

Chester County Hospital is committed to providing a broad scope of high quality health education programs to the community it serves. Physician lectures give individuals the opportunity to meet our medical staff and learn about important health concerns. A wide variety of wellness programs and services that address specific life cycle needs and chronic health conditions are also available on an ongoing basis. Identifying potential health risks at an early stage is the essence of our screening programs. Screenings are offered throughout the year on a variety of issues such as cardiovascular risk, blood pressure, cancer and more. Support groups offer individuals with specific health conditions the opportunity to share their experience with others and learn from an experienced health professional better ways to manage and cope with their health problem.

Our aim is to keep you and those you love,
HEALTHY AND WELL.

Diabetes Education

There is no known cure for diabetes. But, the good news is that by learning how to manage this condition, those with diabetes can enjoy a long and active life. Our diabetes educators at Chester County Hospital's Diabetes Self-Management Program teach individuals how to control their diabetes with proper nutrition, carbohydrate counting, medication, exercise and home blood sugar testing. Education is offered in one-on-one and classroom settings. Requires a physician referral.

Nutrition Counseling

For individuals seeking nutrition guidance for healthy eating, weight loss, or for disease prevention and management, our dietitians can see you without a prescription. Covered by many insurance plans (excluding Medicare).

To learn more about the Diabetes & Nutrition Program, visit ChesterCountyHospital.org or call 610.738.2835.

