

 virtual
WELLNESS PRESENTATIONS SEPT-OCT 2020

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.

HEART HEALTH

Atrial Fibrillation Update

Dr. Kurt Schillinger

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.

Taking Cardiovascular Health to Heart

Dr. Muhammad Raza, Dr. Deon Vigilance, Dr. Steven Weiss

Moderator: Dr. William Clay Warnick

October 21, 6:00–7:30 PM

Join our interventional cardiology and cardiac surgery team to learn about game changing advancements in heart care. They will share how the detection and treatment of heart disease has evolved, the future of heart disease management, and minimally invasive procedures available, including TAVR – transcatheter aortic valve replacement and Robotic CABG. The evening will end with a Q&A where you can get your heart health questions answered by our experts.

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.

September 10, 2:30–3:30 PM

Staying Active with Heart Failure

October 8, 2:00–3:00 PM

Navigate Open Enrollment

Cardiac Support Group

September 10, 1:00–2:30 PM

Robotic CABG

Deon Vigilance, MD, MBA

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.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email cch@uphs.upenn.edu

Visit [ChesterCountyHospital.org/Wellness](https://www.ChesterCountyHospital.org/Wellness)

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SMOKING CESSATION

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. *Free nicotine patches also available.

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. Healthcare professionals and members from the community are encouraged to attend and participate in the discussion.

Opioid Epidemic and Narcan® Training Learn How to Save a Life

Kate Genthert, Chester County Drug and Alcohol Services; Ethan Healey, Paramedic, Good Fellowship and Ambulance Training Center

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®.

BONE & JOINT HEALTH

Steady As You Go:

What You Can Do To Decrease Your Risk For Falls

Christine Schweider, PT

September 22, 11:00 AM–12:30 PM

Prevention remains the best way to avoid the injuries and other problems often related to falls. Learn from a Physical Therapist and a Registered Nurse 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.

Bones and Joints

Bones and Joints: Knee

Dr. Charles Hummer and Edie Caggiano-Halsema, PT

September 30, 6:00–7:00 PM

Bones and Joints: Ankle and Lower Extremity

Dr. Spencer Monaco and Edie Caggiano-Halsema, PT

October 28, 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.

Just for the Health of It!

Arthritis-the role of diet and supplements

Dr. Sucharitha Shanmugam

October 15, 6:00 PM–7:00 PM

A rheumatologist will lead a discussion on different types of arthritis, autoimmune diseases and the role of the gut bacteria and nutrition in inflammation. The presentation will review the role of diet and natural supplements as a treatment for arthritis, and will also dispel some dietary myths.

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WEIGHT MANAGEMENT

Your Weigh Down

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

The Truth About Weight Loss

September 21, October 28, 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.

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.

September 14, 5:15–6:15 PM

Safe Snacking

October 12, 5:15–6:15 PM

All Kinds of Carbs

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NUTRITION

Supermarket Savvy

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, dietary fats and cholesterol without giving up taste, convenience and most importantly the fun of eating.

September 9, 5:30–6:30 PM

Keeping Your Sodium Choices Healthy

October 7, 5:30–6:30 PM

Dietary Fats and Cholesterol

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.

DIABETES PREVENTION & MANAGEMENT

Reversing Prediabetes

September 10, October 5, 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.

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.



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HALT Diabetes Diabetes Prevention Program (DPP)

Start Date: October 12

HALT DPP is designed to deliver an engaging experience to help you make permanent lifestyle changes to prevent Type 2 diabetes. With an app, you can access the tools needed to improve your health behaviors, anytime and anywhere. You will be paired with a certified personal health coach and an on-line peer support group to follow this year-long curriculum. *Eligible participants must either have a diagnosis of prediabetes or be at risk for prediabetes. For questions or to register call 610.738.2835 or email Diabetes@uphs.upenn.edu*

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

October 27, 1:00 PM–2:00 PM

How to Exercise Safely with Diabetes

ONCOLOGY

Lunch and Learn for Oncology Patients

Eat your lunch while enjoying presentations from professionals on varying topics of interest.

September 9, 12:00–1:30 PM

Yoga and Mindfulness

October 14, 12:00–1:30 PM

Becoming Beauty Brave

WOMEN'S HEALTH

Reducing Your Risk of Gynecologic Cancers

Dr. Lori Cory and Laura Ford, RD, LDN

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.

Moms Supporting Moms

September 10, 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

September 12, October 3, 1:00–2:00 PM

September 21, October 19, 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.

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