

November 2019 Calendar of Events

November 2

Philadelphia Heart Walk

8:00 a.m. – 12:00 p.m.

Citizens Bank Park

Join colleagues from Mercy Fitzgerald Campus who have accepted the challenge to help fight heart disease and stroke. Join us for the walk or stop by our Trinity Health Mid-Atlantic information table.

November 5

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.

November 6

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.

November 11

Free Lunch for Military Service Members

11:30 a.m. – 1:00 p.m.

Cafeteria

Colleagues, community members and patients who are military service members are cordially invited to enjoy a free lunch on us on Veterans Day. We want to thank you for your dedication to our hospital and our country. Please bring your military ID to claim a free lunch. We look forward to celebrating you.

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.

November 12

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.

Stroke Education Class

1:00 p.m. – 2:00 p.m.

Friendship Circle Senior Center

Support for those recuperating from a stroke and for their family members. Receive education, on nutritional, medication and lifestyle changes that can reduce your stroke factors.

Please call 215.748.9592 for more information.

November 14

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 information call 610.237.7340.

November 19

Men's Cancer Support Group

2:00 p.m. – 4:00 p.m.

Cancer Center Resource Room Medical Science Bldg.

Registration is not required.

For more information, call 610.237.2648.

November 25

Thanksgiving Prayer Service

12:30 p.m.

Gift Shop Lobby, First Floor

Join us for a prayer service to prepare for the Thanksgiving holiday. Attendees will receive a Thanksgiving blessing. Community members, patients and visitors are welcome to attend.

Recurring Events and Meetings

November 7, 14 & 21

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.

November 11 & 18

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.

