



Virtual

WELLNESS PRESENTATIONS JAN-MARCH 2021

Click the Event Name
to Register Online

Chester County Hospital offers 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.

MENTAL HEALTH

Focus on Your Best Self

January 28, 6:00–7:00 PM

Michelle Boyle, MS

Are you stuck in a rut? Having a hard time putting your best foot forward? This presentation will address how to tackle life's challenges with a positive mindset. You will learn ways to clear your mind of negative thoughts, replacing them with positive self-affirmations. We will also discuss how gratitude, appreciation and positivity may open new doors of opportunities for you. Come experience a new way of thinking.

Mental Health First Aid USA

March 13, 8:30 AM–3:00 PM

The virtual format includes two hours of self-paced, online instruction that must be completed prior to the ZOOM session March 13.

Chester County Hospital has partnered with West Chester University to provide this free, evidence-based public education program. By attending this training, you will gain the skills needed to help another person who is struggling with a mental health or substance use concern or crisis. You will learn how to reach out and provide initial support to someone and help connect them to appropriate care.

Registration Link: <https://bit.ly/2M0HKbH>

Registration is limited and closes 2/27/21

NUTRITION

Extend Your Life with a Fork and Knife

January 19, 6:00–7:00 PM

Kim Beazley, RD, CDCES

The science is clear—eating the right foods can lead to a longer, healthier life. There are many diets that claim to increase your longevity. Attend this presentation to explore some of the most researched healthy eating plans: Mediterranean, DASH, MIND, Blue Zone and "How Not to Die." A Registered Dietitian will help you understand the role that diet plays in preventing the leading causes of premature death so you can live a long, healthy life.

Herb Garden Plant-Along

March 9, 6:00–7:30 PM

Chris Hahn, Penn State Extension Master Gardener
Julie Alliger, RD, LDN, CDCES, Chester County Hospital
Limited to the first 25 registrants

Come join this presentation where a Registered Dietitian and a Master Gardener will teach you about the health benefits of herbs and the basics of herb care, while you plant your own indoor herb container. Participants will be given all of the necessary planting supplies (herbs, soil, container) in advance.

March is National Nutrition Month: Personalize Your Plate

March 23, 6:00–7:00 PM

Jessica Wilson, MS, RD, CDCES, LDN

Because we are all unique with different bodies, goals, and tastes, there is no one-size-fits-all approach to nutrition and health! During this program a registered dietitian will give you tools to "personalize your plate" by helping you understand some of the latest nutrition trends and on-line resources so you can follow a healthful eating plan that is as unique as you are.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email cch@uphs.upenn.edu

Visit ChesterCountyHospital.org/Wellness

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HEART HEALTH

Hands-Only CPR

January 21, March 18, 12 Noon–1:15 PM
February 18, 6:00–7:15 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 education on early heart attack signs and symptoms.

My Doctor Referred Me to a Vascular Surgeon!

January 26, 6:00–7:00 PM
Sean Ryan, MD

Vascular surgeons treat a wide array of conditions that affect the blood vessels. Join this program, led by a vascular surgeon, to learn about the most common reasons you might get referred, to understand your risk factors, and how to take steps to avoid a visit with a vascular surgeon.

Living with Heart Failure Support Group

January 14, March 11, 2:00–3:00 PM

We encourage you to participate in the February 3 Hot Topics in Heart Failure program.

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

Every 1st Thursday: Jan 7, March 4, 1:00–2:30 PM

We encourage you to participate in the February 3 Hot Topics in Heart Failure program.

Open to all cardiac patients and their families—includes presentations by health care professionals, followed by networking and discussion on issues of personal interest to those with heart disease.

ICD Support Group

March 18, 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.

February is Heart Month

Hot Topics in Heart Failure

February 3, 6:00–7:00 PM

Clay Warnick, MD, Medical Director of Cardiovascular Service Line

A heart failure board certified cardiologist will provide an update on the latest medical advancements in managing heart failure. This presentation will provide an overview of heart failure, as well as current treatment options including medications, monitoring and the use of CardioMEMS™ technology.

