



Penn Medicine

Wellness

PROGRAMS

MAY – JUNE 2024

CHESTER COUNTY HOSPITAL

FREE WELLNESS PROGRAMS TO SUPPORT YOUR HEALTH AND WELLNESS GOALS.

REGISTRATION IS REQUIRED FOR ALL EVENTS UNLESS OTHERWISE INDICATED.

Click the event name or date to register online. Registrants will receive a direct link via email to join the class.

Click on the links below to jump to a topic



WEIGHT MANAGEMENT & NUTRITION



CANCER CARE



**DIABETES PREVENTION
& MANAGEMENT**



LIFESTYLE MEDICINE



SENIOR HEALTH



HEART & LUNG HEALTH



**MENTAL HEALTH &
SUBSTANCE USE DISORDER**



ORTHOPAEDICS



WOMEN'S HEALTH



WEIGHT MANAGEMENT/NUTRITION

Nutrition Matters Lunch & Learn

Informative lunch-time nutrition talks led by registered dietitians.

Test Your Knowledge: Restaurant Chains Nutrition Facts

Wednesday, May 8, 2024 | 12:30–1:00 PM 🖱️

Kim Beazley, RD, CDCES

5 Nutrition Strategies: Believe It or Not?

Wednesday, June 12, 2024 | 12:30–1:00 PM 🖱️

Maureen Boccella, MS, RD, CDCES

Struggles and Solutions

A registered dietitian will lead a discussion on an interesting, timely, and immediately useful topic about food, activity, and wellness. This program provides ideas and encouragement for anyone on a journey to lose weight or begin to live a healthier lifestyle.

Best Efforts in Exercise

Monday, May 13, 2024 | 5:15–6:15 PM 🖱️

Colette Pester-Phillips, MPH, RD, CDCES

Eating on the Run

Monday, June 10, 2024 | 5:15–6:15 PM 🖱️

Maureen Boccella, MS, RD, CDCE

Are Ultra Processed Foods Addictive? 🖱️

Ultra processed foods have more fat, carbohydrate and sugar content and provide little nutritional value. Today we are learning that your inability to put down the ice cream, chips, and candy may have less to do with self-control and more to do with the addictive quality of ultra-processed foods. Come hear a registered dietitian explore more about the types of ultra processed foods, their addictive nature, and how they impact your health.

Thursday, May 30, 2024 | 6:00–7:00 PM

Julie Alliger, RD, CDCES

Penn Bariatric and Weight Loss Surgery at Chester County Hospital 🖱️

The Penn Bariatric and Weight Loss Surgery Program at Chester County Hospital offers a full range of weight loss surgery options, ensuring that you receive the highest quality bariatric care close to home. Our expert team works together to provide you with the highest quality of care at every stage of your weight loss journey.

Watch our [FREE, online information session](#) to learn more about The Penn Bariatric and Weight Loss Surgery Program and see if it is right for you.

For more information:

Call 215.615.7500 or visit PennMedicine.org/Bariatrics. 🖱️

[Learn more about Weight Management and Nutrition](#) 🖱️

TO REGISTER

610.738.2300 | CCHWellness@pennmedicine.upenn.edu
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Penn Medicine



CANCER CARE

Rays of Hope: The Prevention, Detection, and Treatment of Skin Cancer 🖱️

May is Skin Cancer Awareness Month

According to the American Cancer Society, every year more skin cancers are diagnosed in the US than all other cancers combined AND the number of skin cancer cases has been increasing! Join a board certified dermatologist to learn about the best ways to prevent skin cancer as well as tricks and tools for early diagnosis and treatment.

Thursday, May 23, 2024 | 6:00–7:00 PM

Sarah Todd, MD

Oncology Lunch & Learn

Enjoy lunch-time presentations from professionals on varying topics of interest to cancer survivors, including nutrition, mindfulness & mental strategies, yoga, beauty, art, joy & gratitude, and exercise. This group is facilitated by the Abramson Cancer Center at Chester County Hospital.

Cardio-Oncology

Friday, May 3, 2024 | 12:00–1:00 PM 🖱️

YMCA's LIVESTRONG Program

Tuesday, June 11, 2024 | 12:00–1:00 PM 🖱️

Colorectal Cancer Awareness 🖱️

Colon cancer is one of only a few cancers that can be prevented through screening. Despite this fact, it remains the second leading cancer killer in the United States. Join this presentation led by a fellowship-trained advanced gastrointestinal surgeon to learn about colorectal cancer prevention and risk factors, as well as the latest diagnostic and treatment options for colon cancer.