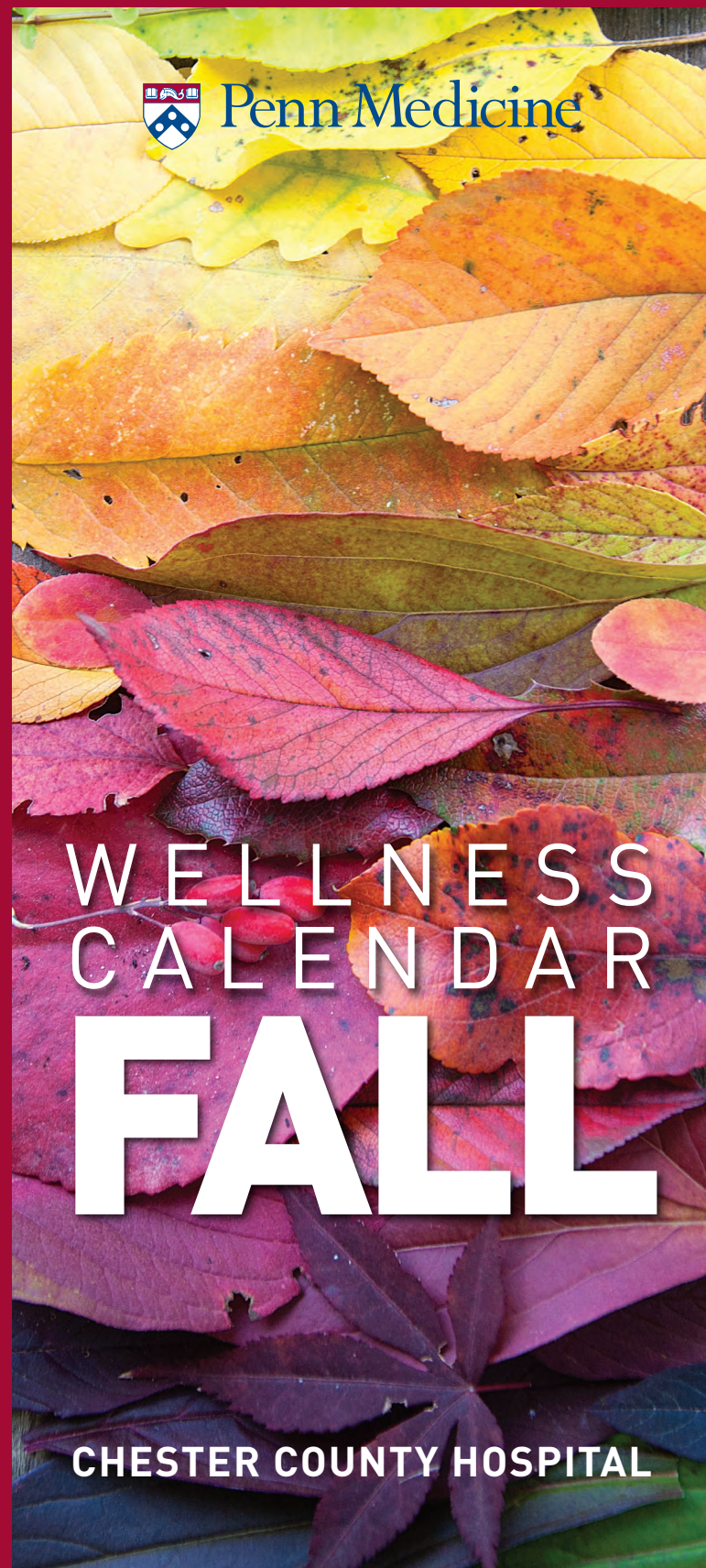
CHESTER COUNTY HOSPITAL

701 East Marshall Street, West Chester, PA 19380

* For Hospital Programs follow signs for Free Valet parking


Penn Medicine
Chester County Hospital
701 East Marshall Street
West Chester, PA 19380

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Senior Supper Club [DINNER \$6.25]

Enjoy dinner in our café every Thursday. Interesting talks on timely topics are offered over dinner on the following dates.

Writing Your Memoirs

There is an established link between writing about stressful experiences and improved health. In addition, writing your memoirs is a wonderful way to share a narrative of your experiences and wisdom with your family and friends. This one-hour presentation will explain what a memoir is and how to get started writing one.

Presenter: Elizabeth Doan
Date + Time: October 11, 5:00 PM–6:30 PM
Location: Hospital, Conference Rooms A & B*

Medicare Update for 2019

A representative of the APPRISE program will present an overview of Medicare including the definitions and explanations of the benefits, types of health care insurance available in Chester County, benefits available for low income beneficiaries and things to consider when selecting your medical coverage. Even if you have been on Medicare for years, you will learn about updates for 2019 and gain new insights to what is available. *APPRISE is a free health insurance counseling program, specializing in Medicare and Medicaid, to help Pennsylvanians age 65 and over and those with disabilities.*

Date + Time: November 8, 5:00 PM–6:30 PM
Location: Hospital, Conference Rooms A & B*



Advanced Care Planning [FREE]

A critically important need for both yourself and your family is to have your end-of-life wishes known. Learn about the living will, health care power of attorney, POLST and the PA Out of Hospital DNR order, as well as what is required to prepare those documents and why this is so important.

Date + Time: September 26, 7:00 PM–8:00 PM
Location: St. Martha Center for Rehabilitation and Healthcare
470 Manor Avenue, Downingtown
Presenter: Community Care Coalition of Chester County

REGISTRATION + INFORMATION:
ChesterCountyHospital.org/Wellness
610.738.2300



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.



Hands-Only CPR [FREE]

When a person suddenly collapses, bystanders need to remain calm and take action quickly. By learning Hands-Only CPR (CPR without mouth breathing), you can increase confidence and reduce hesitation in life-saving situations.

Date + Time: Sep 20, Oct 18, Nov 15, Dec 20, 12 Noon
Location: Hospital, Conference Room A*

Date + Time: Oct 23, 4:30 PM–5:45 PM and 6:00 PM–7:15 PM
Location: Hospital, Conference Room 134*

Date + Time: Oct 29, 5:15 PM–6:30 PM
Location: Longwood Fire Company
1001 E. Baltimore Pike, Kennett Square



Support Groups

We realize that at times our patients require more than medical treatment when facing health care issues. That's why we have developed a wide variety of support groups to provide emotional support for patients and their families while they deal with illness and its physical and emotional effects. Groups include education, speakers, camaraderie, and time to share. Support is available for a number of conditions, including: **Cancer, Cardiovascular Conditions, Chronic Lung Disease, Diabetes, Parkinson's, Bereavement, Vision Loss, Nutrition/ Weight Loss and Lifestyle Change.**

