



# Wellness

JULY – AUGUST 2024

## PROGRAMS

### CHESTER COUNTY HOSPITAL

FREE WELLNESS PROGRAMS TO SUPPORT YOUR HEALTH AND WELLNESS GOALS.

REGISTRATION IS REQUIRED FOR ALL EVENTS UNLESS OTHERWISE INDICATED.

Click the event name or date to register online. Registrants will receive a direct link via email to join the class.

Click on the links below to jump to a topic



[WEIGHT MANAGEMENT & NUTRITION](#)



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[LIFESTYLE MEDICINE](#)



[HEART & LUNG HEALTH](#)



[WOMEN'S HEALTH](#)



[MENTAL HEALTH & SUBSTANCE USE DISORDER](#)



[ORTHOPAEDICS](#)



[SENIOR HEALTH](#)



## WEIGHT MANAGEMENT/NUTRITION

### Nutrition Matters Lunch & Learn

Informative lunch-time nutrition talks led by registered dietitians.

#### Heart Healthy Diet

**Wednesday, July 10, 2024 | 12:30–1:00 PM** 🖱️

*Alyssa Thomas, RD, CDCES*

#### Plant Based 101

**Wednesday, August 21, 2024 | 12:30–1:00 PM** 🖱️

*Julie Alliger, RD, CDCES*

### Struggles and Solutions

A registered dietitian will lead a discussion on an interesting, timely, and immediately useful topic about food, activity, and wellness.

This program provides ideas and encouragement for anyone on a journey to lose weight or begin to live a healthier lifestyle.

#### Grocery Guidance

**Monday, July 8, 2024 | 5:15–6:15 PM** 🖱️

*Maureen Boccella, MS, RD, CDCES*

#### Incorporating Plant-Based Proteins in Your Diet

**Monday, August 12, 2024 | 5:15–6:15 PM** 🖱️

*Maureen Boccella, MS, RD, CDCES*

### What is Food Noise? 🖱️

The thoughts we have about food can affect the way we eat, and can make it hard to lose weight. The term “Food Noise” may be new, but the constant exposure to food-related messages in our culture is not. Join this discussion to learn about the internal and external cues that connect our brains and guts, and how to turn down the volume on food noise.

**Thursday, July 11, 2024 | 6:00–7:00 PM**

*Kim Beazley, RD, CDCES*

### Penn Bariatric and Weight Loss Surgery at Chester County Hospital 🖱️

The Penn Bariatric and Weight Loss Surgery Program at Chester County Hospital offers a full range of weight loss surgery options, ensuring that you receive the highest quality bariatric care close to home. Our expert team works together to provide you with the highest quality of care at every stage of your weight loss journey.

Watch our [FREE, online information session](#) to learn more about The Penn Bariatric and Weight Loss Surgery Program and see if it is right for you.

#### For more information:

Call 215.615.7500 or visit [PennMedicine.org/Bariatrics](https://PennMedicine.org/Bariatrics). 🖱️

[Learn more about Weight Management and Nutrition](#) 🖱️

#### TO REGISTER

610.738.2300 | [CCHWellness@pennteam.upenn.edu](mailto:CCHWellness@pennteam.upenn.edu)  
[ChesterCountyHospital.org/Wellness](https://ChesterCountyHospital.org/Wellness)



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## DIABETES PREVENTION & MANAGEMENT

### Insulin Management Support Group: 🦋

This bimonthly support group is for people using intensive insulin management to manage their diabetes with two 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.

#### Are All Carbs Equal?

**Tuesday, July 9, 2024 | 6:00–7:00 PM** 🦋

*Julie Alliger, RD, CDCES*

### Diabetes Support Group

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.

**Diabetes Jeopardy:** *Check your diabetes-related knowledge by playing a round of America's favorite quiz show, Jeopardy!*

**Tuesday, July 23, 2024 | 1:00–2:00 PM** 🦋

*Jessica Wilson, MA, RD, CDCES*



## LIFESTYLE MEDICINE

### Parkinson's Support Group (In-Person)

Penn Medicine at Home holds free monthly meetings through its Senior HealthLink Program to inform, encourage, and offer fellowship with others coping with Parkinson's disease. This support group is open to patients, family, friends and caregivers and addresses a wide range of topics relating to medication, nutrition, exercise and adjustment issues. Expert medical advice is often presented.

To register call Senior HealthLink at 610.431.1852.

#### Benefits of Music Therapy

**Wednesday, July 31, 2024 | 1:00–2:00 PM** 🦋

*West Chester Area Senior Center  
530 East Union Street, West Chester, PA*

### Psoriasis: Living with the Skin You're In 🦋

Psoriasis is a chronic immune disease that can affect the skin and organs. Join this presentation by a local dermatologist to learn about the causes, symptoms, and treatments for this common condition.

