



Virtual

WELLNESS PRESENTATIONS NOV-DEC 2020

Click the Event Name
to Register Online

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

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.

ORTHOPAEDICS

Bones + Joints: Hand

Stephen Y. Liu, MD; Jill Townsend, PT, CHT

December 2, 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](https://www.ChesterCountyHospital.org/Wellness)

HEART HEALTH

Hands-Only CPR

November 19, December 8, 6:00-7:00 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.

Living with Heart Failure

Mind Your Heart: Mental Health & CHF

November 12, 2:00-3:00 PM

Surviving the Holidays

December 10, 2:00-3:00 PM

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.

Cardiac Support Group

November 5, December 3, 1:00-2:30 PM

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.

ICD Support Group

November 19, 4:30-5:30 PM

Do you or a loved one have an implantable cardioverter defibrillator (ICD)? Would you like to talk with others who are learning to live with this life-saving device? Join the Electro-physiology team for a virtual informative session about ICDs.



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FALL PREVENTION

Steady As You Go – What You Can Do To Decrease Your Risk For Falls

Christine Schweider, PT

December 1, 11:00 AM–12:30 PM

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 and other injury prevention experts 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.

CANCER CARE

Lunch and Learn for Oncology Patients

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

Nutrition: Navigating the Holiday Season

November 18, 12:00–1:30 PM

Join Laura Ford, oncology dietitian at the Abramson Cancer Center at Chester County Hospital, as she shares tips and tricks to thrive this holiday season. We will discuss portion control, holiday plate set-up, nutritious alternatives to your favorite treats, and healthy recipe ideas.

Cancer Support Groups

The Abramson Cancer Center offers online support groups to help patients deal with the often overwhelming emotional effects of cancer. Support groups include: Living with Breast Cancer, Caregiver Support, Gynecology Oncology Support, and Survivorship Next Step Series. *Learn more and register for one of these events by visiting [ChesterCountyHospital.org/Support-Groups](https://www.ChesterCountyHospital.org/Support-Groups)*

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SENIOR HEALTH

Fine Tune Your Medicare

November 5, 5:30–7:00 PM

A representative of the APPRISE Program will present an overview of Medicare including explanations of the benefits, types of health care insurance available in Chester County, benefits available for low income beneficiaries and things to consider when selecting medical coverage—and learn about updates for 2021. *Apprise is a free health insurance counseling program, specializing in Medicare and Medicaid, to help Pennsylvanians age 65 and over and those with disabilities.*

BRAIN HEALTH + STROKE

Boosting Brain Power

Julie Alliger, RD, CDCES

November 18, 6:00–7:00 PM

This presentation, led by a registered dietitian, addresses normal aging of the brain and threats to brain health. You will learn how the MIND diet can help prevent dementia as well as simple steps you can take every day to boost your cognitive health to help you live your life to the fullest.

Getting the True FAST Facts About Stroke

Melissa Spahr, RN, Stroke Program Coordinator; Susan Pizzi, RN

November 16, 6:00–7:00 PM

Every minute counts when you or someone you know is having a stroke. Acting F.A.S.T., calling 9-1-1 and getting to the hospital quickly for treatment is of vital importance. Learn the risk factors, signs and symptoms of stroke, and how Chester County Hospital swiftly treats patients having a stroke.

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NUTRITION

Supermarket Savvy

Want to eat right, but just not sure how to shop right? Join a ShopRite registered dietitian to learn how to purchase healthy food without giving up taste, convenience and most importantly the fun of eating.

Watching Carbs and Added Sugars

November 11, 5:30-6:30 PM

Healthy Holiday Eating

December 9, 5:30-6:30 PM

DIABETES PREVENTION + MANAGEMENT

Reversing Pre-diabetes

November 12, December 8, 6:00-7:30 PM

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

Diabetes Update

Arti Patel, MD, Endocrinologist, Gateway Endocrinology;
Maureen Boccella, MS, RD, CDCES, LDN, Manager, Diabetes and Nutrition Services

November 19, 6:00-7:30 PM

Celebrate National Diabetes Month with an endocrinologist and a diabetes educator/registered dietitian. Get an update on diabetes medications and learn the latest trends in nutrition for diabetes. Topics such as injectable medicines, plant based nutrition and how low should you go with carbs will be covered.

Diabetes Support Group

How to Survive Holiday Eating

November 24, 1:00 PM-2:00 PM

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.

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

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.

WEIGHT MANAGEMENT

Struggles and Solutions

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 to live a healthier lifestyle.

Holiday Dining Ideas

November 9, 5:15-6:15 PM

The Stress-Sleep-Weight Connection

December 14, 5:15-6:15 PM

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](https://www.PennMedicine.org/Bariatrics)*

MENTAL HEALTH

Talk Saves Lives: An Introduction to Suicide Prevention

Aimee Prange, MSW, LCSW

November 11, 6:00-7:00 PM

This program, developed by the American Foundation for Suicide Prevention, is a standardized presentation that covers the scope of this leading cause of death; what the research has found to be the warning signs and risk factors of suicide; and the strategies that prevent it.