



UPMC Hanover Medical Fitness Center Wellness Rounding

WHAT?

Each month, a guest will present to the audience about a health and wellness topic specific to chronic disease management and activities of daily living.

WHO?

Medical Fitness Center members and the public are welcome.

WHEN?

The second Wednesday of each month at Noon.
Bring your own lunch.

WHERE?

Hillside Medical Center, 250 Fame Ave., Suite 209
Donald B Smith Conference Room, 2nd Floor,
Hanover Pa 17331

An RSVP is appreciated, but not required. Drop-ins are welcome.

For additional information or to register, please call the Medical Fitness Center **717-316-3488**.

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Wellness Rounding Presenter Line-up

(Subject to Change)

DATE: Wednesday, April 10

TOPIC: Sleep Apnea

PRESENTER: Terry M. Gordon, DDS, DASBA, DACCSD, DABDSM, DABCDMSM
American Sleep and Breathing Academy
Academy of Clinical Sleep Disorders Disciplines
American Board of Dental Sleep Medicine
American Board of Cranio-Facial Dental Sleep Medicine

DATE: Wednesday, May 8

TOPIC: Heart Disease

PRESENTER: UPMC Cardiac Rehab-Victoria Stauffer, RN

DATE: Wednesday, June 12

TOPIC: Fall Prevention

PRESENTER: Katie Karnas, Physical Therapist, Phoenix Rehab

DATE: Wednesday, July 10

TOPIC: Volunteering - Taking time to help others

PRESENTER: Gary Laabs, RN, UPMC

Gary will share his experience from his most recent Mission Trip to South America. In addition, several UPMC volunteers will be on-site to share their experience from UPMC Hanover Volunteer Services. We will also have a representative from Meals on Wheels to share their story.

DATE: Wednesday, August 14

TOPIC: Services Provided by the Office of Aging

PRESENTER: Megan Craley, Health & Wellness Coordinator, York County Area Agency on Aging

DATE: Wednesday, September 11

TOPIC: UPMC End of Life Planning Will POA and Estate

PRESENTERS: Michele Conway, DMin, MDiv Lead Chaplain, UPMC Spiritual Care Services; Rev. Brenda M. Alton, PhD Director, Community Relations/Spiritual Care UPMC Central PA; and Robin George, BSN, RN

DATE: Wednesday, October 9

TOPIC: UPMC Pulmonary Disease

PRESENTER: Amy Borneo, Respiratory Therapist, UPMC

DATE: Wednesday, November 13

TOPIC: Nutrition - Surviving the holidays

PRESENTER: Jaime Noble, Registered Dietician, UPMC

DATE: Wednesday, December 11

TOPIC: 25-Year Celebration -UPMC Hanover Medical Fitness Center Exercise is Medicine

PRESENTER: Brady Slater, Manager, UPMC Hanover Medical Fitness Center. A member appreciation potluck social to follow.