

Well ahead.™

Winter/Spring 2013 Calendar of Events

Keeping you and your family Well Ahead

FEBRUARY

Saturday, 2/2, 9am, Bariatric Information Session - MLHC-NS

Wednesday, 2/6, 11am -1pm, Blood Pressure Screening - MLHC-NS

Wednesday, 2/6, 10:45am, "How to Stay Active" Lecture - WSC

(Call 610.688.6246 to register)

Saturday, 2/9, 10am - 4pm, **Spring Cleaning Sale, Bryn Mawr Thrift Shop**, Whitehall Building Purchase your reusable Bryn Mawr Hospital Thrift Shop green bag and take away all that you can fit in the bag from our specially selected items. Sponsored by the BMH Women's Board.

Monday, 2/11 and 2/25, 6:30pm, Bariatric Information Session - MLHC-NS

Tuesday, 2/12, 10am, "Learn and Live" Heart & Stroke Lecture - UMSC

(Call 610.265.4715 to register)

Friday, 2/15, 11:45am, "Learn and Live" Heart and Stroke Lecture - HSC (Call 610.446.2070 to register)

Saturday, 2/16, 9am - 11am, **Blood Pressure Screening** - ML YMCA

Monday, 2/18, 6:30pm - 8pm, Barre, Bench & Ball Boot Camp - EAC

In honor of Heart Month, do something healthy for your heart and body by joining Women's Health Source for a challenging cardio exercise at Ellis Athletic Center.

Tuesday, 2/19, 11am, **Hip and Knee Pain Seminar** - BMH

Thursday, 2/21, 10am - 12pm, Blood Pressure Screening - Whole Foods, Wayne

Tuesday, 2/26, 10am - 12pm, **Blood Pressure Screening** - Tedwyn Apartments, Bryn Mawr

Wednesday, 2/27, 11am, "Learn and Live" Heart & Stroke Lecture - CSS (Call 610.626.2069 to register)

Wednesday, 2/27, 11am - 1pm, **Blood Pressure Screening** - BMH, Warden Lobby

MARCH

Monday, 3/4 and 3/18, 6:30pm, Bariatric Information Session - MLHC-NS

Wednesday, 3/6, 11am - 1pm, Blood Pressure Screening - MLHC - NS

Saturday, 3/9, 9am, **Bariatric Information Session** - MLHC-NS

Monday, 3/11, 11am - 1pm, **Blood Pressure Screening** - Trader Joe's, Wayne

Tuesday, 3/12, 4pm - 8pm, Mammograms, Mocktails and Manicures - MLHC-NS

This fun and relaxing event offers a pleasant way to get a potentially life-saving mammogram. (Call 484-580-1800 to register)

Wednesday, 3/13, 5pm, **Health and Fitness Social** - Great American Pub, Conshohocken

Tuesday, 3/19, 6:30pm, **Hip and Knee Pain Seminar** - MLHC-NS

Wednesday, 3/20, 9am -11am, Blood Pressure Screening & Poison Prevention display - ML YMCA

Thursday, 3/21, 10am - 12pm, **Blood Pressure Screening** - Whole Foods, Wayne

Tuesday, 3/26, 10am - 12pm, **Blood Pressure Screening** - Tedwyn Apartments, Bryn Mawr

Wednesday, 3/27, 11am - 1pm, **Blood Pressure Screening** - BMH, Warden Lobby

APRIL

Wednesday, 4/3, 11am - 1pm, Blood Pressure Screening - MLHC - NS

Monday, 4/8, 11am - 1pm, **Blood Pressure Screening** - Trader Joe's, Wayne

Monday, 4/8 and 4/22, 6:30pm, Bariatric Information Session - MLHC-NS

Saturday, 4/13, 9am, **Bariatric Information Session** - MLHC-NS

Tuesday, 4/16, 11am, **Hip and Knee Pain Seminar** - BMH

Thursday, 4/18, 10am - 12pm, Blood Pressure Screening - Whole Foods, Wayne

Thursday, 4/18, 7pm - 9pm, **Women's Health Panel** – Double Tree Hotel, Plymouth Meeting Topics include: Self care, Fitness & Diet Myths and Truths, Heart Health, Beating Back Pain

Saturday, 4/20, 9am - 11am, Blood Pressure Screening & Hydration display - ML YMCA

Tuesday, 4/23, 10am - 12pm, **Blood Pressure Screening** - Tedwyn Apartments, Bryn Mawr

Wednesday, 4/24, 11am - 1pm, **Blood Pressure Screening** - BMH, Warden Lobby

Saturday, 4/27, Main Line Health Friends and Family Day - Philadelphia Zoo

Tuesday, 4/30, **Devon Shopping Day** - Polka Dots, Paoli Shopping Center

10% of all proceeds will go to The Devon Horse Show and Country Fair to benfit BMH

MAY

Wednesday, 5/1, 11am - 1pm, Blood Pressure Screening - MLHC - NS

Saturday, 5/4, 10am - 2pm, Mom & Baby Community Day with Maternity Fashion Show - BMH

Monday, 5/6 and 5/20, 6:30pm, Bariatric Information Session - MLHC-NS

Saturday, 5/11, 9am, **Bariatric Information Session** - MLHC-NS

Monday, 5/13, 11am - 1pm, **Blood Pressure Screening** - Trader Joe's, Wayne

Wednesday, 5/15, 9am - 11am, Blood Pressure Screening & Sun Safety display - ML YMCA

Thursday, 5/16, 10am - 12pm, **Blood Pressure Screening** - Whole Foods, Wayne

Tuesday, 5/21, 11am, **Hip and Knee Pain Seminar** - BMH

Tuesday, 5/21, 10am - 12pm, **Blood Pressure Screening** - Tedwyn Apartments, Bryn Mawr

Wednesday, 5/22, 11am - 1pm, **Blood Pressure Screening** - BMH, Warden Lobby

Wednesday, 5/22, First Night at Devon, Devon Horse Show grounds

E-mail hhcork@aol.com to request an invitation.

Thursday, 5/23 – Sunday, 6/2, **Devon Horse Show and Country Fair** to benefit Bryn Mawr Hospital

Tuesday, 5/28, 6pm – 8:30pm, **Skin Cancer Screening** - MLHC-NS

JUNE

Monday, 6/3 and 6/17, 6:30pm, **Bariatric Information Session** - MLHC-NS

Wednesday, 6/5, 11am - 1pm, **Blood Pressure Screening** - MLHC - NS

Monday, 6/10, 11am - 1pm, Blood Pressure Screening - Trader Joe's, Wayne

Saturday, 6/15, 9am - 11am, Blood Pressure Screening & Bike Safety display - ML YMCA

Tuesday, 6/18, 2pm, **Hip and Knee Pain Seminar** - MLHC-NS

Tuesday, 6/18, 10am - 12pm, **Blood Pressure Screening** - Tedwyn Apartments, Bryn Mawr

Thursday, 6/20, 10am - 12pm, **Blood Pressure Screening** - Whole Foods, Wayne

Wednesday, 6/26 11am - 1pm, **Blood Pressure Screening** - BMH, Warden Lobby

To register for an event or for more information, visit MainLineHealth.org/events or call 1-866-CALL-MLH, or the BMH Development office at 484-337-8177.

Kev

BMH – Bryn Mawr Hospital

WSC – Wayne Senior Center

EAC – Ellis Athletic Center, Newtown Square

CSS - Catholic Social Services, Springfield

UMSC – Upper Merion Services Center

HSC - Havertown Senior Center

ML YMCA – Main Line YMCA, Ardmore

MLHC-NS- Main Line Health Center - Newtown Square