



Click the Event Name  
to Register Online

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.

## HEART HEALTH

### Hands-Only CPR

**November 19, 6:00–7:00 PM**

By learning Hands-Only CPR (CPR without mouth breathing), you can increase confidence and reduce hesitation in life-saving situations. This training also includes a demonstration on the use of an Automated External Defibrillator (AED) and education on early heart attack signs and symptoms.

### Taking Cardiovascular Health to Heart

*Dr. Muhammad Raza, Dr. Deon Vigilance, Dr. Steven Weiss*

*Moderator: Dr. William Clay Warnick*

**October 21, 6:00–7:30 PM**

Join our interventional cardiology and cardiac surgery team to learn about game changing advancements in heart care. They will share how the detection and treatment of heart disease has evolved, the future of heart disease management, and minimally invasive procedures available, including TAVR – transcatheter aortic valve replacement and Robotic CABG. The evening will end with a Q&A where you can get your heart health questions answered by our experts.

### Living with Heart Failure

**October 8, November 12, 2:00–3:00 PM**

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.

### Cardiac Support Group

**October 1, November 5, 1:00–2:30 PM**

Open to all cardiac patients and their families, Chester County Hospital's cardiac support group includes presentations by health care professionals, followed by networking and discussion on issues of personal interest to those with heart disease. Led by a former cardiac patient, and facilitated by heart and vascular nurse navigators.

### ICD Support Group

**November 19, 4:30–5:30 PM**

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.

### 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)



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## SMOKING CESSATION

### Stop Smoking Now!

**Series Start Date October 13, 6:30–8:00 PM**

Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program. \*Free nicotine patches also available.

## BONE & JOINT HEALTH

### Just for the Health of It!

#### Arthritis—the role of diet and supplements

*Dr. Sucharitha Shanmugam*

**October 15, 6:00 PM–7:00 PM**

A rheumatologist will lead a discussion on different types of arthritis, autoimmune diseases and the role of the gut bacteria and nutrition in inflammation. The presentation will review the role of diet and natural supplements as a treatment for arthritis, and will also dispel some dietary myths.

#### Bones and Joints: Ankle and Lower Extremity

*Dr. Spencer Monaco and Edie Caggiano-Halsema, PT*

**October 28, 6:00–7:30 PM**

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.

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## BREAST CANCER AWARENESS

### The Team Approach to Preventing and Surviving Breast Cancer

*Meher Burki, MD; Kristina Novick, MD, MS; Catherine Porter, DO; Cynthia Brown, BSN, RN; Brittany Fols, MSW, LCSW, OSW-C; Dylane Wineland, MS, CGC*

**October 22, 5:30 PM – 7:00 PM**

From prevention to diagnosis, let our team of experts help you navigate optimal breast cancer care. A medical oncologist, radiation oncologist, breast surgeon, nurse navigator, social worker and genetic counselor will share their knowledge and provide insights on current treatment strategies for ideal cancer care.

## CANCER CARE

### Lunch and Learn for Oncology Patients

Eat your lunch while enjoying presentations from professionals on varying topics of interest.

**October 14, 12:00–1:30 PM**

#### Becoming Beauty Brave

Learn the steps to making empowering image adjustments and feel brave about your beauty every day.

### Cancer Support Groups

The Abramson Cancer Center offers online support groups to help patients deal with the often overwhelming emotional effects of cancer. Support groups include: Living with Breast Cancer, Caregiver Support, Gynecology Oncology Support, and Survivorship Next Step Series. *Learn more and register for one of these events by visiting [ChesterCountyHospital.org/Support-Groups](http://ChesterCountyHospital.org/Support-Groups)*



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## WEIGHT MANAGEMENT

### Struggles and Solutions

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.

**October 12, 5:15–6:15 PM**

All Kinds of Carbs

**November 9, 5:15–6:15 PM**

Holiday Dining

### The Truth About Weight Loss

**October 28, 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.

### Your Weigh Down

**Wednesdays, Starting November 4, 6:15 PM–7:30 PM**

Get connected with dynamic group coaching to learn your “weigh” to healthy weight loss. Make real progress happen while attending 5 group sessions packed with education and hands on skill building to stop weight gain and re-set behaviors for meaningful food, fitness and health improvements.

