



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**

### 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. A registered dietitian will tell you how mindful eating can help you set the stage for a lifetime of healthy eating.

### 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

Learn about the latest surgical and non-surgical treatments for joint pain from a board certified orthopaedic surgeon. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements. A physical rehabilitation specialist will also be online to offer suggestions for how to stay strong to alleviate joint pain.

### Opioid Epidemic and Narcan® Training Learn How to Save a Life

**June 17, 6:00-7:30 PM**

Chester County Hospital has partnered with the Chester County Department of Drug and Alcohol Services, Good Fellowship EMS and Kacie's Cause to reduce the incidence of accidental drug overdoses. Join us to learn how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All attendees will also learn how to use life-saving Narcan® (naloxone) nasal spray. Free Narcan will be made available for pickup by participants.

### The Truth About Weight Loss

**July 14, 6:00-7:00 PM**

**August 25, 6:00-7:00 PM**

Almost everyone wants to lose weight, but not many are successful. This program, led by a registered dietitian, explains why weight loss is challenging and will also provide you with the real-life solutions you need to find your "weigh" down.

### Love Your Gut

**July 16, 6:00-7:00 PM**

Did you know that gut health plays a role in your immunity and overall health? A registered dietitian will teach you why gut health is important and discover the foods you should add to your diet to improve both your mental and physical health.

### Applying Plant-Based Nutrition

**August 26, 6:00-7:00 PM**

There is overwhelming scientific evidence that a whole foods plant-based diet can significantly improve your health. Discover the benefits of plant-based eating, while learning realistic tips to make this meal planning approach both simple and practical.

### Heart Disease and Women

**August 26, 3:00-4:00 PM**



Sharayne Mark Coffin, MD

Heart disease is the number one killer of women in the United States, causing 1 in 3 deaths each year. For some women, heart disease can go undiagnosed. Learn the signs and symptoms and how to reduce your risk.

### 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.



# Virtual

## WELLNESS CLASSES

### Reversing Prediabetes

**June 9, July 8, August 11, 6:00–7:30 PM**

More than 88 million Americans have prediabetes. 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.*

### Lunch & Learn Series for Oncology Patients

**June 10, 12:00–1:30 PM**

#### The New American Plate

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*

### Struggles and Solutions

**June 8, July 13, August 10, 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

**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.

#### REGISTRATION IS REQUIRED FOR ALL EVENTS:

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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.

### Diabetes Support Group

**June 23, 1:00–2:00 PM**

#### Technology Update for Diabetes Management

**July 28, 1:00–2:00 PM**

#### Plant Based Nutrition: A "Green" Way to Manage Diabetes

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 Prevention Program (DPP)

**Series: Mondays, beginning June 15, 6:30–7:45 PM**

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 register, call 610.738.2835 or email [Diabetes@uphs.upenn.edu](mailto:Diabetes@uphs.upenn.edu).*

### Moms Supporting Moms

**June 11, July 9, 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

**June 6, July 11, 1:00–2:00 PM**

**June 15, July 20, 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.