February 2014
Community Education Programs

Focus on Healing – Healthy Steps

Date & Time: Every Monday, 4:30-6 p.m.
Location: WellSpan Adams Health Center, Room 211
Facilitators: Paula Chaplin, WellSpan Rehabilitation and Michelle Shriner, RN, Oncology Nurse Navigator, WellSpan Adams Cancer Center

Healthy Steps is committed to improving the physical and emotional well-being of cancer survivors and those with lymphedema, Parkinson’s Disease, MS, obesity, seniors and wellness program participants. Our goal is to elevate quality of life through therapeutic dance and movement – healing body, mind and spirit. Sponsored by WellSpan Adams Cancer Center and WellSpan Rehabilitation. Registration is not required; for more information please call (717) 339-2657.

Pain with a Purpose: A Natural Approach to Labor

Date & Time: Thursday, Feb. 13, 6-7:30 p.m.
Location: WellSpan Gettysburg Hospital Community Room C

You can prepare for your birth experience by practicing skills to naturally manage pain. At this free session you will learn techniques, positioning and breathing that will help you deal with labor. Open to moms-to-be and their birthing partners, this class will give you practical skills to prepare for the birth of your baby. Call (800) 840-5905 to register.

Steps Toward a Healthy You

Date & Time & Location:
Thursday, Feb. 13, 6-7:30 p.m., WellSpan Gettysburg Hospital Community Room A
Monday, Feb. 17, 6-7:30 p.m., WellSpan Adams Health Center, Room 211

This free class is for adults who are thinking about becoming active and eating healthier but are not sure how to get started. Taking the first step can be the hardest part. This class will provide up-to-date physical activity and nutrition guidelines and answer questions about how to begin taking steps toward a healthy you. Call (800) 840-5905 to register.

A Change of Heart: It Can Happen to You
February is ‘National Heart Month,” a great time to evaluate your personal risk factors for heart disease and learn more about this number one killer of women! So take some time for yourself and join us for this special women’s heart program.

Date & Time: Wednesday, Feb. 19, 6:30-8 p.m.
Location: WellSpan Gettysburg Hospital Community Room A
Speaker: Sarah Shaw, D.O., Cardiac Diagnostic Associates

Dr. Sarah Shaw will discuss changes that a woman’s heart undergoes which can place her at risk for coronary disease and heart failure. Unfortunately women are not always aware of these changes, or realize the importance of taking action to manage heart-related symptoms they may notice. Learn the latest about women’s heart health issues including risks, diagnosis and treatments available as well as lifestyle changes that can make a difference. Bring your questions! This event will also feature educational displays, activities, heart risk screenings, light refreshments and take home resource materials. Call (800) 840-5905 to register.

A Healthy You

Date & Time: Tuesdays, Feb. 25-March 18 and April 15, 6-8 p.m.
Location: WellSpan Gettysburg Hospital Community Room A
Cost: $15 per person

Has your health care provider advised you to lose weight, eat healthy and be active? Participants in this class will focus on the lifestyle changes necessary to reduce weight and increase physical activity. Learn to be more active every day; choose healthy food and reach a healthy weight. This program is for adults only. Call (800) 840-5905 to register.

For a complete listing of community health programs, visit www.wells.org.