



Virtual

WELLNESS PRESENTATIONS NOV-DEC 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:

Click the Event Name to Register Online

OTHER WAYS TO REGISTER:

610.738.2300

CCHWellness@pennmedicine.upenn.edu

ChesterCountyHospital.org/Wellness

WEIGHT MANAGEMENT + NUTRITION

The Truth About Weight Loss

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.

November 1, 6:00-7:00 PM

Struggles and Solutions

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.

November 15, 5:15-6:15 PM

Figuring out Food Labels

December 13, 5:15-6:15 PM

Building a Better Breakfast

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: visit PennMedicine.org/Bariatrics or call 215.615.7500.

Supermarket Savvy:

Mediterranean Diet Cook-a-Long

Join local ShopRite dietitian for a Mediterranean Diet virtual cook-a-long. She will share tips about this nutritious eating pattern as she prepares some Mediterranean-inspired dishes. Registrants will receive recipes so they can cook along at home. Cooking along is not required, but is definitely more fun!

November 17, 6:00-7:15 PM

Jena Woods, MS, RD, LDN

Supermarket Savvy:

Healthy Holidays Store Tour

Join a local ShopRite dietitian for a virtual "Healthy Holidays" store tour! She will walk you around the store and highlight products and foods to help you have your best holiday season yet. Topics will include: baking swaps, sugar and flour alternatives, gluten free options, and more!

December 8, 6:00-7:15 PM

Jena Woods, MS, RD, LDN

TO LEARN ABOUT OUR 1-ON-1 NUTRITION AND COUNSELING: CLICK HERE ▼
chestercountyhospital.org/nutrition-counseling



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DIABETES PREVENTION + MANAGEMENT

La vida con Diabetes Tipo 2

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 ayudarlo a vivir una vida saludable.

November 1, 6:00–7:00 PM

Carla Graves, RD, CDCES

Reversing Prediabetes

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.

November 8, 6:00–7:30 PM

December 9, 6:00–7:30 PM

Insulin Management Support Group

This bimonthly support group is for people using intensive insulin management to manage their diabetes through the use of 2 or more insulin injections a day or insulin pump therapy. Individuals are invited to come and share their successes and challenges in the day to day management of diabetes with the added complexity of insulin therapy. Family members are always welcome to attend for support. We will have discussions as well as insulin and diabetes technology updates and other related topics.

November 9, 6:00–7:00 PM

Living with Type 2 Diabetes

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.

November 10, 6:00–7:00 PM

November is National Diabetes Month

Improving your Diabetes with Exercise and Diet

Are you looking to be more active, but struggle with how to include exercise? Are you trying to make small changes to help improve your blood sugars? Join our Exercise physiologist and Registered Dietitian to learn simple ways to become more active and eat right.

November 16, 6:00–7:00 PM

Maureen Boccella, MS, RD, CDCES

Brian Foster, MSE, ACSM RCEP

Grupo de Apoyo Para los Diabéticos

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.

November 17, 6:00 hasta las 7:00 PM

Carla Graves, RD, CDCES

Diabetes Support Group:

Diabetes Update

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, share your experience with others, and receive updates in diabetes management

November 23, 1:00–2:00 PM

Marianne McAndrew, DNP, RN, CDCES

Clinical Nurse/Insulin Pump Specialist

CCS Medical

Preventing Diabetes Complications:

Expert Panel

Come and listen to our expert panel of physicians to discover how to reduce your risk of long-term complications from diabetes. Get your questions answered and receive practical tips to help you manage your diabetes to keep you active and healthy.

November 30, 6:00–7:30 PM

Matthew Kane, MD, Endocrinologist

Sharayne Mark, MD, Cardiologist

Ananth Mudgil, MD, Ophthalmologist

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LIFESTYLE MEDICINE

Stop Smoking Now!

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

November 2–December 14, 6:30–8:00 PM

An Ounce of Prevention

“Why should I see my doctor if I am feeling well?” An age old question that keeps many people from having, or visiting, their primary care physician. An annual physical doesn’t provide a guarantee for perfect health and longevity, but it does offer many benefits and important opportunities to help you get on the right path to preventing chronic problems and enjoying good health. This presentation will discuss: What to expect of an annual physical examination, how to get the most out of a doctor visit and a review of recommended Immunizations and screenings.

December 7, 6:00–7:00 PM

Nancy Barker, EdD, MSN, RN

HEART HEALTH

Cardiac Support Group

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.

November 4, 1:00–2:30 PM

Mindfulness

Jeanine Martin, Certified Trauma Sensitive Mindfulness Practitioner/MPS

December 2, 1:00–2:30 PM

A-Fib Center

Monica Pammer, PA-C

Emerging Technologies in Cardiovascular Care

With cardiac emergencies being the leading cause of death worldwide, it’s important to monitor and intervene when necessary. Join our board certified interventional cardiologist to hear about the latest cardiovascular technology that has been designed to save lives.

November 11, 6:00–7:00 PM

Steven H. Back, MD, PhD

Living with Heart Failure Support Group

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.

November 11, 2:00–3:00 PM

Surviving The Holidays

Paula Levens, RN-BC, CCRP

December 9, 2:00–3:00 PM

Heart Failure, Diabetes and Nutrition

Jessica Wilson, RD, CDCES

Hands-Only CPR

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.

November 18, 6:00–7:15 PM

December 16, 6:00–7:15 PM

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.

Visit [ChesterCountyHospital.org/Wellness](https://www.ChesterCountyHospital.org/Wellness)

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ORTHOPAEDICS

Bones and Joints:

7 Common Causes of Shoulder and Elbow Pain

Please join Dr. Glaser, Chief of the Division of Shoulder and Elbow Surgery at UPHS, to review the seven common causes of shoulder and elbow pain. Learn about a simple algorithm that will allow you and your provider to quickly hone in on your diagnosis.

November 17, 6:00-7:00 PM

David Glaser, MD

MENTAL HEALTH

Mental Health First Aid USA

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.

November 13, 8:30 AM-3:00 PM

Click here to register: <https://bit.ly/3ftpi7b>

QPR Suicide Prevention Training

QPR (Question, Persuade, Refer) is a nationally recognized suicide prevention training that has been extensively researched and proven effective. It was developed by Paul Quinnett, PhD, the founder of the QPR Institute, www.qprinstitute.com. The Chester County Suicide Prevention Task Force (CCSPTF) delivers this program in the community with certified QPR instructors. Participants who complete the class are considered QPR Gatekeepers.

December 7, 5:30-7:30 PM

CANCER CARE

Lunch and Learn

Nutrition: Navigating the Holiday Season

The holiday season is a time filled with joy and festivity, but is also characterized by large meals and sweet treats. This can make it difficult to remain committed to your health goals, leaving you to rely on New Year's resolutions to get back on track (and let's be honest, they never last longer than 3 months anyway!) Join Laura Ford, Oncology Dietitian at the Abramson Cancer Center at Chester County Hospital, as she shares tips and tricks to thrive this holiday season. We will discuss portion control, nutritious alternatives to your favorite treats, repurposing leftovers and healthy recipe ideas.

November 16, 12:00 PM-1:30 PM

Laura Ford, MS, RD, LDN

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.

**EARLY DETECTION CAN SAVE YOUR LIFE!
SCHEDULE YOUR SCREENINGS TODAY!**

 chestercountyhospital.org/screenings

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