

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 on-going 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 about better ways to manage and cope with their health problem.

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

REGISTRATION + INFORMATION:
ChesterCountyHospital.org/Wellness
610.738.2300



701 East Marshall Street, West Chester, PA 19380
ChesterCountyHospital.org


Penn Medicine
Chester County Hospital
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West Chester, PA 19380

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WELLNESS CALENDAR SPRING 2019



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.

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.

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610.738.2300

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, Parkinson's, Bereavement, Nutrition/Weight Loss and Lifestyle Change.**

To learn more about support groups visit
ChesterCountyHospital.org/Wellness

LIFE EXPANDED

SEE WHAT'S COMING:
ChesterCountyHospital.org/Expansion



Chester County Hospital is undergoing its largest expansion yet, implementing programmatic innovation to bring new possibilities for all who come to us for care. With 250,000 square feet of progressive design, we're not only building a better space for healing, we're defining the future of medicine in our community.


Stop Smoking Now! [FREE]
SEVEN-WEEK PROGRAM

Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program.

Discounted nicotine patches also available.

Series Start Dates + Time: May 2, 6:30 PM–8:00 PM
June 4, 6:30 PM–8:00 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 begin to live a healthier lifestyle.

Date + Time: April 8, May 13, June 10, July 29
5:15 PM–6:15 PM

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


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. This 1 hour training also includes education on early heart attack signs and symptoms.

Date + Time: April 18, May 16, June 20, 12 Noon–1:00 PM
Location: Chester County Hospital, Conf. Room A*

Date + Time: May 14, 5:00 PM–6:15 PM
Location: Longwood Fire Company
1001 E. Baltimore Pike, Kennett Square

Date + Time: June 11, 4:30–5:45 PM and 6:00–7:15 PM
Location: Chester County Hospital, Conf. Room 134*

* For Hospital Programs follow signs for **Free Valet parking**


Matter of Balance Program [FREE]
EIGHT-WEEK PROGRAM

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. This award-winning program provides participants with practical strategies designed to prevent falls and increase activity levels. Learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and use exercise to increase strength and balance. **Classes are held once a week for 8 weeks. Participants must commit to attending all sessions.*

Date + Time: April 24–June 12, 10 AM–12 Noon
Location: 600 East Marshall Street, West Chester
Suite 302, Wellness Classroom

Facilitator: Susan Pizzi, RN and Michele Boyle, MS


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: April 24, May 22, June 26, July 24, August 28
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


Making Habits, Breaking Habits for
Weight Control [\$100]

For the “been there, done that” dieter, this 4-week program will help you re-think your weight control with a personal look at habits holding you back. Your registered dietitian coach will guide you to reconsider attitudes, behaviors and lifestyle choices towards healthy eating. Enroll to learn about eating triggers, metabolism tuning, priority and goal setting, building support systems and much more. Includes weekly weigh-ins to keep you on track.

Start Date + Time: April 29, 6:30 PM–7:45 PM
Location: 600 East Marshall Street, West Chester
Suite 302, Wellness Classroom

REGISTRATION + INFORMATION:
ChesterCountyHospital.org/Wellness
610.738.2300

Reversing Pre-diabetes [\$25]

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

Date + Time: May 15, 6:00 PM–7:30 PM
Location: 600 East Marshall Street, West Chester
Suite 302, Wellness Classroom


Diabetes Prevention Program (DPP)

The DPP is a proven health behavior change program to help you prevent type 2 diabetes. Program includes 16 core sessions over 6 months, and 6 additional monthly follow-up sessions 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/takethetest/>

Date + Time: Mondays, beginning June 17
6:00 PM–7:15 PM

Location: 600 East Marshall Street
Suite 302, Wellness Classroom

For questions or additional information about enrolling in this program, please call the Outpatient Nutrition and Diabetes Department at 610.738.2835 or email diabetes@uphs.upenn.edu


Living with Heart Failure

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.

Date + Time: Every 2nd Thursday, 2:00 PM–3:00 PM
Location: 600 East Marshall Street
Suite 302, Wellness Classroom


Bones and Joints [FREE]

Join our board-certified orthopaedic surgeon to learn about the latest surgical and non-surgical treatments for joint 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 joint pain.

Date + Time: May 14, 6:30 PM–8:00 PM
Location: Chester County Hospital, Board Room*
Presenter: John Manta, MD


“9-1-1, What is Your Emergency?”

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. Included are demonstrations of Hands-Only CPR and Stop the Bleed, two ways you can learn to save a life!

Date + Time: May 28, 6:30 PM–8:30 PM
Location: Good Fellowship Ambulance and
EMS Training Institute
600 Montgomery Avenue, West Chester
West Chester Fire & Police Departments
Chester County Emergency Services
Chester County Hospital Emergency Department

SMART 911

This service helps 9-1-1 protect your family by providing more information to first responders so they can help you faster in an emergency.

Learn more at Smart911.com

REGISTRATION + INFORMATION:
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610.738.2300

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 is required. Please call for an appointment: 610-738-2300.*

Date + Time: May 29, 3:00 PM–6:00 PM
Location: Chester County Hospital, Board Room*


Senior Supper Club [DINNER \$6.25]

Enjoy dinner in our cafe' every Thursday. Interesting talks on timely topics are offered over dinner on occasion throughout the year. There is no cost for the program, but dinner is available in our cafe' for \$6.25.

Ten Tips for Healthy Summer Eating

Learn how to grill and picnic safely as well as how to get the most nutrition out of summer produce.

Date + Time: June 6, 2019, 5:00 PM–6:30 PM
Location: Chester County Hospital Cafe*
Presenter: Kim Beazley, RD, CDE


Minimally Invasive Spine Surgery

Learn from our fellowship-trained spine surgeon how both common and the most complex issues involving the spine can be treated using advanced nonsurgical, surgical and minimally invasive surgical options.

Date + Time: June 11, 6:00 PM–7:30 PM
Location: Chester County Hospital, Conf. Room 134*
Presenter: Michael Murray, MD

* For Hospital Programs follow signs for **Free Valet parking**