Free Seminars

The VCU Medical Center offers a series of free seminars to provide you a great opportunity to meet, listen to and ask questions of a VCU medical expert. The following events will be held at the Lewis Ginter Botanical Garden’s Education and Library Complex, located at 1800 Lakeside Avenue. Registration is required. To register or for more information, call (804) 828-0123.

February 11
Everything You Wanted to Know About Atrial Fibrillation
Join Drs. Kenneth Ellenbogen and Vigneshwar Kasirajan, from the VCU Pauley Heart Center, who will discuss new therapies for atrial fibrillation and what the future holds for heart health. 5:30 p.m.

February 23
Heart Hope: How to Avoid “The Big One”
Join Dr. George Vetrovec, from the VCU Pauley Heart Center, to learn about the best ways to maintain your heart’s health. 5:30 p.m.

March 10
What Women Should Know About Urogynecology
Join Dr. Catherine Matthews, from the Department of Obstetrics and Gynecology, who will talk about how women should be surgical advocates and to find out which urogynecologic procedure is the best option. 5:30 p.m.

March 31
Stroke 101: What To Know and What To Do
Join Dr. Warren Felton, director of the VCU Stroke Program, to learn about the latest advances in stroke diagnosis and treatment. 5:30 p.m.

April 15
Let’s Talk About Cancer of the Colon and Rectum
Join Dr. James Shaw, from the VCU Massey Cancer Center, who will discuss the causes, prevention and treatment options of colorectal cancers. 5:30 p.m.

May 12
What You Should Know About Your Spine
Join Dr. Michael J. DePalma, medical director of the VCU Spine Center, to learn about the current treatment options available for your aging spine. 5:30 p.m.

May 26
Good to the Bone: Advances in Osteoporosis Prevention and Treatment
Join Drs. Robert W. Downs, Jr. and Diane M. Biskobing, from the Division of Endocrinology and Metabolism, for a discussion about what everyone should know about osteoporosis, including prevention and treatment options. 5:30 p.m.

June 8
The Aging Brain and American Society: Are We at a Tipping Point?
Join Dr. James P. Bennett, Jr., director of the VCU Parkinson’s Disease Research and Treatment Center, to learn about what happens to energy production in the aging brain and how that could be related to diseases of the brain. 5:30 p.m.

June 23
Cochlear Implants: A Revolution in Hearing
Join Dr. Daniel H. Coelho, from the Department of Otolaryngology, to learn about how cochlear implants are helping millions of people with hearing loss. 5:30 p.m.

Nutrition Classes

Learn how to make informed food choices and develop sound eating and physical activity habits from a registered dietitian. The following classes will be held at the VCU Medical Center at Stony Point, 9000 Stony Point Parkway, which is located near Stony Point Fashion Park. To register for any of these classes or for more information, call (804) 327-8830.

Diabetic Dining Made Easy
March 3 9:30-11:30 a.m.
March 8 7-9 p.m.
April 12 7-9 p.m.
April 14 9:30-11:30 a.m.
May 3 7-9 p.m.
May 5 9:30-11:30 a.m.
Learn how to eat to control your blood sugar and enjoy what you eat. $35 per person.

Lean ’N Easy Cholesterol Lowering
February 15 7-9 p.m.
March 29 7-9 p.m.
April 26 7-9 p.m.
May 17 7-9 p.m.
June 14 7-9 p.m.
Learn how to lower your cholesterol and taste delicious recipes in class. $35 per person.

