

Virtual

WELLNESS CLASSES

Chester County Hospital is offering **FREE Virtual Wellness Classes** to support your health and wellness goals. **Registrants will receive a direct link via email** to join the class along with instructions on how to download and participate through the online platform. Participants will have the opportunity to ask questions through their computer or smart device's video camera, microphone or through the platform's chat function. Video is not required.

Registration is required for all events:

Call 610.738.2300 | Email cch@uphs.upenn.edu | Visit ChesterCountyHospital.org/Wellness

WE ARE LOOKING FORWARD TO RE-CONNECTING WITH YOU THROUGH THIS NEW CHANNEL

The Truth About Weight Loss

July 14, August 25, 6:00–7:00 PM

Almost everyone wants to lose weight, but not many are successful. This program, led by a registered dietitian, explains why weight loss is challenging and will also provide you with the real-life solutions you need to find your “weigh” down.

Love Your Gut

July 16, 6:00–7:00 PM

Did you know that gut health plays a role in your immunity and overall health? A registered dietitian will teach you why gut health is important and discover the foods you should add to your diet to improve both your mental and physical health.

Applying Plant-Based Nutrition

August 26, 6:00–7:00 PM

There is overwhelming scientific evidence that a whole foods plant-based diet can significantly improve your health. Discover the benefits of plant-based eating, while learning realistic tips to make this meal planning approach both simple and practical.

Weight Loss Surgery Information Sessions

Online!

Staff from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment in a recorded presentation. *For more information: 215.615.7500 or visit PennMedicine.org/Bariatrics.*



Sharayne Mark Coffin, MD

Heart Disease and Women

August 26, 3:00–4:00 PM

Heart disease is the number one killer of women in the United States, causing 1 in 3 deaths each year. For some women, heart disease can go undiagnosed. Learn the signs and symptoms and how to reduce your risk.

Living with Heart Failure

If you or a loved one live with chronic heart failure, join others who also deal with this issue and learn important information from Chester County Hospital's Heart Failure Team representatives to help you avoid hospitalizations and live a longer, fuller life.

July 9, 2:00–3:00 PM > Ask the Cardiologist

Kristi Panichelli MSN, CRNP of Cardiology Consultants of Philadelphia will field your questions. For a chance to win a Low-Salt Cookbook or Omron blood pressure monitor, submit your question(s) in advance to Rebecca.Mountain@pennmedicine.upenn.edu.

August 13, 2:00–4:00 PM > Heart Failure Workshop

Physician experts discuss how the following conditions can intersect or collide with heart failure: diabetes, structural heart disease and COVID-19.

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Reversing Prediabetes

July 8, August 11, 6:00–7:30 PM

More than 88 million Americans have prediabetes. This program teaches you how to change your lifestyle and reduce your risk for developing type 2 diabetes.

Lunch & Learn Series for Oncology Patients

July 8, 12:00–1:30 PM

Balance, Core & Exercise to Combat Fatigue

Eat your lunch while enjoying presentations from professionals on varying topics of interest including: Nutrition, Mindfulness & Mental Strategies, Yoga, Beauty, Art, Joy & Gratitude, Exercise. *This series is for all oncology patients, newly diagnosed through survivorship. For more information or to register call Brittany Fols, LCSW at 610.738.2867*

Struggles and Solutions

July 13, August 10, 5:15–6:15 PM

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

TELEMEDICINE

NUTRITION COUNSELING AND DIABETES EDUCATION

Chester County Hospital is also offering one-on-one nutrition counseling and diabetes education through confidential telemedicine appointments.

Call 610.738.2835 or email diabetes@uphs.upenn.edu for more information.

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Email cch@uphs.upenn.edu

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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.

July 28, 1:00–2:00 PM

Plant Based Nutrition: A “Green” Way to Manage Diabetes

Learn how increasing your plant-based, whole food consumption can help with diabetes management.

Moms Supporting Moms

July 9, 7:00–8:30 PM

Facilitated by a maternal mental health specialist, this group provides moms an opportunity to meet other new moms, share ideas and experiences, and to be part of a caring network of support. We invite you to express your joys and fears of caring for your newborn and raising a family, while offering ideas for how to take care of your emotional health, too. Your children and mom-friends are all welcome.

Breastfeeding Support Group

July 11, 1:00–2:00 PM

July 20, 11:00 AM–12:00 PM

Join us virtually to talk with other moms, share your breastfeeding experiences in a non-judgmental environment. Our board-certified lactation consultants will provide support and share information.