



# Virtual

## WELLNESS CLASSES

Chester County Hospital is offering **FREE Virtual Wellness Classes** to support your health and wellness goals. **Registrants will receive a direct link via email** to join the class along with instructions on how to download and participate through the online platform. 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:**

Call 610.738.2300 | Email [cch@uphs.upenn.edu](mailto:cch@uphs.upenn.edu) | Visit [ChesterCountyHospital.org/Wellness](http://ChesterCountyHospital.org/Wellness)

**WE ARE LOOKING FORWARD TO RE-CONNECTING WITH YOU THROUGH THIS NEW CHANNEL**

### Your Heart. Your Life.

**May 18, 3:45-4:45 PM**

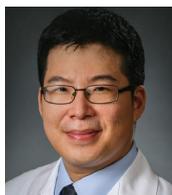


Michael Duzy, DO

Knowing the subtle, early warning signs of heart disease can save your life. Learn from a cardiologist what these signs and symptoms are, what they may mean and what actions you should take to prevent a cardiac event.

### Inside the Mind of a Pain Doctor: Understanding the Basics of Pain

**May 28, 5:00-6:00 PM**



Justin Roh, MD

The treatment of patients with chronic pain can often be difficult and challenging. Patient-physician communication is a critical first step in effective pain management. This discussion will explore our current understanding of pain and how pain doctors approach pain using various

treatment methods. Commonly asked questions related to topics such as opioid therapy and medical marijuana will also be addressed.

### Eat Right, Bite by Bite

**May 20, 6:30-7:30 PM**

Every little bit (or bite!) of nutrition is a step in the right direction. Join us virtually to learn how to make small dietary changes to improve your health. A registered dietitian will introduce you to probiotics, plant based swaps, spices, superfoods and more.

### A Mindful Way to Healthy Eating

**June 16, 6:30-7:30 PM**

Mindful eating is a powerful tool to gain control of your eating habits. This practice can help you feed your body with what it is asking for, often times resulting in weight loss, and reducing yo-yo dieting and binge-eating. Come and learn how mindful eating can help you set the stage for a lifetime of healthy eating.

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### Steady As You Go: Fall Prevention Program

**June 17, 11:00 AM-12:00 PM**



Christine Schweider, PT

Prevention is the best way to avoid the injuries and other problems often related to falls. But accidents can happen despite the best laid plans. Learn from a Physical Therapist proven and practical ways to help you decrease your risk for falls and maintain your independence.

### Bones and Joints

**June 18, 6:30-8:00 PM**



John Manta, MD

Join our board certified orthopedic 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.

### Reversing Prediabetes

**May 13, July 8, 6:00-7:30 PM**

More than 88 million Americans have pre-diabetes. This program teaches you how to change your lifestyle and reduce your risk for developing type 2 diabetes.

### Stop Smoking Now!

**Series: June 4-July 16 (Thursdays) 6:30-8:00 PM**

Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program. Once registered, arrangements will be made for participants to receive their program materials. *\*Discounted nicotine patches also available.*

### Weight Loss Surgery Information Sessions

Staff from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment. Call 215.615.7500 or visit [PennMedicine.org/Bariatrics](http://PennMedicine.org/Bariatrics) for information.



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### Coping with Cancer and COVID-19

**April 30, May 14, June 11** 11:00 AM–12:30 PM  
**May 28** 3:30 PM–5:00 PM

This supportive, professionally facilitated group is here to provide a safe space where cancer patients and their loved ones can connect, share, and learn from one another as they cope with cancer and the impact of COVID-19. Join us for one, some, or all four sessions. *For more information or to register call Brittany Fols, LCSW at 610.738.2867*

### Lunch & Learn Series for Oncology Patients

Eat your lunch while enjoying presentations from professionals on varying topics of interest including: Nutrition, Mindfulness & Mental Strategies, Yoga, Beauty, Art, Joy & Gratitude, Exercise. *This series is for all oncology patients, newly diagnosed through survivorship. For more information or to register call Brittany Fols, LCSW at 610.738.2867*

**May 13, 12:00–1:30 PM**

#### Becoming Beauty Brave—The Bold Makeover that will Change Your Life

**June 10, 12:00–1:30 PM**

The New American Plate

### Struggles and Solutions

**May 11, June 8, 5:15–6:15 PM**

A registered dietitian will lead a discussion on an interesting, timely, and immediately 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.

### Living with Heart Failure

**May 14, 2:00–3:00 PM**

#### Dietary Challenges of Diabetes & Heart Failure

**June 11, 2:00–3:00 PM**

#### Virtual Cooking Class with the American Heart Association

If you or a loved one live with chronic heart failure, join others who also deal with this issue and learn important information from Chester County Hospital's Heart Failure Team representatives to help you avoid hospitalizations and live a longer, fuller life.

### Diabetes Support Group

**May 26, 1:00 - 2:00 PM**

#### Focus on Your Best Self

**June 23, 1:00 - 2:00 PM**

#### Technology Update for Diabetes Management

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.

### Moms Supporting Moms

**May 14, June 11, 7:00–8:30 PM**

Facilitated by a maternal mental health specialist, this group provides moms an opportunity to meet other new moms, share ideas and experiences, and to be part of a caring network of support. We invite you to express your joys and fears of caring for your newborn and raising a family, while offering ideas for how to take care of your emotional health, too. Your children and mom-friends are all welcome.

### Breastfeeding Support Group

**May 2, June 6, 1:00–2:00 PM**

**May 18, June 15, 11:00 AM–12:00 PM**

Join us virtually to talk with other moms, share your breastfeeding experiences in a non-judgmental environment. Our board-certified lactation consultants will provide support and share information.

Visit [ChesterCountyHospital.org/Wellness](http://ChesterCountyHospital.org/Wellness)

## TELEMEDICINE

### NUTRITION COUNSELING AND DIABETES EDUCATION

Chester County Hospital is also offering one-on-one nutrition counseling and diabetes education through confidential telemedicine appointments. Call 610.738.2835 or email [diabetes@uphs.upenn.edu](mailto:diabetes@uphs.upenn.edu) for more information.