* For Hospital Programs follow signs for Free Valet parking



Matter of Balance Program [FREE] EIGHT-WEEK PROGRAM

Do you have concerns about falling? This award-winning program provides participants with practical strategies designed to prevent falls and increase activity levels. **Classes are once a week. Participants must attend all sessions.*

Date + Time: Sept 26–Nov 14, 10:00 AM–12 Noon
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom
Facilitators: Michelle Boyle, MS and Susan Pizzi, RN



Sleep Disorders + Your Health [FREE]

We might 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, and how we can get better sleep. Other health professionals will be on hand at the beginning of the program to emphasize the many aspects of our health that affect and are affected by our sleep patterns.

Date + Time: November 13, 2018, 6:30 PM–8:00 PM
Location: Hospital, Mira Conference Room*
Presenters: Gaurav Patel, MD



Breast Cancer Prevention [FREE]

In celebration of Breast Cancer Awareness Month, come learn how lifestyle choices, exercise and nutrition play a role in reducing a woman's risk. Particularly taking a closer look at lifestyle, exercise and dietary habits. Educational displays and light refreshments will be available.

Date + Time: October 25, 6:30 PM–8:00 PM
Location: Hospital, Board Room*
Presenters: Catherine Porter, DO, Breast Surgeon
Maureen Boccella, Registered Dietitian



Sunday Stroll with a Heart Doc [FREE]

Meet a cardiac surgeon and learn the hidden signs and symptoms of heart disease, when to see a specialist and ways you can take care of your heart. From there, enjoy a scenic and heart-healthy walk along the Brandywine River.

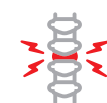
Date + Time: September 30, 1:00-3:00 PM
Location: Brandywine River Museum of Art
1 Hoffman's Mill Road Chadds Ford, PA 19317
Presenter: Steven Weiss, MD, Chief of Cardiac Surgery



Living with Heart Failure [FREE]

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 live a longer, fuller life.

Date + Time: Sept 13, Oct 11, Nov 8, Dec 13, 2:00 PM–3:00 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom



Update on Spine Surgery [FREE]

Learn about spine health, and preventing and treating back pain from a board certified orthopedic surgeon and a physical therapist specializing in back care. Our surgeon will also cover the types of procedures now available to help repair and relieve painful and limiting issues in the spine.

Date + Time: October 4, 6:30 PM–8:00 PM
Location: Hospital, Mira Conference Room*
Presenter: Michael Murray, MD



Bones and Joints [FREE]

Join our board certified orthopedic surgeon to learn about the latest surgical and non-surgical treatments for joint pain. A physical rehabilitation specialist will also be on hand to offer suggestions for how to stay strong to alleviate joint pain.

Date + Time: December 5, 6:30 PM–8:00 PM
Location: Hospital, Conference Room E134*
Presenter: Christopher Lyons, MD



Intro to Mindfulness Workshop [\$49]

This two-hour workshop will provide an overview of mindfulness and how it can improve your health, happiness and quality of life as you reduce stress. The workshop will include guided practice and interactive discussion to help participants learn and apply mindfulness in their personal life.

Start Date + Time: December 4, 6:00 PM–8:30 PM
Presenter: Mara Wai, M.Ed.
Location: Chester County Hospital*

For more information or to register: www.cvent.com/d/cgq45g
Mindfulness-Based Stress Reduction eight-week program coming in January.