Staying Fit While Stuck at Home

February 10, 6:00–7:00 PM

Brian Foster, MSE, ACSM-CEP

Our physical activity and exercise routines have definitely undergone a few changes the past few months. Staying active and fit can be difficult even in the best of times. Come join our Exercise Physiologist to learn about the benefits of exercising and being active and how you can easily enjoy a workout at home while getting creative.

Cooking in Color:

An American Heart Association Healthy for Good Program

February 17, 6:00–7:30 PM

Jena Wood, MS, RD, LDN, ShopRite

Julie Alliger, RD, LDN, CDCES, Chester County Hospital

Eating healthfully doesn't mean depriving yourself of delicious food. It's not about subtracting; it's about adding. Adding color, that is, to your snacks, your meals, and your life. Join two registered dietitians as they do recipe demos and provide you with colorful and flavorful recipes for a heart-healthy, nutritional power boost.

Your Heart Matters: Preventing Heart Disease

February 24, 6:00–7:00 PM

Mian A Jan, MD, FACC, FSCAI

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.



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LIFESTYLE MEDICINE

Stop Smoking Now!

January 13–February 24, 6:30–8:00 PM

February 9–March 23, 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.*

National Sleep Awareness Week is in March

Better Sleep for Better Health

March 11, 6:00–7:00 PM

Guarav Patel, MD

We all love to sleep, but many of us don't seem to get enough quality sleep. This presentation will discuss why healthy sleep is important, what the barriers to healthy sleep are, the physical effects of not getting enough sleep and how we can get better sleep.

CANCER CARE

March is National Colorectal Cancer Awareness

Tomorrow Can't Wait

March 3, 6:00–7:00 PM

Anna Spivak, DO, Colorectal Surgeon

45 is the new 50 when it comes to colon health. The American Society of Colon and Rectal surgery now recommends starting cancer screening at age 45. An estimated 147,950 people will be diagnosed with colorectal cancer and 53,200 could die from this disease this year. Join this informational session presented by a colorectal surgeon, to learn the ins and outs of colon health and what you can do to keep yourself protected. Early detection of colon cancer is key because tomorrow can't wait.

Cancer Support Groups

The Abramson Cancer Center offers several online support groups to help patients deal with the often overwhelming emotional effects of cancer. *Learn more and register for one of these events by visiting ChesterCountyHospital.org/Support-Groups*

Visit ChesterCountyHospital.org/Wellness

ORTHOPAEDICS

Bones and Joints

January 27, 6:00–7:30 PM Mark E. Tantorski, DO, Spine

February 23, 6:00–7:30 PM James A. Costanzo, MD, Hip

March 24, 6:00–7:30 PM John P. Manta, MD, Knee

Join our board certified orthopedic surgeons to learn about the latest surgical and non-surgical treatments for 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 pain.

WEIGHT MANAGEMENT

The Truth About Weight Loss

January 25, March 15, 6:00–7:00 PM

Almost everyone wants to lose weight, but not many are successful. This program 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 (5-Week Series)

February 3 - March 3, 6:15–7:30 PM

March 30 - April 27, 6:15–7:30 PM

Come get connected with dynamic group coaching to learn your "weigh" to healthy weight loss. Make real progress happen while attending five group coaching sessions packed with education and hands-on skill building. Here we put the pieces together to stop weight gain and re-set behaviors for meaningful food, fitness and health improvements.

Struggles and Solutions

January 11, February 8, March 8

5:15–6:15 PM

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

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.*



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DIABETES PREVENTION + MANAGEMENT

Reversing Prediabetes

Jan 7, Feb 15, March 9, 6:00–7:30 PM

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

Revirtiendo la prediabetes

7 de enero del 2021 de las 6:00–7:30 PM 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

Thursdays January 21–March 11, 6:00–7:00 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

Jueves, 21 de enero – 11 de marzo del 2021, 6:00–7:00 PM

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.

