



Events Calendar

♦ “New Year, Healthy You” Seminar

Tues., January 28

6 p.m. Displays; 6:30 p.m. Presentations

Tower Conference Room

Salem Regional Medical Center

1995 E. State St., Salem

Learn strategies for achieving and maintaining a healthier lifestyle at this free community seminar featuring SRMC-affiliated health care professionals.

Presentations include:

- “**Healthy Habits**”: Dr. Elaine Boyd, Family Medicine, Columbiana Family Care Center
- “**Mindful Eating**”: Jessica Mertens, MS, RD, LD, AVI Clinical Dietitian
- “**Managing Moods and Stress**”: Jamie Benner, Program Manager, SRMC’s Behavioral Medicine & Wellness Center

To RSVP, call 330-332-7439.

♦ Cancer Support Group Meeting

Wed., February 5

6 – 7:30 p.m.

Oncology Conference Room

Salem Regional Medical Center

1995 E. State St., Salem

Guest speaker Jessica Mertens, MS, RD, LD, AVI Clinical Dietitian, will discuss “Eating Well through Cancer”. Anyone coping with cancer is welcome.

Meetings are free, but pre-registration is requested by calling June Semer, 330-332-7677.

♦ Ostomy Support Group Meeting

Mon., February 10

6 – 7 p.m.

Private Dining Room

Salem Regional Medical Center

1995 E. State St., Salem

The group meets monthly and is open to ostomy patients and their families/support persons. There is no fee to participate, but pre-registration is requested by calling Tashia Watkins, 330-332-7607.

♦ American Red Cross Blood Drive

Wed., March 4

9 a.m. – 2 p.m.

Tower Conference Room

Salem Regional Medical Center

1995 E. State St., Salem

For an appointment, visit www.redcrossblood.org or call 330-332-7227.

♦ Comprehensive Blood Screening

Sat., March 14

Appts. Start at 7 a.m.

Columbiana Family Care Center

TownCenter at Firestone Farms

116 Carriage Dr., Columbiana

The comprehensive screening is \$45, and optional tests are available for an additional cost. Call 330-482-3871 to schedule.

♦ 2020 SRMC Foundation Gala

Sat., March 21

6 p.m.

Waypoint 4180

4180 Westford Pl., Canfield

Tickets are on sale now for the SRMC Foundation’s 10th Annual Gala featuring 9/11 Survivor Joe Torrillo.

Buried alive twice and declared dead for three days with massive injuries, Torrillo is the only person to survive the collapse of both Twin Towers. In addition to Torrillo’s keynote address, the 2020 Gala will feature a cash bar and appetizers, an upscale dinner and desserts, and a silent auction. Tickets are \$85 per person, and all event proceeds will be used locally to support SRMC’s world-class cancer care. For event ticket and sponsorship information, contact Amy Reed at 330-337-2883 or email foundation@salemregional.com.