**Thursday, August 22, 2024 | 6:00–7:00 PM**

*Dr. Hannah Liu, MD, FAAD*

### Reversing Prediabetes

There are 98 million American adults who have prediabetes. That's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. Come to this 90 minute program to learn more about prediabetes and to get the tools you need to change your lifestyle and reduce your risk of getting Type 2 diabetes.

**Monday, July 22, 2024 | 6:00–7:30 PM** 🦋

**Wednesday, August 14, 2024 | 6:00–7:30 PM** 🦋

Learn more about our [Diabetes Self-Management Classes](#) 🦋

### Wellness While Walking in Chester County Parks & Trails 🦋

Discover why walking has so many benefits, and how easy it is to do it! A panel of walking and wellness experts will present health tips like sun safety and how to stay hydrated, while Chester County Parks and Trails users will go over basics: when and where to go, their favorite trails, and lots of tips for family fun! Join this program to boost your summer walking for the whole family!

**Wednesday, July 17, 2024 | 6:00–7:00 PM**

*Susan Pizzi, MS, RN and Michael E Trzaska, CPRP  
Lead Park Ranger, Chester County*

### Learning Life Skills Together (In-Person) 🦋

This event is for parents, caregivers, and youth of all ages! Learning Life Skills Together is a dynamic program that gives families knowledge and action steps to help the youth in their lives develop important skills for resilience. Parents will gather to learn skills related to emotional regulation, while youth will engage in a crafting activity. We will all come back to share what we learned. Raffle baskets will be available to win, and a healthy lunch will be provided!

**Saturday, July 20, 2024 | 12:30–1:30 PM**

*Episcopal Church of the Trinity, 323 E Lincoln Hwy, Coatesville, PA*

## TO REGISTER

610.738.2300 | [CCHWellness@pennteam.upenn.edu](mailto:CCHWellness@pennteam.upenn.edu)  
[ChesterCountyHospital.org/Wellness](https://ChesterCountyHospital.org/Wellness)



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## HEART &amp; LUNG HEALTH

### Implantable Cardioverter Defibrillator (ICD) Support Group 🦋

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.

**Let's Chat about ICDs: What Makes Yours Different?**

**Thursday, July 18, 2024 | 5:00–6:00 PM**

*Christopher J. Sipala, MSN, CRNP, FHRS, AACC*

### Living with Heart Failure Support Group (In-Person and Virtual)

This program, organized by the Heart Failure Team, includes educational presentations by healthcare professionals, and provides support and camaraderie for people living with chronic heart failure.

**For more information, contact Rebecca Mountain, DNP, RN at 610.738.2583.**

**Ask the Cardiologist**

**Thursday, July 11, 2024 | 2:00–3:00 PM 🦋**

*Clay Warnick, MD, Cardiologist and Director CCH Heart Failure Program  
Chester County Hospital Main Lobby Conference Room  
701 East Marshall Street, West Chester, PA*

**Open Discussion with Heart Failure Nurses**

**Thursday, August 8, 2024 | 2:00–3:00 PM 🦋**

*Becky Lavin, BSN, RN and Rebecca Mountain, DNP, RN  
Chester County Hospital Main Lobby Conference Room  
701 East Marshall Street, West Chester, PA*



## WOMEN'S HEALTH

### The Benefits of Breast Feeding 🦋

Come celebrate National Breastfeeding Awareness Month with three health educators. Chester County Hospital is a Baby Friendly Hospital improving the care of pregnant and postpartum women. Learn more about the benefits of breastfeeding, helpful tips to meet your feeding goals and nutrition tips to help you feel your best during this special time and hear from a working mom who is actively breast feeding.

**Tuesday, August 6, 2024 | 6:00–7:00 PM**

*Tricia Snyder, Lactation Consultant  
Maureen Boccella, Registered Dietitian,  
Lexie Hoffman, MSN, RN, AGCNS-BC, MEDSURG-BC*

### Hands-Only CPR and AED Demonstration (In-Person) 🦋

By learning Hands-Only CPR and how to use an AED, you can increase confidence and reduce hesitation in life-saving situations. This training also includes education on early heart attack care (EHAC).

**Wednesday, August 21, 2024 | 6:00 PM–7:15 PM**

*Rhoads Building Auditorium, 515 East Marshall Street, West Chester, PA*

### Monthly Blood Pressure Screenings (In-Person) 🦋

Join a healthcare professional from Chester County Hospital for a free blood pressure screening and informational resources to help you stay healthy. No registration required.

