



# Virtual

## WELLNESS PRESENTATIONS APRIL 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.

### LIFESTYLE MEDICINE

#### Stop Smoking Now!

April 6–May 18, 6:30–8:00 PM

April 15–May 27, 10:00–11:30 AM

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

### WEIGHT MANAGEMENT + NUTRITION

#### Struggles and Solutions

April 12, 5:15–6:15 PM

A Registered Dietitian will lead a discussion on an interesting, timely, and 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.

#### Supermarket Savvy

April 28, 6:00–7:15 PM

#### Gut Health: Fiber and Probiotics

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.

#### 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.*

### CANCER CARE

#### April is National Cancer Control Month

#### A Sunny Outlook for a Dark Disease— Skin Cancer Prevention, Detection, and Treatment

April 26, 6:00–7:00 PM

Sarah Todd, MD

According to the American Cancer Society, every year more skin cancers are diagnosed in the US than all other cancers combined AND the number of skin cancer cases has been increasing! Join board certified dermatologist Dr. Sarah Todd to discuss the best ways to prevent skin cancer as well as tricks and tools for early diagnosis and treatment.

#### Survivorship Next Steps Series

April 19, April 26, May 3, May 10

#### What to expect after treatment

Survivorship Next Steps is a free 1.5 hour, four-week workshop designed to help Cancer Survivors make the transition from active treatment to post-treatment care. Expert panelists include clinicians, nutritionists, and fitness experts. Survivorship Next Steps will answer many of your questions about cancer survivorship and post-cancer treatment.

*To register, please contact:* Stephanie Challis 610.738.2314  
Stephanie.challis@pennteam.upenn.edu

#### REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennteam.upenn.edu

Visit ChesterCountyHospital.org/Wellness



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### HEART HEALTH

#### Cardiac Support Group

**April 1, 1:00–2:30 PM**

##### New Generation of Peripheral Vascular 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. New topics are presented each month and include discussions on healthy eating, stress reduction, heart rhythm, heart failure, fitness, and others.

#### Living with Heart Failure Support Group

**April 8, 2:00–3:00 PM**

##### Examination of Diet Trends + Healthy Eating During a Pandemic

*Lauren Windle RD, CNSC, LDN*

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.

#### Hands-Only CPR

**April 15, 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.

### ORTHOPAEDICS

#### Bones and Joints

**April 13, 6:00–7:30 PM**

##### Common Hand and Upper Extremity Problems

*Rowan Michael, MD, Jill Townsend, PT*

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.

### MENTAL HEALTH

#### Opioid Epidemic and Narcan® Training

**April 21, 6:00–7:30 PM**

*Kate Genthert, Chester County Drug and Alcohol Services  
Ethan Healey, Paramedic, Good Fellowship and Ambulance Training Center  
Tracy Norcini, Kacie's Cause*

##### Learn How to Save a Life

Chester County Hospital has partnered with the Chester County Department of Drug and Alcohol Services to reduce the incidence of accidental drug overdoses. Join us to learn how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All 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®.*

#### Prescription and Over-The-Counter Drug Take Back Event

**April 22, 4:30–7:00 PM (No registration required)**

*Chester County Sheriff's Office*

*Chester County Drug and Alcohol Services*

This special event provides community members with a safe, convenient and responsible way to dispose of unwanted and expired prescription drugs and over-the-counter medications\*.

\*Products Accepted: Prescription and over-the-counter medications, tablets and capsules, prescription patches, medical creams and ointments, vitamins, nasal sprays, pet medications, and liquid medications in the original bottle. Products Not Accepted: Intravenous solutions, hydrogen peroxide, compressed cylinders or aerosols, iodine-containing medications, thermometers, and alcohol are not accepted. Before disposing of prescription medicines, remove all personal information on pill bottle labels and medicine packaging. Permanent medication collection boxes are available in several Chester County locations, including the Chester County Hospital. Since 2014, nearly 16 tons of unused or outdated medications have been turned in through the Chester County Medication Drop Off Program. Visit: <https://www.chesco.org/2673/Medication-Drop-Off> to locate the nearest medication drop off box.



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### DIABETES PREVENTION + MANAGEMENT

#### Reversing Prediabetes

**April 7, 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 abril, 6:00–7:30 PM**

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](mailto:carla.graves@pennmedicine.upenn.edu) o comuníquese con los intérpretes al 610.431.5528.

#### Prevent Diabetes

##### A Lifestyle Change Program

**Thursdays April 22-June 10, 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, 22 de abril - 10 de junio, 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](mailto:carla.graves@pennmedicine.upenn.edu) o comuníquese con los intérpretes al 610.431.5528.

#### Diabetes Support Group

**April 27, 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.

### SENIOR HEALTH

#### Protecting Your Personal Information

**April 21, 6:00–7:00 PM**

*Elizabeth Doan, Pennsylvania Link to Aging & Disability Resources  
Bucks-Chester-Montgomery Link Coordinator*

Learn how to lock down your credit, avoid phone, mail, love, fortune, skimmer, and COVID scams and keep cyber criminals out of your life.

#### 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](https://www.ChesterCountyHospital.org/Wellness).*

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