

## Community Programs and Resources

Call 717-544-3811 for more information

- **2-1-1 Pennsylvania East (United Way Link)**  
Dial 211 to be connected to free, confidential, local health and human services resources such as financial, housing, food, emotional and medical services.
- **Breast and Cervical Cancer Screenings**  
This program provides free screening and diagnostic testing (PAPs/Mammograms) for income eligible women.
- **ChildProtect**  
Free immunizations for children without insurance or enrolled in Medicaid.
- **Family Planning**  
Free preventive care services for income eligible women, men, and teens. We provide GYN care, birth control, STD testing and treatment. Call 717-544-4320 to schedule.
- **Healthy Beginnings Plus**  
If you are pregnant and eligible for Medical Assistance, Healthy Beginnings Plus (HBP) is available to help you have a healthy pregnancy and baby. Call 717-545-4305 to apply.
- **Lancaster County Children's Alliance**  
A Children's Advocacy Center with child abuse professionals who can support the needs of the child victims and their families.
- **Lancaster County Joining Forces**  
A collection of organizations and individuals who want to save lives and help our neighbors who are struggling with opioid addiction. For free resources and more information, visit [LancasterJoiningForces.org](http://LancasterJoiningForces.org).
- **Let's Talk, Lancaster**  
The driving force for advancing mental well-being in Lancaster County. For more information or to find out what you can do, visit [LetsTalkLancaster.org](http://LetsTalkLancaster.org).
- **Nurse-Family Partnership**  
A free program for income eligible women who are having their first baby. A specially trained registered nurse will visit you in your home during your pregnancy and continue to visit until your baby is 2 years old. Call 717-544-1952 to schedule.
- **Safe Kids**  
Visit [www.safekids.org](http://www.safekids.org) for information on how to protect your child from injuries. Visit [LGHealth.org/Wellness](http://LGHealth.org/Wellness) for information on car seat safety and farm safety.

**Community Health & Wellness**  
2100 Harrisburg Pike | Lancaster, PA 17601  
717-544-3811 | Fax: 717-544-3139 | [LGHealth.org/Wellness](http://LGHealth.org/Wellness)

## Healthy Weight Management

### Women & Babies Hospital

- **Obesity & Pregnancy**  
For overweight women with a body mass index higher than 29 who have just found out they are pregnant. For more information or to enroll, call 717-544-3145.

### Community Coalition

- **Lighten Up Lancaster County Coalition**  
Healthy recipes, exercise ideas, and ways to get more involved in community health events. For more details, visit [LightenUpLancaster.org](http://LightenUpLancaster.org) or call 717-544-3878.

### Healthy Weight Management Center Bariatric Physician Specialists

717-544-2935 (Call for more information)

- **Medically Managed Weight Loss**  
Program is designed to help you reach and maintain your weight loss goals without surgery. Attend a seminar to learn more about our low-calorie diet program, which includes: consultations with board-certified medical bariatrician, nurse practitioners, meal replacement plans and educational classes.
- **Bariatric Surgery**  
Attend a seminar to learn about the benefits and risks of bariatric surgery. Seminars are led by a fellowship-trained bariatric surgeon.
- **Shapedown Healthy Weight Management for Youth**  
Children ages (7-12) and parent(s) learn how to make healthy lifestyle choices with food and activities. Scholarships are available. For more information, contact 717-544-0600

### Diabetes and Nutrition Center

717-544-5923 (Call for pricing)

- **Pre-Diabetes Class**  
This class consists of two 2-hour educational sessions. Session one covers signs and symptoms, prevention activities, and other related topics. Session two reviews label comprehension and making good food choices.
- **Nutrition Education**  
Nationally recognized 1 on 1 and group diabetes education program as well as 1 on 1 education with a Registered Dietitian for medical conditions requiring nutrition therapy for children and adults.

## Quit Tobacco For A Healthier Tomorrow

### Community Health & Wellness

717-544-3811

- **One-On-One Counseling**  
**FREE** 30-minute weekly meetings with a health educator.
- **Additional Resources**
  - PA Toll-free Quit Line 1-800-QUIT-NOW (1-800-784-8669)
  - PA Department of Health quit tobacco website- [determinedtoquit.com](http://determinedtoquit.com)
  - **Tobacco-Free Coalition of Lancaster**  
The coalition works to prevent young people from using tobacco, provide resources for treatments, and eliminate tobacco smoke pollution. Visit [TobaccoFreeLanc.org](http://TobaccoFreeLanc.org) or call 717-544-3223

## Community Classes

### Holistic Therapy

717-544-4636 (Call for pricing)

Integrate holistic therapies into your wellness routine, to support your health and help you achieve a more balanced state of being. Holistic therapies such as massage, acupuncture, yoga, and Reiki are designed to treat the whole person. These treatments have been proven to reduce pain and stress, which can increase vitality and overall functionality.

### Women & Babies Hospital

717-544-4636 (Call for pricing)

- **Childbirth Education**  
Classes that provide women, their newborns, and their families with the tools they need to be happy and healthy.