Stroke Screening [FREE]

Stroke is a leading cause of death and disability. Our health care providers and team of educators will check your blood pressure and pulse, listen to your carotid arteries, review your risk factors and complete a personalized care plan to help you stay stroke free. Cholesterol and HDL screening also available by Chester County Health Department. *Registration required. Must call for an appointment: 610.738.2300.*

Date + Time: December 6, 5:00 PM–8:00 PM
Location: Hospital, Mira Conference Room*



Atrial Fibrillation Seminar [FREE]

Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib. Learn about leading-edge treatments available and get all your questions answered by experts in the field. *Registration required.*

Date + Time: October 6, 9:00 AM–11:30 AM
Includes a continental breakfast
Location: Downingtown Country Club
93 Country Club Drive, Downingtown
Presenters: Kurt Schillinger, MD, PhD
Hope Helfeld, DO
Richard Hui, MD, PhD



Fall Prevention Awareness 2018 Expo [FREE]

Falls are the leading cause of injury for older Americans. Meet with injury prevention experts to learn how to prevent falls and strategies to decrease your risk for falls. Blood Pressure, Hydration, Fall Risk/Balance Assessment Screenings will be offered. Information on Nutrition, Medication Review, Low Vision Services, Osteoporosis, County Emergency Services and a DRUG-TAKE-BACK event will also be available. *Registration required for a fall risk screening and balance testing appointment: 610.431.4242.*

Date + Time: September 20, 9:30 AM–12 Noon
Location: West Chester Senior Center
530 East Union Street, West Chester
Neighborhood Health Senior HealthLink

Sponsors: Chester County Health Department
West Chester Area Senior Center

LIFESTYLE MEDICINE



Stop Smoking Now! [FREE] SEVEN-WEEK PROGRAM

Education, behavior modification and relaxation techniques help participants become nonsmokers during the seven-week smoking cessation program. *Discounted nicotine patches are available.*

Series Start Dates: October 2 or November 1
Time: 6:30 PM–8:00 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom



Reversing Pre-diabetes [\$25]

More than 80 million Americans have pre-diabetes. This 1.5 hour program teaches you how to change your lifestyle to reduce your risk for developing Type 2 diabetes.

Date + Time: Sept 11, Nov 14, 6:00 PM–7:30 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Date + Time: Oct 29, Dec 10, 6:00 PM–7:30 PM
Location: Penn Medicine Southern Chester County
455 Woodview Road, Suite 105



Living with Type 2 Diabetes [FREE]

Whether you are newly diagnosed, or have had diabetes for a while, this one-hour program will help you learn what tools you need to get started and will also introduce you to our many diabetes services. Family and friends are welcome to accompany you.

Date + Time: October 17, December 12, 6:00 PM–7:00 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom



Struggles and Solutions [FREE]

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

Date + Time: Sept 10, Oct 8, Nov 12, Dec 10
5:00 PM–6:00 PM

Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

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Weight Matters Program

Information Session: [FREE]

This information session will explain what to expect in the Weight Matters program and help you decide if this is right for you.

Date + Time: September 24, 5:00 PM–6:15 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Weight Matters Program [\$100] EIGHT-WEEK PROGRAM

Taught by a Registered Dietitian Nutritionist, this program focuses on long-term lifestyle change to promote good health while discussing the healthiest way to lose weight. Education focuses on nutrition, portion control, food labels, eating out, exercise, hunger/fullness and more. Weigh-ins are conducted each week.

Start Date + Time: October 1, 5:00 PM–6:15 PM
(No class on October 8 and November 12)
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

Weight Matters: Part 2 [\$100] EIGHT-WEEK PROGRAM

If you have completed a prior Weight Matters, Diabetes Prevention or other similar weight management program—Weight Matters Part Two, an eight-week program continues where Weight Matters leaves off. Sessions cover stress, sleep, emotional eating, problem solving, behavior change, weight loss maintenance and more. Weigh-ins are conducted each week.

Start Date + Time: October 3, 5:00 PM–6:15 PM
(No class on October 31 and November 21)
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom



Weight Loss Surgery

Information Sessions [FREE]: Surgeons from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment.

Date + Time: Sept 26, Oct 24, Nov 28, Dec 19, 7:00 PM–9:00 PM
Location: 600 East Marshall Street, West Chester Suite 302, Wellness Classroom

To Register: Visit PennMedicine.org/Bariatrics or call 215.615.7500