

CHESTER COUNTY HOSPITAL IS COMMITTED TO PROVIDING A BROAD SCOPE OF HIGH QUALITY HEALTH EDUCATION PROGRAMS TO THE COMMUNITY IT SERVES.

Physician lectures give individuals the opportunity to meet our medical staff and learn about important health concerns. A wide variety of wellness programs and services that address specific life cycle needs and chronic health conditions are also available on an on-going basis. Identifying potential health risks at an early stage is the essence of our screening programs. Screenings are offered throughout the year on a variety of issues such as cardiovascular risk, blood pressure, cancer and more. Support groups offer individuals with specific health conditions the opportunity to share their experience with others and learn from an experienced health professional about better ways to manage and cope with their health problem.

Our aim is to keep you and those you love, **HEALTHY AND WELL.**

REGISTRATION + INFORMATION:
ChesterCountyHospital.org/Wellness
610.738.2300



701 East Marshall Street, West Chester, PA 19380
ChesterCountyHospital.org


Penn Medicine
Chester County Hospital
701 East Marshall Street
West Chester, PA 19380

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WELLNESS CALENDAR WINTER 2019

CHESTER COUNTY HOSPITAL



SPEAKER'S BUREAU

Are you in search of a dynamic speaker to address a specific health care topic at your next community program, meeting or event?

Chester County Hospital has a panel of health care providers and educators available to provide information and education on a variety of current health care topics. Our Speaker's Bureau is a FREE service designed to meet the interests of community groups and organizations.

To complete a Speaker's Bureau request visit ChesterCountyHospital.org/Wellness.

Diabetes Education

There is no known cure for diabetes. But, the good news is that by learning how to manage this condition, those with diabetes can enjoy a long and active life. Our diabetes educators at Chester County Hospital's Diabetes Self-Management Program teach individuals how to control their diabetes with proper nutrition, carbohydrate counting, medication, exercise and home blood sugar testing. Education is offered in one-on-one and classroom settings. Requires a physician referral.

Nutrition Counseling

For individuals seeking nutrition guidance for healthy eating, weight loss, or for disease prevention and management, our dietitians can see you without a prescription. Covered by many insurance plans (excluding Medicare).

To learn more about the Diabetes & Nutrition Program, visit ChesterCountyHospital.org or call 610.738.2835.

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Support Groups

We realize that at times our patients require more than medical treatment when facing health care issues. That's why we have developed a wide variety of support groups to provide emotional support for patients and their families while they deal with illness and its physical and emotional effects. Groups include education, speakers, camaraderie, and time to share. Support is available for a number of conditions, including: **Cancer, Cardiovascular Conditions, Chronic Lung Disease, Parkinson's, Bereavement, Nutrition/Weight Loss and Lifestyle Change.**

To learn more about support groups visit ChesterCountyHospital.org/Wellness

LIFE EXPANDED

SEE WHAT'S COMING:
ChesterCountyHospital.org/Expansion

Chester County Hospital is undergoing its largest expansion yet, implementing programmatic innovation to bring new possibilities for all who come to us for care. With 250,000 square feet of progressive design, we're not only building a better space for healing, we're defining the future of medicine in our community.

**Living with Heart Failure [FREE]**

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.

Date + Time: Jan 10, Feb 14, Mar 14, Apr 11, 2:00–3:00 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

**Reversing Pre-diabetes [\$25]**

More than 80 million Americans have pre-diabetes. This 1.5 hour program teaches you how to change your lifestyle to reduce your risk for developing type 2 diabetes.

Date + Time: January 15 or March 21, 6:00 PM–7:30 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

MDPP: Medicare Diabetes Prevention Program

MDPP is a proven health behavior change program to help you prevent type 2 diabetes. Eligible participants must have Medicare Part B and a diagnosis of prediabetes. Program includes 16 core sessions over 6 months, 6 more months of follow-up sessions to help maintain healthy habits and 12 more months of maintenance session for those who meet certain weight loss and attendance goals.

Date + Time: Tuesdays beginning Jan 15, 10:45 AM–12 Noon
Location: 600 East Marshall Street, Suite 302

For additional information, call Outpatient Nutrition and Diabetes at 610-738-2835, or email Kimberly.Bezly@pennmedicine.upenn.edu.

**Struggles and Solutions [FREE]**

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

Date + Time: January 21, February 25 and April 8 5:15 PM–6:15 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

**Hands-Only CPR [FREE]**

When a person suddenly collapses, bystanders need to remain calm and take action quickly. By learning Hands-Only CPR, you can reduce hesitation in life-saving situations. This 1.25 hour training includes education on early heart attack signs and symptoms

Date + Time: Jan 17, Feb 21 or March 21 at 12 Noon
Location: Chester County Hospital, Conf. Room A*

Date + Times: Feb 19, 4:30 PM–5:45 PM or 6:00 PM–7:15 PM
Location: Chester County Hospital, Conf. Room 134*

Date + Time: February 18, 5:15 PM–6:30 PM
Location: Longwood Fire Company 1001 E. Baltimore Pike, Kennett Square

**FOOD & YOU: NEW PROGRAMS****Information Session [FREE]**

Learn about our two exciting new weight management programs, *Making Habits, Breaking Habits for Weight Control* and *Kitchen Kick Start for Weight Control* to see if they are right for you.