### Weight Loss Surgery Information Sessions Online!

Staff from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment in a recorded presentation. *For more information: 215.615.7500 or visit PennMedicine.org/Bariatrics*

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## NUTRITION

### Supermarket Savvy

Want to eat right, but just not sure how to shop right? Join a ShopRite registered dietitian and take an aisle-by-aisle tour to learn how to control sodium, dietary fats and cholesterol without giving up taste, convenience and most importantly the fun of eating.

**October 7, 5:30–6:30 PM**

Dietary Fats and Cholesterol

**November 11, 5:30–6:30 PM**

Watching Carbs and Added Sugars

## MENTAL HEALTH

### Talk Saves Lives: An Introduction to Suicide Prevention

*Aimee Prange, MSW, LCSW*

**November 11, 6:00–7:00 PM**

This program, developed by the American Foundation for Suicide Prevention, is a standardized presentation that covers the scope of this leading cause of death; what the research has found to be the warning signs and risk factors of suicide; and the strategies that prevent it.

### Mental Health First Aid USA

**November 14, 8:30–3:00 PM**

*The VIRTUAL format includes two hours of self-paced, online instruction that must be completed prior to the ZOOM session on November 14.*

Chester County Hospital has partnered with West Chester University to provide this free, evidence-based public education program. By attending this training, you will gain the skills needed to help another person who is struggling with a mental health or substance use concern or crisis. You will learn how to reach out and provide initial support to someone and help connect them to appropriate care.



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## DIABETES PREVENTION + MANAGEMENT

### Reversing Pre-diabetes

October 5, November 12, 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.

### HALT Diabetes

#### Diabetes Prevention Program (DPP)

Start Date: October 26

HALT DPP is designed to deliver an engaging experience to help you make permanent lifestyle changes to prevent Type 2 diabetes. With an app, you can access the tools needed to improve your health behaviors, anytime and anywhere. You will be paired with a certified personal health coach and an on-line peer support group to follow this year-long curriculum. *Eligible participants must either have a diagnosis of prediabetes or be at risk for prediabetes. For questions or to register call 610.738.2835 or email Diabetes@uphs.upenn.edu*

### Diabetes Update

Arti Patel, MD, Endocrinologist; Maureen Boccella, MS, RD, CDCES, LDN, Manager, Diabetes and Nutrition Services

November 19, 6:30–7:30 PM

Come celebrate National Diabetes Month with an Endocrinologist and a Diabetes Educator/Registered Dietitian. Get an update on diabetes medications and learn the latest trends in nutrition for diabetes. Topics such as injectable medicines, plant based nutrition and how low should you go with carbs will be covered.

### Diabetes Support Group

October 27, November 24, 1:00 PM–2:00 PM

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.

## SENIOR HEALTH

### Fine Tune Your Medicare

November 5, 5:30–7:00 PM

A representative of the APPRISE Program will present an overview of Medicare including 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 medical coverage—and learn about updates for 2021. *Apprise is a free health insurance counseling program, specializing in Medicare and Medicaid, to help Pennsylvanians age 65 and over and those with disabilities.*

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## BRAIN HEALTH + STROKE

### Boosting Brain Power

Julie Alliger, RD, CDCES

November 18, 6:00–7:00 PM

This presentation, led by a registered dietitian, addresses normal aging of the brain and threats to brain health. You will learn how the MIND diet can help prevent dementia as well as simple steps you can take every day to boost your cognitive health to help you live your life to the fullest.

### Getting the True FAST Facts About Stroke

Melissa Spahr, RN, Stroke Program Coordinator; Susan Pizzi, RN

November 16, 6:00–7:00 PM

Every minute counts when you or someone you know is having a stroke. Acting F.A.S.T., calling 9-1-1 and getting to the hospital quickly for treatment is of vital importance. Learn the risk factors, signs and symptoms of stroke, and how Chester County Hospital swiftly treats patients having a stroke.

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