



HEALTH & WELLNESS FAIRS

Screenings, education—and fun for all ages—are offered at our health and wellness events:

Valley Health Community Wellness Festival

Saturday, February 29,
10 AM–6 PM

Apple Blossom Mall
Winchester, VA

Hampshire County Health Fair

Saturday, April 11,
7–11 AM

Hope Christian Church
Augusta, WV

Warren Memorial Hospital Community Safety & Wellness Expo

Saturday, April 18
8 AM–noon

Warren County High School
Front Royal, VA

SUPPORT GROUPS

IN FRONT ROYAL, VA:

At Warren Memorial Hospital Outpatient Center:

Lyme/Tick Disease Support Group

First Thursdays, 5:30–7 PM

Parkinson's Disease Group

Fourth Mondays, 4:30–6 PM
540-635-0730

At Warren Memorial Hospital Conference Room:

Stroke Support Group

First Mondays, 4:30–6 PM

IN WINCHESTER, VA:

At Chronic Disease Resource Center:

COPD (Chronic Obstructive Pulmonary Disease)

Support Group

Fourth Tuesdays

11 AM–noon

At Valley Health Cancer Center, WMC Campus:

Cancer Patients (all types, all ages)

Fourth Mondays, 3 PM

At Valley Health Wellness & Fitness, WMC Campus:

MS Support Group

First Fridays

5:30–8:30 PM

Call 540-327-3967 for more information.

Stroke Support Group

Fourth Tuesdays

4:30–6 PM

At Wellspring,

525 Amherst Street:

Serving Survivors Monthly Luncheon (for women cancer survivors)

First Wednesdays

noon

More Than Beauty (for patients with cancer and

MENTAL HEALTH FIRST AID TRAINING FOR 2020

You may know CPR and the Heimlich maneuver, but can you administer first aid in a mental health crisis? Mental Health First Aid training provides resources so you can understand and respond to those experiencing depression, anxiety, schizophrenia, substance abuse and more. Free to the public, each training is offered during two four-hour sessions:

- Holiday Inn, Woodstock, VA: April 15 and 22
 - Page Memorial Hospital, Luray, VA: June 10 and 17
 - Warren Memorial Hospital, Front Royal, VA: September 16 and 23
- To register, call 540-459-1220.

other chronic diseases)

Third Fridays

11 AM–1 PM

Ripples (for women with cancer)

Third Saturdays

10 AM–noon

At Winchester Medical Center Conference Center:

Medical Bariatric Care

First Wednesdays

6–7 PM

Surgical Bariatric Care

Third Thursdays

6–7 PM

Call 540-536-0011 for more information.

At Winchester Medical Center Women and Children's Classroom:

New Moms/Postpartum Group

First and fourth Tuesdays,
10:30 AM–noon

OTHER:

Diabetes Education and Support Groups

Held at multiple locations across the region. Visit valleyhealthlink.com/diabetes-management for a full listing.

Epilepsy Support Group

Call 540-908-3400 for more information.

VALLEY HEALTH AND ITS PHYSICIAN PARTNERS OFFER A RANGE OF INFORMATIONAL EVENTS, PARENTING CLASSES, SUPPORT GROUPS, SCREENINGS, AND OTHER HEALTH AND WELLNESS ACTIVITIES EVERY MONTH. VISIT OUR ONLINE EVENTS CALENDAR AT VALLEYHEALTHLINK.COM/EVENTS FOR A COMPLETE LISTING.