Wednesday, June 12, 2024 | 6:00–7:00 PM

Alexandra Pogosky, MD

Learn more about the Abramson Cancer Center 🖱️

TO REGISTER

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DIABETES PREVENTION & MANAGEMENT

Prevent Type 2 Diabetes (4-Week Series) 🖱️

This four-week program empowers people who are at risk for Type 2 Diabetes to take charge of their health and well-being. Participants meet with a trained lifestyle coach to learn ways to incorporate healthier eating, physical activity, problem solving, stress reduction and coping skills into their daily lives.

Thursdays: 5/2, 5/9, 5/16, 5/23 | 11:30AM–1:00 PM

Insulin Management Support Group: 🖱️ Sleep for Better Glucose Control

This bimonthly support group is for people using intensive insulin management to manage their diabetes through the use of 2 or more insulin injections a day or insulin pump therapy. Individuals are invited to come and share their successes and challenges in the day-to-day management of diabetes with the added complexity of insulin therapy. Family members are always welcome to attend for support.

Tuesday, May 14, 2024 | 6:00–7:00 PM

Julie Alliger, RD, CDCES

Reversing Prediabetes

There are 98 million American adults who have prediabetes. That's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. Come to this 90 minute program to learn more about prediabetes and to get the tools you need to change your lifestyle and reduce your risk of getting Type 2 diabetes.

Monday, May 20, 2024 | 6:00–7:30 PM 🖱️

Thursday, June 20, 2024 | 6:00–7:30 PM 🖱️

Diabetes Support Group

This monthly support group is for individuals living with the day-to-day challenges of diabetes. You and your family members can join us for ongoing support, share your experience with others, and receive updates in diabetes management.

Finding Hidden and Added Sugars

Tuesday, May 28, 2024 | 1:00–2:00 PM 🖱️

Jessica Wilson, MA, RD, CDCES

Diabetes and Heart Disease

Tuesday, June 25, 2024 | 6:00–7:00 PM 🖱️

Cardiovascular Nurse Navigators

Revirtiendo la Prediabetes 🖱️

Más de uno de cada tres adultos en los Estados Unidos tiene prediabetes. Este programa de hora y media le enseñará cómo cambiar su estilo de vida y disminuir el riesgo de desarrollar diabetes tipo 2. Se requiere registro.

Para obtener más información, comuníquese con Chad Thomas a chad.thomas@pennmedicine.upenn.edu o llame al 610.738.2542

el jueves, 6 de junio, 2024 | 6:00 a 7:30 PM

Carla Graves, RD, CDCES

National Diabetes Prevention Program 🖱️

The NDPP is a proven health behavior change program to help you prevent type 2 diabetes. This program includes 16 core sessions over 6 months, then once a month meetings for 6 more months to help maintain healthy habits. Eligible participants must either have a diagnosis of prediabetes or be at-risk for prediabetes. To check your risk for prediabetes, visit <https://www.cdc.gov/prediabetes/takethetest/>

To register or to request additional information about enrolling in this program, please call the Nutrition and Diabetes Department at 610-738-2835, or email diabetes@uphs.upenn.edu.

Start date for year-long, 22-session program:

Tuesday, June 18, 2024 | 6:15–7:30 PM

Learn more about our Diabetes Self-Management Classes 🖱️

TO REGISTER

610.738.2300 | CCHWellness@pennmedicine.upenn.edu
ChesterCountyHospital.org/Wellness



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LIFESTYLE MEDICINE

Parkinson's Support Group (In-Person)

Penn Medicine at Home holds free monthly meetings through its Senior HealthLink Program to inform, encourage, and offer fellowship with others coping with Parkinson's disease. This support group is open to patients, family, friends and caregivers and addresses a wide range of topics relating to medication, nutrition, exercise and adjustment issues. Expert medical advice is often presented.

To register call Senior HealthLink at 610.431.1852.

Wednesday, May 29, 2024 | 1:00–2:00 PM 🐭

West Chester Area Senior Center
530 East Union Street, West Chester, PA

Wednesday, June 26, 2024 | 1:00–2:00 PM 🐭

West Chester Area Senior Center
530 East Union Street, West Chester, PA

Breathe Easy!**May is Asthma and Allergy Awareness Month** 🐭

Spring is here and that means peak season for allergy and asthma symptoms. Join Allergist Andrew Murphy to learn about these conditions, understand their impact on people and their families, and get information about diagnosis, treatment, and management.

