

HealthAlliance Happenings Fall/Winter

EVENTS

Guild Basket Raffle

Wednesday, November 16 • Thursday, November 17 • 10 am-4 pm; Friday, November 18 • 7 am-3 pm

HealthAlliance Hospital–Leominster Campus. To register or for more information, call **978-466-2778**.

Concussion Lecture

Presented by Katherine Riggert, MD

Tuesday, November 29 • 6 pm • FREE

Physical Therapy Plus at Whitney Field, 21 Cinema Boulevard, Leominster. To register or for more information, call **978-466-2191**.

LoveLight Tree Ceremony

Wednesday, December 7 • 6 pm • FREE

Donate a light on the LoveLight tree and honor, remember and celebrate the life of someone who has been special in your life. Tree lights may be purchased for a donation of \$10 each or 3 for \$25. HealthAlliance Hospital–Leominster Campus, Guild Conference Room, Entrance F. For more information, call **978-466-4187**.

Breakfast with Santa

Saturday, December 10

8 am, 9 am, 10 am • FREE

HealthAlliance Hospital–Leominster Campus, Cafeteria. To purchase tickets, call **978-466-2778**.

Back Pain Lecture

Presented by Robert Deters, MD

Coming in January • FREE

HealthAlliance Hospital–Leominster Campus, Guild Conference Room, Entrance F. For more information or to register, call **978-466-2191**.

The Cat's Meow Speakeasy 8th Annual HealthAlliance Tasting Gala

Thursday, March 8 • 5:30-9:30 pm

\$50 per person

Four Points by Sheraton

99 Erdman Way, Leominster. For more information, call **978-466-2258**.

SERVICES

Each service is held at HealthAlliance Hospital–Burbank Campus, Simonds-Hurd Complementary Care Center, 275 Nichols Rd., Fitchburg.

Each service requires a fee and registration/appointment. For more information, call **978-655-5800**.

Acupuncture/Walk-in

Acupuncture Clinic

Wednesdays, 2-5 pm

Wendy Lehnert, licensed acupuncturist

For more information, call

978-665-5800.

Massage

Tuesdays and Thursdays

Lynn Rochefort, by appointment only.

Call **508-816-3994**.

Friday, Saturday, Sunday, Monday

Dawn Girard, by appointment only.

Call **978-973-3135**.

Reflexology/Prenatal/Hot-Stone & Cold-Stone Massage

Friday, Saturday, Sunday, Monday

Dawn Girard, by appointment only.

Call **978-973-3135**.

Reiki and Guided Imagery

Lynn Gerrits, by appointment only.

Call **978-665-5800**.

SUPPORT GROUPS

Postpartum Support Group

Wednesdays, November 16, 23, 30 and December 7, 14, 21, 28 • 10:30 am–noon • FREE

HealthAlliance Hospital–Leominster Campus, 4th floor. For more information, call **978-466-2346**.

Patient Family Cancer Support

Group Third Thursday of each month, 5-6:30 pm • FREE

HealthAlliance Hospital–Burbank Campus, Simonds-Sinon Regional Cancer Center, Brian Bergevin Conference Room. For more information, call **978-343-5442**.

Stroke Support Group

Third Thursday of each month, 3-4 pm

Simonds-Sinon Regional Cancer Center, Brian Bergevin Conference Room. For more information, call **978-343-5005**.

Smoking Cessation Support Group

Wednesdays, January 4, 11, 18, 25, February 1, 8 • 6-7:30 pm • FREE

HealthAlliance Hospital–Burbank Campus, Simonds-Sinon Regional Cancer Center, Brian Bergevin Conference Room. For more information, call **978-343-5048**.

CLASSES

The following classes are held at HealthAlliance Hospital–Burbank Campus, Simonds-Hurd Complementary Care Center. Each class requires a fee and registration. For more information about classes, call **978-665-5800**.

Mondays

Zumba: 5:30-6:30 pm

Tuesdays:

Gentle Morning Yoga: 10-11am

Tai Chi Easy: 5:15-6:15 pm

Qigong: 6:30-7:30 pm

Wednesdays:

Nia: 5:15-6:15 pm

Thursdays:

Peace: 9:30-10:30 am

Yoga for Everyone: 5:45-6:45 pm

Fridays:

Ab/Core Workout: 4:45-5:45 pm

Resistance Band Workout: 3:30-4:30 pm

Joint Replacement School

Saturdays: December 17, January 21, February 11, March 10, 9-10 am FREE

HealthAlliance Hospital – Leominster Campus, Lobby D. For more information, call **978-466-2550**.

Childbirth/Parenting Classes are available at HealthAlliance Hospital - Leominster Campus. Please call 978-466-2354 for more information.

VENDOR SALES

The following vendor sales are held at HealthAlliance Hospital - Leominster Campus, across from the Gift Shop. 60 Hospital Road, Leominster.

HCI Fundraising

All Accessories \$6

Thursday, October 27

9 am – 4 pm

KB Bead Designs

Handmade bead jewelry

Thursday, November 3

9 am – 4 pm

Community Health &
Education sponsored by:

**RBT**
Rollstone
BANK & TRUST®

Please note: Dates of Events, Services, Support Groups and Classes are subject to change. Please call designated number below your selected program listing to confirm.

Leominster Campus • 60 Hospital Road, Leominster, MA • 978-466-2000

Burbank Campus • 275 Nichols Road, Fitchburg, MA • 978-343-5000

**HealthAlliance Home Health & Hospice • 25 Tucker Drive,
Leominster, MA • 978-728-0621**

www.healthalliance.com