



# Virtual

## WELLNESS PRESENTATIONS JULY-AUG 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

### Struggles and Solutions

**July 12, 5:15–6:15 PM**

**Working with Protein from Plants**

**August 16, 5:15–6:15 PM**

**Personal Planning for Weight Management**

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.

### 10 Healthy Summer Eating Tips

**July 14, 6:00–7:00 PM**

*Kim Beazley, RD, CDCES, LDN*

Summer is here and with vaccinations, many are looking forward to getting together with friends and family. We may be more active during summer, but we also have a tendency to indulge in wining and dining opportunities that come along with long summer days. Attend this presentation to learn some easy ways that you can enjoy your summer meals without totally derailing your health.

### Healthy Eating on a Budget

**August 18, 6:00–7:00 PM**

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

Do you think eating healthy has to be expensive? Come learn easy tricks from a Registered Dietitian to prepare healthy meals while on a budget.

### The Truth About Weight Loss

**August 24, 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.

### 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: Shoulder

**August 10, 6:00–7:00 PM**

*Adrienne Towsen, MD*

Join our board certified orthopedic surgeon to learn about the latest surgical and non-surgical treatments for shoulder pain. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements.



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### DIABETES PREVENTION + MANAGEMENT

#### Reversing Prediabetes

July 7, 6:00–7:30 PM

August 10, 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

July 14, 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

August 24, 1:00–2:00 PM

##### Resetting Healthy Habits

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.

#### Revirtiendo la prediabetes

7 de julio, 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.

#### Grupo de apoyo para los diabéticos

18 de agosto, 6:00–7:00 PM

##### Prevenga las Complicaciones de la Diabetes Tipo 2

Carla Graves, RD, CDCES Dr. Santamaria?

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.

### SENIOR HEALTH

#### Medicare 101

July 8, 6:00–7:30 PM

APPRISE Representative

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the APPRISE program, Pennsylvania's SHIP, a statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low income beneficiaries and things to consider when selecting your medical coverage. A question session will follow the presentation. Topics to be covered include:

- Review of Medicare benefits
- Original Medicare and Medicare Advantage Plan options
- Medicare prescription drug coverage and the drug plan finder
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance Medigap Plans

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## HEART HEALTH

### Living with Heart Failure Support Group

July 8, 2:00–3:00 PM

#### Valvular Heart Disease

Julie Pitts MSN, CRNP Program Manager, Heart Valve Center

August 12, 2:00–3:00 PM

#### Is There a Need for Weed?: Pharmacist Discussion Overlooking Medical Cannabis

Frederick "Ricky" DiPasquale, PharmD, BCPS, Clinical Pharmacist and Pharmacy Residents: Toobah Wali, PharmD and Doug DeSimone, PharmD

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

July 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.

### Implantable Cardioverter Defibrillator (ICD) Support Group

July 15, 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 Electrophysiology team for a virtual informative session about ICDs.

## 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

July is Minority Mental Health Awareness Month

### Focus On Your Best Self

July 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.

### "It's ok to not be ok."

#### A real conversation about mental health

July 29, 6:00–7:00 PM

Anitra J. Green, LCSW

This presentation will be an engaging conversation discussing the history of mental health, stigma and reasons communities of color are disproportionately served, and also explore statistics and highlight the current gaps in mental health services. In addition, new resources and initiatives that seek to better engage and serve BIPOC communities will be discussed. This will be an interactive presentation, so please come prepared to participate to create a rich experience.

## CANCER CARE

### 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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