Food and Fitness Weight Loss
February 22 7-9 p.m.
March 15 7-9 p.m.
April 19 7-9 p.m.
May 10 7-9 p.m.
June 7 7-9 p.m.
Tired of following diets to lose weight, only to regain what you lost plus more? Learn how to lose weight and keep it off for good. $35 per person.
Family Life Classes
The VCU Medical Center offers a variety of classes on childbirth, breastfeeding and child rearing. To register for any of these classes, call (804) 828-4409 or 1-800-762-6161. Call (804) 828-4634 for more information about available scholarships and discounts. Visit www.womenshealth.vcu.edu to find dates, times and locations for all the classes being offered, including the following:

Breastfeeding Class
Feb. 24  7-9 p.m.
March 30  2-4 p.m.
April 17  1-3 p.m.
May 12  7-9 p.m.
June 3  7-9 p.m.
June 29  2-4 p.m.
Learn about the benefits of breastfeeding, including solutions to common problems mothers encounter. For adults only. $15.

Childbirth Preparation
Wed. March 24-April 14  7-9 p.m.
Thu. April 29-May 20  7-9 p.m.
Sat. May 22  9 a.m.-4 p.m.*
Informative class for expecting parents, featuring relaxation tips, breathing techniques and labor and delivery options. For adults only. $60 per couple. Weekly class for four weeks or *condensed one-day Saturday class.

Healthy Beginnings Tour
March 1  7-8 p.m.
April 18  3-4 p.m.
May 23  3-4 p.m.
June 7  7-8 p.m.
Tour the medical center’s Birthing Center so you’ll know what to do and where to go when that special day arrives. This class is designed to be taken early in the pregnancy (approximately 18 weeks). For adults only. Free.

Infant CPR
February 9  7-9 p.m.
March 9  7-9 p.m.
April 13  7-9 p.m.
May 11  7-9 p.m.
June 8  7-9 p.m.
Learn the basics of infant CPR through hands-on practice with baby dolls. For adults only. $15.

Newborn Parenting
Wed. May 19 & 26  7-9 p.m.
Thu. March 11 & 18  7-9 p.m.
Sat. April 17  9 a.m.-12:30 p.m.*
General information for parents about the basics of baby care, including feeding, bathing, diapering and dressing. For adults only. $30. Weekly class for two weeks or *condensed one-day Saturday class.

Support Groups
Leukemia and Lymphoma Support Group
Fourth Tuesday of each month 7-8:30 p.m.
Location: VCU Massey Cancer Center at Stony Point
Monthly meeting for individuals, their families and friends, affected by leukemia, lymphoma and other blood-related cancers. For more information, call (804) 559-1841.

Postpartum Breastfeeding Support Group
First and Third Tuesdays of each month 3:30-4:30 p.m.
Location: First Tuesday at Nelson Clinic, fifth floor on the MCV Campus and third Tuesday at VCU Medical Center at Stony Point
Bimonthly support group for new mothers and their babies who have questions and concerns about breastfeeding in the weeks after birth. For more information, call (804) 828-4409.

Sickle Cell Support Group
Third Thursday of each month 6-8 p.m.
Location: MCV Campus, Main Hospital, first floor, Cafeteria Annex
Monthly meeting for individuals and their families living with sickle cell disease. For more information, call (804) 828-0031.

Other Events
Daddy Boot Camp
Feb. 20  9 a.m.-Noon
April 10  9 a.m.-Noon
Location: VCU Medical Center at Stony Point on Feb. 20 and Main Hospital, eighth floor on the MCV Campus on April 10
Workshop for men, taught by men, that teaches first-time fathers how to care for their new baby and support their partner. $25. Scholarships available. Call (804) 288-3431 to register or for more information.

Look Good… Feel Better
Feb. 22 and April 29; 1-3 p.m.
VCU Massey Cancer Center at Hanover Medical Park, 8222 Meadowbridge Road
March 1; 10 a.m.-Noon
VCU Massey Cancer Center, MCV Campus, 401 College Street
Free workshop includes beauty tips from volunteer cosmetologists who can help women cope with the appearance-related side effects of cancer treatment. Patients should be undergoing chemotherapy or radiation treatment or recently finished with their treatment to participate. Visit www.lookgoodfeelbetter.org for more information about the program.
To register for the workshop at Hanover, call (804) 559-1841. To register for the workshop at the MCV Campus, call (804) 527-3778.