

# Health Happenings

## 13<sup>TH</sup> ANNUAL BAYSTATE HEALTH SENIOR CLASS GALA HOLIDAY BALL

Featuring Dan Kane and Singers  
Sponsored by Health New England

Friday, January 7, 5-10:30 pm  
Chez Josef  
176 Shoemaker Lane, Agawam  
\$38 per person. To register: 413-794-5200 or  
baystatehealth.org/seniorclass

## MAKING IT THROUGH MENOPAUSE

Featuring Dr. Linda Polonsky,  
BMP-Pioneer Women's Health

Tuesday, January 11, 5:30-8:30 pm  
Baystate Franklin Medical Center  
164 High Street, Greenfield  
**Free!** To register: 1-800-377-4325  
or baystatehealth.org/spiritofwomen

## 2011 HEART AND VASCULAR LECTURE SERIES

Sundays in February, 1-3:30 pm  
Baystate Health Education Center  
361 Whitney Avenue, Holyoke

- 2/6 *Newest Insights into Preventing Cardiovascular Disease*, Peter Robinson, MD, Pioneer Valley Cardiology
- 2/13 *Cardiac Surgery in the 21st Century*, Daniel Engelman, MD, Cardiac Surgical Associates of Western Mass
- 2/20 *Navigating the Web and Health Information*, Margot Malachowski, MLS, outreach librarian, Baystate Health Science Library
- 2/27 *Advances in Interventional Cardiology*, Gregory Giugliano, MD, associate director, Cardiac Catheterization Lab and Cardiology Research, Baystate Medical Center

**Free!** Registration required: 1-800-377-4325.

## WOMEN'S HEALTHY HEART FORUM 2011

Mondays, February 7, March 7, April 4, May 2, 6-7 pm  
3300 Main Street, Suite 2 A, Springfield  
For women with heart disease or wishing to prevent heart disease, this program offers support, education, motivation, and information about healthy lifestyle behaviors.  
To register: 1-800-377-4325

## CHOCOLATE FANTASY FUNDRAISER

Friday, February 11, 9:30 am-3 pm, Baystate Franklin Medical Center, 164 High Street, Greenfield  
Open to the public. No registration required.



## 94.7 WMAS CHILDREN'S MIRACLE NETWORK RADIOTHON to Benefit Baystate Children's Hospital

Thursday-Saturday, March 3-5  
6 am-8 pm Thursday & Friday, 8 am-4 pm Saturday  
Broadcast live from the Children's Hospital playdeck. Tune in to hear heartwarming stories about our smallest patients and call to pledge your support! For more information, visit baystatehealth.org/cm or call 413-794-1486.

## ATTEND SENIOR CLASS SEMINARS ONLINE

Senior Class, Baystate Health's membership program for people ages 55+, now offers a selection of its seminars and events via video online at baystatehealth.org/seniorclass. Access is free and open to the public. Current topics include "A Walk in Nature," shot live on location this fall with David Gallup, president of the Springfield Naturalist Club; and "The Spins: Vertigo and Balance Problems," with neurologist Dr. Karin Johnson. Visit regularly for new topics!

## PARENT EDUCATION

Baystate Health offers the region's most comprehensive selection of childbirth and parent education classes. For a complete list, visit baystatehealth.org/parented. For more information, specific dates and locations, or to register, call 1-800-377-4325.

## FIRST AID AND CPR CLASSES

Baystate Health offers a wide variety of first aid and CPR classes for health care providers, adults, and teens on an ongoing basis. For more information, visit baystatehealth.org/cpr.



Become a fan of Baystate Children's Hospital or Rays of Hope.



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