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.

The Truth About Weight Loss

August 25, September 21, 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.

Your Weigh Down

Wednesdays, September 9–October 7, 6:15–7:30 PM

Get connected with dynamic group coaching to learn your “weigh” to healthy weight loss. Make real progress happen while attending 5 group sessions packed with education and hands on skill building to stop weight gain and re-set behaviors for meaningful food, fitness and health improvements.

Supermarket Savvy

September 9, 5:30–6:30 PM:

Keeping Your Sodium Choices Healthy

Want to eat right, but just not sure how to shop right? Join a ShopRite registered dietitian and take an aisle-by-aisle tour to learn how to control sodium without giving up taste, convenience and most importantly the fun of eating.

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.

Atrial Fibrillation Update

September 15, 6:00–7:00 PM

September is Atrial Fibrillation Awareness Month

Atrial fibrillation (also called AFib) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. Learn about leading-edge treatments and get all your questions answered by a physician expert.

Hands-Only CPR

September 17, 12:00–1:00 PM

By learning Hands-Only CPR (CPR without mouth breathing), you can increase confidence and reduce hesitation in life-saving situations. This training also includes a demonstration on the use of an Automated External Defibrillator (AED) and education on early heart attack signs and symptoms.

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

Visit ChesterCountyHospital.org/Wellness
Reversing Prediabetes  
**August 11, September 10, 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.

**Revirtiendo la prediabetes**

**10 de septiembre del 2020 de las 6:00 a 7:30PM de la tarde**

Más de 88 millones de americanos tienen la prediabetes. Este programa de hora y media le enseñará cómo cambiar su estilo de vida y disminuir el riesgo de desarrollar la diabetes tipo 2. Si tiene preguntas o quisiera inscribirse en este programa, favor de enviar un mensaje de correo electrónico dirigido a la Srta. Carla Graves: carla.graves@pennmedicine.upenn.edu o comuníquese con los intérpretes al 610.431.5528.

Prevent Diabetes  
A Lifestyle Change Program  
**Tuesdays, September 29–November 17, 6:30–7:30 PM**

This eight-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 and moderate physical activity, as well as problem-solving, stress-reduction, and coping skills, into their daily lives.

Prevenir La Diabetes  
**Un programa para cambiar su estilo de vida**  
**Martes, 29 de septiembre–17 de noviembre del 2020 de las 6:30 a 7:30PM de la tarde**

Este programa de 8 semanas empoderará a la gente que corre riesgo de tener diabetes tipo 2 y así, hacerse a cargo de su salud y bienestar. Los participantes se reunirán con un entrenador capacitado en estilos de vida para aprender distintas formas de incorporar en sus vidas cotidianas tanto la alimentación saludable y actividad física moderada como la resolución de problemas, reducción de estrés, y mecanismos de afrontamiento. Si tiene preguntas o quisiera inscribirse en este programa, favor de enviar un mensaje de correo electrónico dirigido a la Srta. Carla Graves: carla.graves@pennmedicine.upenn.edu o comuníquese con los intérpretes al 610.431.5528.

Steady As You Go: What You Can Do To Decrease Your Risk For Falls  
**September 22, 11:00 AM–12:30 PM**

Prevention remain the best way to avoid the injuries and other problems often related to falls. Learn from a Physical Therapist and other injury prevention experts about the practical steps you can take with exercising, managing your medications and lifestyle adjustments to decease your risk for a fall and maintain your independence.

Bones and Joints: Knee  
**September 30, 6:00–7:30 PM**

Join our board certified orthopaedic surgeon to learn about the latest surgical and non-surgical treatments for joint pain. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements. A physical rehabilitation specialist will also be on hand to offer suggestions for how to stay strong to alleviate joint pain.