Thursday, May 16, 2024 | 7:00–8:00 PM

Andrew Murphy, MD



SENIOR HEALTH

Fit Mix for Seniors (In-Person) 🐭

May is Physical Fitness and Sports Month

Join an Athletics and Fitness Association of America TM (AFAA) and Silver Sneaker-Certified group fitness instructor for this IN-PERSON session incorporating weights, movement (cardio) and stretching. Participants should wear comfortable clothing and bring a water bottle if they like. All other equipment will be provided for this session. Class size will be limited to 20 people. Registration required.

Tuesday, June 11, 2024 | 11:00–11:45 AM

Jessica Tipton, AFAA Certified Instructor
West Chester Area Senior Center, 530 East Union Street, West Chester, PA

Understanding Aphasia 🐭

June is Aphasia Awareness Month

Did you know that more than 2 million Americans have aphasia, yet until the recent press surrounding Bruce Willis' diagnosis, most Americans had never heard of this neurological disorder? Join Penn Neurologist and researcher, David Irwin, to learn more about aphasia. You will gain an understanding of how primary progressive aphasia (PPA) affects a person's ability to speak and communicate, and how it is different than other brain disorders.

Monday, June 17, 2024 | 6:00–7:00 PM

David Irwin, MD

Steady As You Go (In-Person) 🐭

Falls remain the leading cause of injury for older Americans and often threaten seniors' safety and independence. Prevention remains the best way to avoid the injuries and other problems often related to falls. Learn from a physical therapist about the practical steps you can take with exercising, managing your medications and lifestyle adjustments to decrease your risk for a fall and maintain your independence.

Friday, June 28, 2024 | 12:00–1:00 PM

James P. Herlihey, MPT
Chester County Hospital, Main Entrance
701 East Marshall Street, West Chester, PA

TO REGISTER

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HEART & LUNG HEALTH

Cardiac Support Group (In-Person and Virtual)

This group is open to cardiac patients and their families. Each meeting includes a healthcare presentation followed by networking and discussion about issues of personal interest to people living with heart disease. Meetings are facilitated by heart and vascular nurse navigators.

Cholesterol, Is It Important?

Thursday, May 2, 2024 | 1:00–2:30 PM 🗓️

Sohil Golwala, MD

*Chester County Hospital Main Lobby Conference Room
701 East Marshall Street, West Chester, PA*

Summer Safety for the Heart Patient

Thursday, June 6, 2024 | 1:00–2:30 PM 🗓️

Susan Pizzi, MS, RN

*Chester County Hospital, Main Lobby Conference Room
701 East Marshall Street, West Chester, PA*

Living with Heart Failure Support Group (In-Person and Virtual)

This program, organized by the Heart Failure Team, includes educational presentations by healthcare professionals, and provides support and camaraderie for people living with chronic heart failure.

For more information, contact Rebecca Mountain DNP, RN at 610.738.2583.

Traveling with Heart Failure

Tuesday, May 9, 2024 | 2:00–3:00 PM 🗓️

Paula Levens RN-BC, CCRP

*Chester County Hospital Main Lobby Conference Room
701 East Marshall Street, West Chester, PA*

Eating Like an Adult: Taming your Inner Toddler

Thursday, June 13, 2024 | 2:00–3:00 PM 🗓️

Kim Beazley, RD, CDCES

*Chester County Hospital Main Lobby Conference Room
701 East Marshall Street, West Chester, PA*

Better Breathers Support Group (In-Person)

This program is organized by the Pulmonary Rehabilitation team. It includes educational presentations by healthcare professionals, and provides support and camaraderie for people living with chronic lung disease.

Wednesday, May 8, 2024 | 2:00–3:00 PM 🗓️

Koczur Conference Room

915 Old Fern Hill Road, Building A, Suite 4, West Chester, PA

Wednesday, June 12, 2024 | 2:00–3:00 PM 🗓️

Koczur Conference Room

915 Old Fern Hill Road, Building A, Suite 4, West Chester, PA

Decreasing Your Risk of Stroke 🗓️

May is Stroke Awareness Month

Please join us for a virtual stroke awareness month presentation and learn about ways to decrease your risk for stroke. The presentation will focus on lifestyle modifications, the link between diabetes and stroke, and how nutrition affects stroke prevention.

