



# Virtual

## WELLNESS PRESENTATIONS MAY-JUNE 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.

**REGISTRATION IS REQUIRED FOR ALL EVENTS:**

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**OTHER WAYS TO REGISTER:**

610.738.2300

CCHWellness@pennmedicine.upenn.edu

ChesterCountyHospital.org/Wellness

## WEIGHT MANAGEMENT + NUTRITION

### The Truth About Weight Loss

**May 3, 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.

### Struggles and Solutions

**May 10, 5:15-6:15 PM**

#### Fueling Fitness Goals with Tai Chi

**June 14, 5:15-6:15 PM**

#### Portioning + Food Prep Gadgets

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.

### Nutrition as a Tool to Manage Chronic Pain

**May 12, 6:00-7:00 PM**

*Julie Alliger, RD, CDCES and Jill Townsend, PT, CHT*

Outpatient Rehab joins the Nutrition Department at Chester County Hospital to provide you with tools to help manage your pain. Participants will learn about the science of how nutrition can directly affect your chronic pain. A registered dietitian will give you practical tips for incorporating these nutritious foods into your daily meal planning.

### Supermarket Savvy

**June 23, 6:00-7:15 PM**

*Jena Wood, MS, RD, LDN*

### Food for Thought: Eating for Brain Health

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.*

## ORTHOPAEDICS

### Bones and Joints Spine

**June 30, 6:00-7:00 PM**

*Sherif Sherif, MD and Justin Roh, MD*

Join a discussion with a board certified orthopedic surgeon and a pain medicine specialist to learn about the latest surgical and non-surgical treatments for spine issues that cause back pain. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements.



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### LIFESTYLE MEDICINE

#### Stop Smoking Now!

May 11–June 22, 6:30–8:00 PM

June 2–July 14, 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.*

#### Physical Activity. The Arthritis Pain Reliever

*May is Arthritis Awareness Month*

May 13, 6:00–7:00 PM

*Sucharitha Shanmugam, MD*

Many people with arthritis do not exercise, often because of joint or muscle pain, weakness, fatigue, or joint swelling. However, exercise is known to have benefits for people with arthritis including decreased pain and improved quality of life. During this presentation, a Rheumatologist will discuss how to safely exercise with arthritis so you can improve joint function and feel better.

#### Wellness for Women over 40

May 19, 6:00–7:00 PM

*Justin Sloane, MD, FACOG, FCPP*

*Cassandra Gaffney, MSN, WHNP-BC*

Do you ever wonder if it's still ok to be on birth control over 40? What about the possibility of pregnancy? How often should you be getting pap smears and if you're not due for a pap smear do you really need a wellness visit? What is perimenopause and what should you expect? Join a board physician and a nurse practitioner for a question and answer session exploring women's wellness over the age of 40. To submit questions in advance, please email [CCHWellness@penmedicine.upenn.edu](mailto:CCHWellness@penmedicine.upenn.edu).

#### 911-What is Your Emergency

*May is Stroke Awareness Month*

May 19, 6:00–7:30 PM

*West Chester Fire and Police Departments, Chester County Emergency Services, Good Fellowship Ambulance, Chester County Hospital Emergency Department.*

Learn why 9-1-1 should always be your first call in an emergency to bring life-saving emergency services right to you to begin your care. Our panel of emergency experts will walk you through what happens from that call all the way to arriving in the Emergency Room.

#### Steps to Control Your Blood Pressure

*May is Stroke Awareness Month*

May 26, 6:00–7:00 PM

*Sharon Barnes, PhD, RN*

*Maureen Boccella, MS, RD, CDCES, LDN*

Most people with high blood pressure do not have any symptoms and do not know that they may be at risk. High blood pressure that goes unidentified and untreated is a leading cause of heart attack, stroke and kidney problems. Come learn about the important steps and recommendations you can take to reduce your risk and prevent high blood pressure. A Registered Dietitian will review practical tips for incorporating the DASH Diet (Dietary Approaches To Stop Hypertension) into your daily nutrition choices.

#### Men's Health Matters

*June is Men's Health Month*

June 9, 6:00–7:00 PM

*David G. Rooney, MD*

It's a fact! Men are far less likely to keep up with physician visits and annual screenings than women. The result can be an increase in risk factors, or worse, the development of chronic diseases that could have been caught earlier, or even prevented. Learn the common mistakes men make with their health, and what steps can be taken to assure more optimal health.

#### Steady As You Go:

##### What You Can Do To Decrease Your Risk For Falls

June 23, 11:00–12:30 PM

*James P. Herlihey, MPT, 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.