Start Date + Time: Jan 21 or Feb 25, 6:30 PM–7:15 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Making Habits, Breaking Habits for Weight Control [\$100]

This 4-week program will help you re-think your weight control with a personal look at habits holding you back. Your Registered Dietitian coach will guide you to reconsider attitudes, behaviors and lifestyle choices towards healthy eating, metabolism tuning, goal setting and more.

Start Date + Time: January 28 or March 11
Weigh-in 5:00 PM, Class 5:15 PM–6:15 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Kitchen Kick Start for Weight Control [\$150]

Ready for a 6-week kitchen-nutrition makeover? Get your kick start with your Registered Dietitian guiding grocery selections, label reading, portioning, meal prep and plate balance.

Start Date + Time: March 4
Weigh-in 6:15 PM, Class 6:30 PM–7:30 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

* For Hospital Programs follow signs for **Free Valet parking**

**Weight Loss Surgery****INFORMATION SESSIONS [FREE]**

Surgeons from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment.

Date + Time: January 23, February 27, or March 27 7:00 PM–9:00 PM

Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

To Register: Visit PennMedicine.org/Bariatrics or call 215.615.7500

**Stop Smoking Now! [FREE]**
SEVEN-WEEK PROGRAM

Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program. *Discounted nicotine patches also available.*

Series Start Date: February 5 or March 7
Time: 6:30 PM–8:00 PM

Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

**Matter of Balance Program [FREE]**
EIGHT-WEEK PROGRAM

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. This award-winning program provides participants with practical strategies designed to prevent falls and increase activity levels. Learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and use exercise to increase strength and balance. *Classes are once a week. Participants must attend all sessions.

Date + Time: March 14–May 2, 10 AM–12 Noon
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Facilitator: Susan Pizzi, RN and Michele Boyle, MS

REGISTRATION + INFORMATION:
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**Penn Program for Mindfulness**
Mindfulness-based Stress Management Course

This highly-acclaimed foundation course will teach you a variety of meditation techniques to help you to cultivate relaxation, clarity and stillness in your day-to-day life. The program consists of eight 2-½ hour weekly classes plus a full-day retreat.

Date + Time: January 29, 6:00 PM–8:30 PM
Presenter: Michael Gawrysiak, PhD
Location: Chester County Hospital

For pricing and to register visit www.cvent.com/d/ybqq8f

**Your Heart. Your Life. [FREE]**

Knowing the subtle, early warning signs of heart disease can save your life! Learn from a cardiologist what these signs and symptoms are, what they may mean and what actions you should take to prevent a cardiac event.

Date + Time: February 6, 1:00 PM–2:00 PM
Location: Simpson Meadows 101 Plaza Drive, Downingtown, PA
Presenter: Sharayne Mark, MD

Date + Time: February 6, 1:00 PM–2:00 PM
Location: Ashbridge Manor Senior Living 971 East Lancaster Ave, Downingtown, PA
Presenter: Mian Jan, MD

**Golden Ram's Apron [\$25]**
A Plant-based Nutrition Program + Cooking Program

Learn, cook and eat to improve your health and prevent chronic disease through a whole-food diet. The session will be hosted by the nutrition faculty of West Chester University and esteemed community members who have a passion for sharing the plant-based message.

Time + Date: Saturday, March 30, 10:00 AM–2:00 PM
Location: West Chester University, Nutrition Lab

**Senior Supper Club [DINNER \$6.25]**

Enjoy dinner in our café every Thursday. Interesting talks on timely topics are offered over dinner on the following dates.

Advances in Cataract Surgery

Learn about the latest advances in cataract surgery such as laser surgery and intraocular lens options.

Date + Time: March 21, 5:00–6:30 PM (Snow Date: Mar 28)
Location: Chester County Hospital Café*
Presenter: Ananth Mudgil, MD, Mudgil Eye Associates

**Bones and Joints [FREE]**

Join our board certified orthopedic 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.

Date + Time: March 21, 6:30 PM–8:00 PM
Location: Chester County Hospital, Conf. Room 134*
Presenter: Adrienne Townsen, MD

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**Solutions for Problems of the Hand and Wrist [FREE]**

Whether at work or play, our hands and arms work hard for us everyday. Learn from a board-certified orthopaedic surgeon and a hand therapist how common problems of the hand and arm such as carpal tunnel, trigger finger, tennis elbow and more can be repaired and relieved.

Date + Time: March 26, 6:00 PM–7:30 PM
Location: Chester County Hospital, Conf. Room 134*
Presenter: Stephen Liu, MD and Jill Townsend, PT

**Heart Tracks Cardiovascular Risk Assessment Program [FREE]**

A cardiovascular screening and education program to assess your risk for developing heart disease. Includes a non-fasting Blood Test (Cholesterol, HDL), blood pressure, body mass index (BMI), and percent body fat, a 10-year cardiac risk assessment and a personalized counseling session to review your risk.

Date + Time: February 18, 3:00 PM–7:00 PM
Location: Hospital, Mira Conference Room*
Registration: Call for an appointment at 610.738.2300

* For Hospital Programs follow signs for **Free Valet parking**