Tuesday, May 14, 2024 | 6:00–7:00 PM

Karlie Scavicchio MSN, RN, AGCNS-BC, CEN

Lexie Hoffman, MSN, RN, AGCNS-BC, MEDSURG-BC

Shawn Leask, MS, RD, LDN

Mobile Hands-Only CPR and AED Demonstration

June 1-7 is National CPR and AED Awareness Week

Join Penn Medicine's Mobile CPR Project to learn how to recognize a cardiac arrest, perform bystander CPR and use an AED. This training will increase your confidence to reduce hesitation in life-saving situations when every second counts. Light refreshments will be provided. Choose from one of two sessions:

Saturday, June 1, 2024 | 11:00 AM–12:00 PM 🗓️

Gateway Church, 160 Cowan Rd, Parkesburg, PA

Saturday, June 1, 2024 | 12:30 PM–1:30 PM 🗓️

Gateway Church, 160 Cowan Rd, Parkesburg, PA

Heart Tracks (In-Person) 🗓️

This screening and education program is for adults ages 20-79 who have not had a heart attack or stroke. It includes a blood pressure screening, a non-fasting blood test (for glucose, total cholesterol and HDL), a Body Mass Index (BMI) measurement, a 10-year cardiac risk assessment, and a 1-on-1 counseling session.

Monday, June 10, 2024 | 4:00–6:30 PM

Coatesville Youth and Women's Alliance

1825 E. Lincoln Highway, Coatesville, PA

Monthly Blood Pressure Screenings (In-Person) 🗓️

Join a healthcare professional from Chester County Hospital for a free blood pressure screening and informational resources to help you stay healthy. No registration required.

Thursdays, May 9 and June 13 | 11:00 AM–12:30 PM

Coatesville Area Public Library, 501 East Lincoln Highway, Coatesville, PA

Thursdays, May 23 and June 27 | 10:00 AM–11:30 AM

West Chester Area YMCA, 605 Airport Road, West Chester, PA

Tuesdays, May 21 and June 18 | 11:00 AM–12:30 PM

Chester County Hospital Main Entrance

701 East Marshall Street, West Chester, PA

Wednesdays, May 1 and June 5 | 11:30 AM–1:00 PM

Kennett Area YMCA, 101 Race Street, Kennett Square, PA

TO REGISTER

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MENTAL HEALTH & SUBSTANCE USE DISORDER

QPR Suicide Prevention 🦋

May is Mental Health Awareness Month

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicidal crisis and how to question, persuade, and refer someone to help.

Thursday, May 20, 2024 | 6:00–7:30 PM

Chad Thomas, MPH, PMP

Christina Gamez, MSN, RN-BC, EBPC, HTP

I Can, You Can, Narcan® (In-Person) 🦋

Join this free community education event in Southern Chester County to reduce the incidence of accidental drug overdoses. Chester County Hospital and Chester County Department of Drug and Alcohol will provide information on how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All attendees will receive training on how to use life-saving Narcan® (naloxone) nasal spray, and free naloxone will be given to participants. Printed materials for participants will be available in English and Spanish upon request.

Tuesday, May 21, 2024 | 5:30–7:00 PM

*Rachel Kramer, Chester County Department of Drug and Alcohol Services
Coatesville City Hall, 1 City Hall Place, Coatesville, PA*

Stop Smoking Now (6-week Series) 🦋

This six-session class meets weekly to help identify your triggers for tobacco use or vaping and provide support for dealing with your withdrawal symptoms. PLEASE NOTE: Individuals should begin to taper their use prior to the first day of class, and should plan to quit using between the 3rd and 5th week of class. Free nicotine patches are available for participants upon request.

Thursdays: 5/22, 5/29, 6/5, 6/12, 6/19, 6/26 | 6:00–7:30 PM

Mindfulness 🦋

Mindfulness is deliberately paying full attention to your present environment and how your body is reacting to it. Join this presentation to identify what mindfulness is, learn at least three benefits for practicing mindfulness, and practice one technique you can use to incorporate mindfulness into your day.

Wednesday, June 5, 2024 | 6:00–7:00 PM

Christina Gamez, MSN, RN-BC, EBPC, HTP

From Trauma to Hope & Resilience: An Introduction 🦋

May Is Trauma-Informed Awareness Month

How can adverse experiences in childhood affect our health over the course of our entire lives? This training will provide information about research on Adverse Childhood Experiences (ACEs) and how trauma and toxic stress can negatively affect our mental and physical health, behaviors, brain development, and more. However, there is hope! We will present a summary of research focused on the prevention of ACEs and trauma and strategies that can help forge resilience.