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### HEART HEALTH

#### Cardiac Support Group

**May 6, 1:00–2:30 PM**

##### **Atrial Fibrillation: Mechanisms and Treatment**

*Kurt Schillinger, MD*

**June 10, 2:00–3:00 PM**

##### **An Update from the President of CCH**

*Michael Duncan, President and Chief Executive Officer*

*June's cardiac support group meeting will be combined with the Heart Failure Support on June 10 for a special presentation by Michael Duncan, President and CEO.*

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

**May 13, 2:00–3:00 PM**

##### **Cardiomyopathies: Diseases of the Heart Muscle**

*Kristy Panichelli MSN, CRNP*

**June 10, 2:00–3:00 PM**

##### **An Update from the President of CCH**

*Michael Duncan, President and Chief Executive Officer*

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

**May 20, 6:00–7:15 PM**

**June 17, 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.

#### Heart & Vascular Support Groups

Chester County Hospital offers a variety of cardiovascular support groups, including Living with Heart Failure, Implantable Cardioverter Defibrillator (ICD), and a general Cardiac support group that is open to all cardiac patients and their families.

### MENTAL HEALTH

#### Enhancing Mental Health During Uncertain Times

**May 13, 6:00–7:00 PM**

*Aimee Prange, MSW, LCSW*

Join this American Foundation for Suicide Prevention (AFSP) presentation that focuses on the impact of the COVID-19 pandemic on mental health. You will receive self-care tips, mental health resources, and strategies for mental resilience during these uncertain times. This program, led by a licensed social worker, is appropriate for general audiences and for participants age 15 and up.

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### DIABETES PREVENTION + MANAGEMENT

#### Reversing Prediabetes

May 11, 6:00–7:30 PM

June 15, 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.

#### Living with Type 2 Diabetes

May 12, 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

*May is Stroke Awareness Month*

May 25, 1:00–2:00 PM

#### Diabetes and Stroke Prevention

June 22, 1:00–2:00 PM

#### The Effect of Insulin Resistance on the Ear, Nose and Throat

*Andrew V. Chuma, MD*

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.

#### National Diabetes Prevention Program (NDPP)

**Mondays beginning June 21, 6:30–7:45 PM**

The NDPP is a proven health behavior change program to help you prevent type 2 diabetes. Program includes 16 core sessions over 6 months, then once a month meetings for 6 more months to help maintain healthy habits. Eligible participants will either have a diagnosis of prediabetes or be at risk for prediabetes. To check your risk for prediabetes, visit <https://www.cdc.gov/prediabetes/takethe test/>  
*For questions or additional information about enrolling in this program, please call the Outpatient Nutrition and Diabetes Department at 610-738-2835, or [diabetes@uphs.upenn.edu](mailto:diabetes@uphs.upenn.edu).*

#### Grupo de apoyo para los diabéticos

19 de mayo, 6:00–7:00 PM

Este grupo de apoyo de cada tres meses es para los que están viviendo con los desafíos diarios de la diabetes. Usted y su familia se pueden unir al grupo para contar con el apoyo continuo, para compartir sus experiencias con los demás y para saber noticias según el control de la diabetes.

#### La vida con diabetes tipo 2

1 de junio, 6:00–7:00 PM

La diabetes es un largo camino que a veces agobia. En este programa, una dietista licenciada y una educadora de diabetes certificada le dará la información necesaria para cuidarse la diabetes. Aprenda qué comer, y porqué es importante el hacer ejercicio, el monitoreo de azúcares en la sangre, y el control de los medicamentos para ayudarle a vivir una vida saludable.

#### Revirtiendo la prediabetes

15 de junio, 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.



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### CANCER CARE

#### **Lunch and Learn: Coping With Cancer in 2021** *Oncology Patients Lunch & Learn*

**June 8, 12:00–1:30 PM**

*Dawn Clancy, MSW, LCSW, Emily Fries, MSW, LSW and  
Linda DiValerio, Certified Yoga Instructor*

Cancer affects the whole person—mind, body and spirit. Feelings of anxiety and uncertainty are normal at diagnosis, during treatment and even after treatment has been completed. COVID-19 has only added to this stress. Join us as we explore healthy ways to deal with these feelings. We will begin our program with mindfulness and through movement lead by our yoga instructor, then our social work team will guide us through strategies to ease our burdens and maintain joy and hope during these challenging times.

#### **Cancer Support Groups**

The Abramson Cancer Center at Chester County Hospital 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.

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