Living with Type 2 Diabetes

January 19, March 11, 6:00–7:00 PM

Don't let what you don't know about diabetes keep you from feeling your best. Whether you are newly diagnosed, or have had diabetes for some time, this program will get you up to date with the tools and resources you need to live well with Type 2 Diabetes.

Diabetes Support Group

Every 4th Tuesday, 1:00–2:00 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, to share your experience with others, and receive updates in diabetes management.

Managing Diabetes:

A Heart to Heart Conversation with the African American Community

February 11, 6:00–7:00 PM

Jennie Dyke, BSN, RN, CDCES

Sponsored by Chester County Hospital and West Chester NAACP

African Americans have a high risk for type 2 diabetes and have a high rate of diabetes-related complications, including heart disease. Because of COVID-19, diabetes management has never been more important for the African American community. Chester County Hospital has therefore partnered with the West Chester NAACP to provide an educational presentation to help you improve your blood sugar, blood pressure and reduce your heart disease risk factors.

Medicare Diabetes Prevention Program (MDPP)

Tuesdays, beginning March 2, 10:45 AM–12:00 PM

Fee: Medicare billing-free to participants

The Diabetes Prevention Program is a proven health behavior change program to help you prevent type 2 diabetes. Medicare is now reimbursing for the National Diabetes Prevention Program (NDPP) and Chester County Hospital is an approved Medicare provider for these services. The NDPP is a year-long program designed to help patients make sustainable lifestyle changes to prevent or delay Type 2 diabetes. Eligible participants will either have a diagnosis of prediabetes or be at risk for prediabetes.

Visit www.cdc.gov/prediabetes/takethetest to check your risk for prediabetes. For questions or information about enrolling in this program, please call the Outpatient Nutrition and Diabetes Department at 610.738.2835, or email diabetes@uphs.upenn.edu.



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FALL PREVENTION

Steady As You Go: What you can do to decrease your risk for falls

January 20, 11:00 AM-12:30 PM

*Jim P. Herlihey, MPT, CCH Outpatient Physical Therapy Department
Susan Pizzi, RN, Community Health Education*

March 17, 11:00 AM-12:30 PM

*Christine Schweider, PT, CCH Outpatient Physical Therapy Department
Susan Pizzi, RN, Community Health Education*

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.

SENIOR HEALTH

10 Warning Signs of Alzheimer's

March 25, 6:00-7:00 PM

Brad Trout, Alzheimer's Association

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

To Register:

Visit Alzheimer's Association: <https://action.alz.org/mtg/72667158>
or by phone: 1.800.272.3900

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email cch@uphs.upenn.edu

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Healthy Aging and You

February 9, 10:00-11:30 AM

Jeanine Martin, MPH, West Chester University Graduate Student

As we age, we experience physical, mental, social and economic changes that may challenge our ability to cope. The good news is that research suggests that certain health and wellness interventions, such as moving your body, making time for meditative moments, and healthy eating, can be used to enhance our health and wellbeing as we age. This presentation will provide an overview of some of these interventions that may improve your quality of life. You will also learn about an exciting opportunity to participate in a nine-week program and research study designed to help you learn about and practice these healthy aging interventions. Your participation in this study will help us explore the effectiveness of these interventions in enhancing physical and psychological wellbeing in older adults.

Healthy Aging and You: A Research Study

Classes begin either Tuesday, February 16, 10 AM-12 PM or Thursday, February 18, 10 AM-12 PM

Jeanine Martin, MPH, West Chester University Graduate Student

West Chester University, in partnership with Chester County Hospital, is seeking participants for a 9-week research study that evaluates the effects of healthy aging interventions on cognitive, emotional and physical health.

Participation Criteria:

- Healthy adult, 65-80 years old
- Able to understand and speak English
- Access to computer/laptop + internet for on-line participation
- Required and limited to first 30 registrants

*For questions or to register, contact Jeanine Martin:
484.321.3243 or healthsynergies57@gmail.com*

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.*