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**CALENDAR LISTING / PLEASE POST**

## **St. Vincent's Hosts Free Health and Wellness Education Programs in Stratford**

**BRIDGEPORT, Connecticut – August 25, 2016** – St. Vincent's Medical Center will present health and wellness education programs at the newly opened St. Vincent's Stratford Health and Wellness Center Francis R. Scifo, MD Community Education Room:

**September 15, 22, 29, and October 6, 13 from 6:00 – 7:45 pm – Food For Life: "Healthy Basics."** Don't miss this healthy cooking demonstration, including recipes to try at home. Presented by Jane Sirignano, who has experience as an assistant chef, a diploma in nutrition, and several certificates in health/wellness. FREE. For more information and to register, call (203)-576-6158. St. Vincent's Stratford Health and Wellness Center Francis R. Scifo, MD Community Education Room, 3272 Main Street, Stratford. Free on-site parking provided.

**ONGOING EVENTS:**

**"Yoga for Cancer Survivors."** Held on Tuesdays from 6:00 – 7:00 pm. Mat and chair yoga for adults fighting and surviving cancer.

**Better Breathing Club.** Held on the 1<sup>st</sup> Wednesday of each month from 1:00 – 3:00 pm. Features a variety of presentations for patients with lung disease such as COPD, asthma, cystic fibrosis. Topics include nutrition, pharmacy, pastoral care, physical therapy, and respiratory care.

**"Preparing to Breastfeed" class.** Held the 2<sup>nd</sup> Saturday of each month. 10:00 am – 12:00 pm. Prenatal breastfeeding instruction and support for nursing moms. For more information and to register, visit: <http://info.stvincents.org/preparingtobreastfeed> or call (203) 576-6087. St. Vincent's Stratford Health & Wellness Center, Francis R. Scifo, MD Community Education Room, 3272 Main Street, Stratford. Free on-site parking provided.

**Breastfeeding Support Group.** Held the last Saturday of each month. 10:00 am – 12:00 pm. Prenatal breastfeeding instruction and support for nursing moms. For more information and to register, visit <http://info.stvincents.org/breastfeedingsupport> or call (203) 576-6087. St. Vincent's Stratford Health & Wellness Center, Francis R. Scifo, MD Community Education Room, 3272 Main Street, Stratford. Free on-site parking provided.



**“Diabetes Prevention Program.”** 6:00 pm. Presented by the Central Connecticut Coast YMCA. Please call (203) 375-5844, x32 for information. St. Vincent’s Stratford Health & Wellness Center, Francis R. Scifo, MD Community Education Room, 3272 Main Street, Stratford. Free on-site parking provided.

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**About St. Vincent’s Medical Center**

Founded by the Daughters of Charity in 1903, St. Vincent’s Medical Center is a mission-driven organization committed to exceptional health care for all with special attention to persons living in poverty and those who are most vulnerable. St. Vincent’s Medical Center is a member of Ascension, the nation’s largest Catholic and non-profit healthcare system, and is at the forefront in patient safety and quality, with a focus on creating holistic, compassionate environments. St. Vincent’s was awarded the Nursing Magnet® Recognition, the highest national award for nursing excellence. In 2013 St. Vincent’s Medical Center was named Top Performer on Key Quality Measures® by the Joint Commission, the leading accreditor of health care organizations in America, and has been recognized by both the Joint Commission and OSHA as a model of a highly reliable organization dedicated to patient safety. The American College of Surgeons Commission on Cancer awarded St. Vincent’s an Outstanding Achievement Award with Accreditation in 2012, and it also has earned its designation from the National Accreditation Program for Breast Cancer. For more information on programs and services, visit [www.stvincents.org](http://www.stvincents.org).