**REGISTRATION IS REQUIRED FOR ALL EVENTS:**
Call 610.738.2300  
Email cch@uphs.upenn.edu  
Visit ChesterCountyHospital.org/Wellness
Virtual WELLNESS CLASSES
AUGUST–SEPTEMBER, 2020

Lunch and Learn for Oncology Patients
Eat your lunch while enjoying presentations from professionals on varying topics of interest including: Nutrition, Mindfulness & Mental Strategies, Yoga, Beauty, Art, Joy & Gratitude, Exercise.

August 12, 12:00–1:30 PM
Inside the Mind of a Pain Doctor: Understanding the Basics of Pain

September 9, 12:00–1:30 PM
Yoga and Mindfulness

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 info: 215.615.7500 or visit PennMedicine.org/Bariatrics.

Stop Smoking Now!
Thursdays, September 24–November 5, 6:30–8:00 PM
Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program. *Discounted nicotine patches also available.

Reducing Your Risk of Gynecologic Cancers
September 22, 5:30–7:00 PM
Gynecologic cancer is a group of cancers that begins in a woman’s reproductive system. In this presentation, a gynecologic oncologist and registered dietitian will teach you about the different types of gynecologic cancers, and how lifestyle choices and screenings can play a role in reducing your risk.

Celebrating September:
National Recovery Month: Voices of Recovery
September 16, 12:00–1:00 PM
Come hear the stories of individuals currently in recovery for a substance use disorder. Hear about their special path to treatment and recovery and how they maintain their sobriety. Members from the community and healthcare professionals are encouraged to attend and participate in the discussion.

Opioid Epidemic and Narcan® Training
Learn How to Save a Life
September 22, 6:00–7:30 PM
Chester County Hospital has partnered with the Chester County Department of Drug and Alcohol Services to reduce the incidence of accidental drug overdoses. Learn how to recognize and respond to an opioid overdose and how to access treatment in Chester County. Attendees will receive training on how to use life-saving Narcan® (naloxone) nasal spray and free naloxone will also be provided to all registrants. Registration Required. Limited availability of Narcan®. Presenters: Kate Genthert, Chester County Drug and Alcohol Services; Ethan Healey, Paramedic, Good Fellowship and Ambulance Training Center

Nutrition Counseling and Diabetes Education:
Telemedicine and In-Person Appointments available
Has the pandemic taken a toll on your health? Work with our team, either in person or through telemedicine visits, to take charge of your health. Learn to improve your diet, manage blood sugars and have a healthier lifestyle. Call 610.738.2835 or email diabetes@uphs.upenn.edu for more information.

REGISTRATION IS REQUIRED FOR ALL EVENTS:
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Email cch@uphs.upenn.edu
Visit ChesterCountyHospital.org/Wellness

Visit ChesterCountyHospital.org/Wellness
VIRTUAL SUPPORT GROUPS

Living with Heart Failure
If you or a loved one suffer from chronic heart failure, join others who also deal with this issue and learn important information from a heart failure nurse to help you avoid hospitalizations, and enjoy greater quality of life.

**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.

**September 10, 2:00–3:00 PM**

**Staying Active with Heart Failure**
A variety of exercise options, available to help you stay active, presented by those who run the programs. Presented by Chester County Hospital’s Cardiac Rehabilitation Team and Chester County Parks and Recreation.

Cardiac Support Group
**September 10, 1:00–2:30 PM**
Minimally Invasive Heart Surgery
Open to all cardiac patients and their families, Chester County Hospital’s cardiac support group includes presentations by health care professionals, followed by networking and discussion on issues of personal interest to those with heart disease. Led by a former cardiac patient, and facilitated by heart and vascular nurse navigators.

Struggles and Solutions
A registered dietitian will lead a discussion on 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.

**August 10, 5:15–6:15 PM**
Great Garden Eating

**September 14, 5:15–6:15 PM**
Safe Snacking

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.

**September 22, 1:00–2:00 PM**
Hidden Sugars in Foods

Moms Supporting Moms
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
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.

**REGISTRATION IS REQUIRED FOR ALL EVENTS:**
Call 610.738.2300
Email cch@uphs.upenn.edu
Visit ChesterCountyHospital.org/Support-Groups