Tuesday, May 28, 2024 | 6:00–7:30 PM

Chad Thomas, MPH, PMP

Introduction to Haven Behavioral Health of West Chester 🦋

May Is Mental Health Awareness Month

Addressing behavioral health issues has been identified as a major priority for all five counties in southeastern PA. Join experts from Haven Behavioral Hospital and Wellness Services of West Chester to hear about their clinical services, and how they are changing the game in the region for access to behavioral health care. Learn how they care for the whole individual in collaboration with Chester County Hospital.

Wednesday, May 22, 2024 | 6:00–7:00 PM

Joseph Garbely, Medical Director

David Klein, Chief Operating Officer

Barbara Willis, Director of Nursing

Rachael Yudit, Executive Director Clinical Operations

Lunch & Learn: Intro to Stop Smoking Now 🦋

Join the coordinator of the Chester County Hospital Stop Smoking Now program and a panel of program graduates who were able to quit! We invite healthcare providers, outreach workers, and anyone who is interested in leaving behind smoking, vaping, and chewing tobacco for good! Registration information will be provided in this session for the next 6-week program offering, which will begin sometime in July.

Wednesday, June 19, 2024 | 12:30–1:00 PM

Chad Thomas, MPH, PMP

TO REGISTER

610.738.2300 | CCHWellness@pennmedicine.upenn.edu
ChesterCountyHospital.org/Wellness



Penn Medicine



ORTHOPAEDICS

Physical Activity: The Arthritis Pain Reliever 🦋*May is Arthritis Awareness Month*

Many people with arthritis do not exercise, often because of joint or muscle pain, weakness, fatigue, or joint swelling. However, exercise is known to have benefits for people with arthritis including decreased pain and improved quality of life. During this presentation, a Rheumatologist will discuss how to safely exercise with arthritis so you can improve joint function and feel better.

Tuesday, May 21, 2024 | 6:00–7:00 PM*Sucharitha Shanmugam, MD***Bones & Joints: Wrist and Hand** 🦋

The hand is made up of 27 bones including 14 “finger bones” (phalanges) connected by joints and ligaments, and the wrist is made up of eight small bones plus the ulna and radius of the forearm. Penn Medicine Orthopaedics will present the most common causes and remedies for hand and wrist problems.

Monday, June 24, 2024 | 6:00–7:00 PM*Amanda Antonini, MS, PA-C, Penn Medicine Orthopaedics*

WOMEN'S HEALTH

Mindfulness for Women (In-Person) 🦋

Some anxiety is a normal part of life for many women, as they try to balance various life duties. Mindfulness is a technique that helps manage daily stress that can lead to anxiety. Join this talk to define mindfulness, learn about benefits for using it, and practice one technique you can use every day.

Wednesday, May 15, 2024 | 11:30 AM–12:30 PM*Christina Gamez, MSN, RN-BC, EBPC, HTP**The Brandywine Center, 744 East Lincoln Highway, Coatesville, PA***Parent Wellness Network** 🦋

The Parent Wellness Network is a community group focused on keeping Chester County parents and parents-to-be healthy, hopeful, and happy! Open to mothers and fathers from across Chester County, PA and the surrounding communities, we are proud to offer a variety of support groups, resources and events.

Women's Health Through the Life Cycle 🦋
(In-Person)

Celebrate Women's Health Month by attending this unique event. We begin with a mindfulness session, and then you choose a breakout session. We will rejoin at the end of the event for a relaxing movement session.

- **Be the CEO of Your Cycle:** discuss all things menstrual hygiene (and Menstrual Hygiene Day!) including myths and facts about recommended nutrition and exercise based on your menstrual cycle.

OR

- **Age Happier, Live Healthier:** Are you struggling with perimenopause? Are you post-menopausal and trying to lose weight? This program is for all women who are trying to age gracefully and live their best self. Come hear a registered dietitian discuss how to eat healthy and get results at any age.

All attendees will receive a 3 day free pass to ACAC!

Wednesday, May 15, 2024 | 6:00–7:30 PM*ACAC 1130 McDermott Dr, West Chester, PA***MAY IS WOMEN'S HEALTH MONTH!****TO REGISTER**

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