Community Room**

Nutrition class to help you successfully keep off the weight and maintain overall improved health.

**For more information, call 610.237.3641.**

### Every Wednesday, Thursday & Friday

Walk-In Screening Mammogram

**8:00 a.m. – 4:00 p.m.** (please arrive by 3:30 p.m.)

**Women's Imaging Suite  
Sr. Marie Lenahan Wellness Center**

Physician prescription, insurance card and photo ID required. **For more info. call 610.237.2525.**



Trinity Health  
Mid-Atlantic

Mercy Catholic Medical Center  
Mercy Fitzgerald Campus