The Foster G. McGaw Prize

2018  
Prize  
Winners



Penn Medicine  
Lancaster General Health

## Community Wellness Calendar

### Live Healthy Programs

October/November/December  
2019



## Featured Education Classes



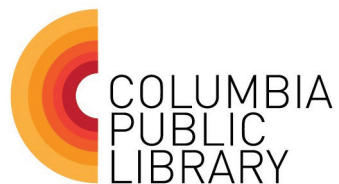
### Freedom from Smoking®

Quitting nicotine can be a long and difficult process for many people. We are here to offer you support and encouragement, no matter where you are in your quitting journey. During this 6 week program, we will provide information, tools and resources to help you on your way to a healthier you.

Topics covered in this course will be preparing to quit, planning for change, recovery symptoms, coping strategies and many other techniques to help you on your journey to becoming nicotine-free! Participants can receive **FREE** nicotine replacement therapy (NRT), such as the patch, lozenge or gum (as grant funding allows).

**Date & Time:** November 4 – December 9, 6:00 p.m. – 7:00 p.m.

**Location:** Columbia Public Library  
24 South 6th Street  
Columbia, PA 17512



### NARCAN® Access in Lancaster County

Upgrade your First Aid Kit with NARCAN® to be prepared for an opioid overdose emergency. NARCAN®

With community partners, we are increasing access to NARCAN® in Lancaster County. Your healthcare provider might recommend NARCAN® if you are taking high doses of opioids, or you can ask for a prescription if you are concerned about a loved one.

You can get NARCAN® at most pharmacies with or without a prescription from your doctor. In Pennsylvania, there is a public standing order. This order allows pharmacies to give NARCAN® to anyone. The medication is covered by most insurances, usually with a low copay.

If you do not have insurance or cannot pay your copay, we can help! Visit [www.LancasterJoiningForces.org](http://www.LancasterJoiningForces.org) for a list of pharmacy locations offering FREE NARCAN® kits in Lancaster County. All LG Convenience Pharmacy locations offer FREE NARCAN® kits.



#### LG Convenience Pharmacy Locations:

- Lancaster General Hospital  
555 North Duke Street, 1st Floor, Lancaster
- Suburban Pavilion  
2108 Harrisburg Pike, 3rd Floor, Lancaster
- Kissel Hill  
51 Peters Road, Lititz

If you have any questions, please contact Julia Ressler at [Julia.Ressler@pennmedicine.upenn.edu](mailto:Julia.Ressler@pennmedicine.upenn.edu). If you are concerned about drug or alcohol use in yourself or a loved one, talk to your healthcare provider or call a helpline:

Compass Mark, 717-291-2831  
PA Get Help Now, 1-800-662-HELP (4357)  
RASE Project, 717-299-3080



### Trauma 101

This training is designed to provide a foundational overview and awareness of adverse childhood experiences, trauma, resilience, and trauma-informed care for anyone in the community who interacts with individuals and families who may have experienced trauma, including human services professionals, educators, the faith community, criminal justice professionals, health care professionals, businesses, government agencies, and others.

This 4-hour course is currently approved for CEU's through the National Association of Social Workers-PA Chapter, as well as Continuing Medical Education credits (CME's) for qualified healthcare professionals. Full details on the CEU's and CME's can be found at the info & registration link below.

For further details on this training, or to choose a date and register, visit: [LetsTalkLancaster.org/Trauma101](http://LetsTalkLancaster.org/Trauma101)



#### Registration & Information:

Please visit [LGHealth.org/Wellness](http://LGHealth.org/Wellness) for more details or call 717-544-3811

## Support Groups

Community lead support groups meet onsite to provide emotional support for community members and their families.

Current community groups include:

- **Amputee Support Team of Lancaster**  
*Last Thursday most months from 6:30 – 8:30 p.m.*
- **Brain Tumor Support Group**  
*3rd Thursday of every month from 12:00 – 1:00 p.m.*
- **Central PA Coalition – Ambassador Group**  
*2nd Wednesday of every month from 6:30 – 8:30 p.m.*
- **Ehlers Danlos Syndrome Support Group**  
*3rd Saturday of every month from 3:00 – 5:00 p.m.*
- **Fibromyalgia and Complex Pain Support Group**  
*1st Wednesday of every month from 11:00 a.m. – noon.*
- **Gift of Life Transplant Support Group**  
*4th Wednesday of every month from 7:00 – 9:00 p.m.*
- **Heart Failure Support Group**  
*2nd Tuesday of every month from 6:30 – 8 p.m.*
- **Journaling for Healing Support Group**  
*2nd and 4th Thursday of every month from 6:45 – 8:15 p.m.*
- **LGHP Caregivers Support Group**  
*2nd Monday of every month from 7:00 – 8:30 p.m.*
- **Red Rose La Leche League**  
*1st Wednesday of every month from 9:30 – 11:30 a.m.*
- **SHARE Support Group**  
*3rd Tuesday of every month from 6:30 – 8:00 p.m.*
- **Stroke Survivors Club**  
*1st Thursday of every month from 6:00 – 7:30 p.m.*
- **Surgical Weight Loss Support Group**  
*1st Thursday of every month from 6:00 – 7:30 p.m.*
- **United Ostomy Association Support Group**  
*3rd Saturday of Feb., May, Sept., and Nov. from 1:00 – 2:30 p.m.*
- **WomenHeart Support Group**  
*2nd Wednesday of most months from 6:30 – 8:00 p.m.*

To learn more about the support groups held at Lancaster General Health visit [LGHealthevents.org](http://LGHealthevents.org)  
➔ **Support Groups**