

Opportunities for a Healthy Lifestyle

Here is a list of upcoming free opportunities offered by Augusta Health.

Prostate Cancer Information Group

This group welcomes men at any stage of a prostate cancer diagnosis: newly diagnosed, on active treatment, or at any point after treatment.

Date: October 7, 7:00 p.m. to 8:00 p.m.

Location: Augusta Health Conference Room C, above the Cancer Center on the second floor

Call 540-932-5672 to register or if you have questions.

Diabetes Prevention Class

Learn the basics of diet and activity to reduce your risk for Type 2 Diabetes.

Date: October 14, 4:00 p.m. to 5:00 p.m.

Location: Augusta Health Endocrinology Conference Room

Call 540-213-2537 to register or if you have questions.

Find Strength Together

Are you or a loved one adjusting to life as an amputee? You're not alone. Join our community for support & encouragement.

Date: October 21, 1:00 p.m. to 2:00 p.m.

Location: Augusta Community Care Building, Conference Room 1, Augusta Health

Call Mike or Linda at 540-836-4964 / 540-256-1826 to register or if you have questions.

Diabetes Support Group

Meet with others to give and receive support in managing diabetes.

Date: October 28, 9:00 a.m. to 10:30 a.m.

Location: Augusta Health Endocrinology Conference Room

Call 540-213-2537 to register or if you have questions.

Plan with Confidence - Advance Care Planning Lunch & Learn

Join to learn about advance care planning, advance directives, palliative care, and hospice services with on-site assistance to complete forms and answer questions.

Date: October 28, 12:00 p.m. to 1:00 p.m.

Location: Augusta Community Care Building, Conference Rooms 2 & 3, Augusta Health
Lunch will be provided.

Call 540-245-7717 to register or if you have questions.

Neuro Community Support Group

If you are living with a spinal cord injury, stroke, Parkinson's disease, Multiple Sclerosis, or another neurological condition, you and your spouse, partner, or caregiver are welcome. Meet others on similar journeys, make new friends, and learn meaningful information about neurological issues.

Date: November 5, 4:00 pm - 6:00 pm

Location: Augusta Health Heart and Vascular Center, Mannix Conference Room

Call 540-932-5935 to register or if you have questions.



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