**Wednesday, July 10, 2024 | 9:00–10:30 AM**

*Jennersville YMCA, 880 W. Baltimore Pike, West Grove, PA*

**Thursdays: July 11 and August 8 | 11:00 AM–12:30 PM**

*Coatesville Area Public Library, 501 East Lincoln Highway, Coatesville, PA*

**Thursdays: July 25 and August 22 | 10:00 AM–11:30 PM**

*West Chester Area YMCA, 605 Airport Road, West Chester, PA*

**Tuesdays: July 16 and August 20 | 11:00 AM–12:30 PM**

*Chester County Hospital Main Entrance, 701 East Marshall Street  
West Chester, PA*

**Wednesdays: July 3 and August 7 | 11:30 AM–1:00 PM**

*Kennett Area YMCA, 101 Race Street, Kennett Square, PA*

### Parent Wellness Network 🦋

The Parent Wellness Network is a community group focused on keeping Chester County parents and parents-to-be healthy, hopeful, and happy! Open to mothers and fathers from across Chester County, PA and the surrounding communities, we are proud to offer a variety of support groups, resources and events.

#### TO REGISTER

610.738.2300 | CCHWellness@pennteam.upenn.edu  
ChesterCountyHospital.org/Wellness



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## MENTAL HEALTH & SUBSTANCE USE DISORDER

### Lunch & Learn: Intro to Stop Smoking Now 🦋

Join the coordinator of the Chester County Hospital Stop Smoking Now program and a panel of program graduates who were able to quit! We invite healthcare providers, outreach workers, and anyone who is interested in leaving behind smoking, vaping, and chewing tobacco for good! Registration information will be provided in this session for the next 6-week program offering, which will begin July 23.

**Tuesday, July 9, 2024 | 12:30–1:00 PM**

*Chad Thomas, MPH, PMP*

### Stop Smoking Now (6-week Series) 🦋

This six-session class meets weekly to help identify your triggers for tobacco use or vaping and provide support for dealing with your withdrawal symptoms. PLEASE NOTE: Individuals should begin to taper their use prior to the first day of class, and should plan to quit using between the 3rd and 5th week of class. Individuals will need access to a dependable internet connection, a webcam and a printer. Free nicotine patches are available for participants upon request.

**Tuesdays, July 23–August 27 | 6:00–7:30 PM**

*Chad Thomas, MPH, PMP*

### Mental Health in the Black Community: Your Mind Matters 🦋

It has been taboo to talk about mental illness in the black community. In the past, having a mental illness was viewed as weak and often people were told to pray, and everything will be all right. Join Sharon Hardin, of Chester County NAMI, and the Coatesville Branch of the NAACP, to discuss how to have a spirituality practice AND a mental health practice. She says, “you can have Jesus and a therapist.” Not discussing mental illness in our community has caused generations of people who are hurting and suffering. In the black and brown community there is a stigma attached to mental illness. This stigma is the reason most don’t seek treatment. Learn ways to combat stigma, build resilience, and take steps to healing.

**Wednesday, July 24, 2024 | 6:00–7:00 PM**

*Sharon Hardin, Chester County NAMI, and Coatesville Branch of the NAACP*

July is Minority Mental Health Awareness Month.

#### TO REGISTER

610.738.2300 | [CCHWellness@penmedicine.upenn.edu](mailto:CCHWellness@penmedicine.upenn.edu)  
[ChesterCountyHospital.org/Wellness](https://ChesterCountyHospital.org/Wellness)



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## ORTHOPAEDICS

### All About Gout 🦋

Gout is the most common type of inflammatory arthritis. It occurs when urate crystals accumulate in your joint. Symptoms include sudden and intense attacks of joint pain, often in the big toe. It can also strike joints in other toes or the ankle or knee. Join this presentation to learn from a local rheumatologist about the prevention and treatment of gout.

**Tuesday, July 23, 2024 | 6:00–7:00 PM**  
*Sucharitha Shanmugam, MD*

### Bones & Joints: Arthritis of the Hip and Knee 🦋

Join a Board-certified orthopaedic surgeon to learn about the latest surgical and non-surgical treatments for arthritis pain. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements.

**Wednesday, August 28, 2024 | 6:00 - 7:00 PM**  
*Andrew B. Old, MD*



## SENIOR HEALTH

### Age-Related Vision Loss 🦋

*July is Healthy Vision Month*

The leading causes of blindness and low-vision in the United States are age-related, and include cataracts, age-related macular degeneration (AMD), glaucoma and diabetic retinopathy. Learn about the symptoms, screenings and treatments for these common disorders from a local renowned ophthalmologist.

**Tuesday, July 16, 2024 | 6:00–7:00 PM**  
*A. Vijay Mudgil, MD*

### Lunch & Learn: Quick Tips to Stay Healthy at Your Workstation 🦋

Join this presentation to learn how to be healthy while in your workspace, whether working remotely or on premise. Tips to prevent neck/back pain and trouble with your upper extremities will be discussed. Techniques for good posture and lifting will be covered. Participants will be taught proper computer ergonomics. Simple and safe exercises that can be done at your worksite will be reviewed.

**Wednesday, August 14, 2024 | 12:30–1:00 PM**  
*Jill Townsend, PT,CHT*

#### TO REGISTER

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