Upcoming Events

**Planting the Seeds for Good Health – WellSpan Gettysburg Hospital’s 20th Annual Women’s Health and Wellness Conference**

Saturday, March 14 • 8:30 a.m. to 3:30 p.m.

Keynote speaker K. J. Reimensnyder-Wagner will help attendees to celebrate the daily “moments” of life. Original music, storytelling and fun positive tips will leave audiences with new life and energy to handle problem-solving in numerous situations in planting the seeds of rejuvenation in all of us. Conference also includes choice of workshop sessions, breakfast and lunch, exhibits, and take home materials.

**Location:** Gettysburg College Union Building
240 West Lincoln Ave., Gettysburg

**Cost:** $45

For registration information, call (717) 337-4272, ext. 1 or visit www.wellspan.org for more information and to register.

**Healthy Adams County presents Happy**

Tuesday, Feb. 17 • Doors open at 6:15 p.m.; Movie begins at 7 p.m.; Discussion following movie at approximately 8 p.m.

Happy is a feature documentary that takes us on a journey from the swamps of Louisiana to the slums of Calcutta in a search of what really makes people happy. Combining powerful interviews with the leading scientists in happiness research and real life stories of ordinary and extraordinary people around the world, Happy uncovers the secrets behind our most valued emotion.

**Location:** Majestic Theater
25 Carlisle Street, Gettysburg

For questions please contact Jennifer Gastley at Healthy Adams County at (717) 337-4137.

Unless otherwise noted, to register for any of these programs call the WellSpan HealthSource Seminar Registration Line at (800) 840-5905.

Many of these programs and other WellSpan Gettysburg Hospital services are made possible through contributions from community organizations, business and individuals. Call Gettysburg Hospital Foundation for more information on how you can support community health at (717) 337-4175.
Steps Toward a Healthy You
Thursday, Feb. 26 • 6 to 7:30 p.m.
This class is for adults who are thinking about becoming active and eating healthier but are not sure how to get started. This class will provide up-to-date physical activity and nutrition guidelines, and answer question about how to begin taking steps toward a healthy you.

Location: WellSpan Adams Health Center (Room 211)
40 V-Twin Drive, Gettysburg
Registration is required; please call (800) 840-5905.

A Healthy You
Thursdays, March 5 through 26 and April 23 • 6 to 8 p.m.
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.

Location: WellSpan Adams Health Center (Room 211)
40 V-Twin Drive, Gettysburg
Cost: $15
Registration is required; please call (800) 840-5905.

Gettysburg Hospital Auxiliary’s Spirit of Hope Gala
Saturday, March 7 • Doors open at 6 p.m.
A special night to celebrate the spirit of hope, healing and hospitality provided by WellSpan Gettysburg Hospital. Enjoy an evening of fine dining, dancing with the Buzz Jones Quartet and Burning House Band, a live and silent auction, and the opportunity to purchase beautifully designed Seeds of Hope garden tiles for placement in the hospital. All proceeds from the Spirit of Hope Gala support programs and services that enhance the patient-family centered environment. Projects include the Healing HeARTS initiative, transforming the hospital’s environment and patient-family experience through the healing power of art and other healing modalities.

Location: The Gettysburg Hotel, Est. 1797
1 Lincoln Square, Gettysburg
Cost: Please call (717) 337-4175 for ticket information; sponsorships available.

15th Annual WellSpan Gettysburg Hospital Benefit Tennis Tournament
Saturday, May 2 (Rain Date – Sunday, May 3) • Courts open at 9:30 a.m.; Play begins at 10 a.m.; Awards dinner at 7 p.m.
Benefit tennis tournament for players of all ages and ability, doubles round-robin format. Proceeds support the Annual Adams County Young Women’s/Young Men’s Leadership Conferences, an educational event for every seventh grade student in Adams County.

Location: Gettysburg College Tennis Courts
Gettysburg College
Cost: $85/person; sponsorships available
To register, please call Gettysburg Hospital Foundation at (717) 337-4175 or email jalder@wellspan.org.
Menopause Series

The menopause transition in a woman’s life can begin as early as age 35. This is not just a single event but encompasses many physical, emotional, and sometimes other life changes/challenges. This series will further explore these issues so women are more comfortable and prepared to participate in their long term health decisions. Feel free to attend all or part of the series. Bring a friend and join us in the supportive atmosphere of other women to explore the topics below.

- **Your Changing Body – The Transition**
  Wednesday, March 4 • 6:30 to 8 p.m.
  This program will provide an overview of perimenopause/menopause and focus on the health concerns of women as they approach menopause and beyond.
  **Speaker:** Dianne Moore, MSN, RN, WellSpan Women’s Services
  **Location:** WellSpan Gettysburg Hospital, Community Room B

- **Managing Your Symptoms: Medications and Natural Remedies**
  Wednesday, March 11 • 6:30 to 8 p.m.
  Learn the latest information about hormone therapy, alternate medications used for treatment as well as the use of herbs, supplements, and other strategies and lifestyle changes to help cope with common symptoms. Risks and benefits of the various options will also be discussed.
  **Speaker:** Marianne Jolin, CNM WellSpan Certified Nurse-Midwives
  **Location:** WellSpan Gettysburg Hospital, Community Room A

Focus On Healing – Healthy Steps

Fourth Tuesday of the Month • 7:30 to 8:30 p.m.
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.

**Facilitators:** Paula Chaplin
WellSpan Rehabilitation;
Michelle Shriner, RN
oncology nurse navigator
WellSpan Adams Cancer Center

**Location:** YWCA Gettysburg & Adams County
909 Fairfield Road, Gettysburg
Registration is not required; for more information please call (717) 339-2657.

Skin Screening

Wednesday, April 29 • 8:30 a.m. to 3:30 p.m.
More than one million new cases of skin cancer will be diagnosed in the United States this year. One American dies from melanoma almost every hour. Fortunately, most skin cancers can be cured if detected early. That is why the WellSpan Adams Cancer Center is supporting Skin Cancer Awareness Month and providing free skin cancer screening. If you have a question about an area on your skin or need a body skin screening, please join us for skin cancer education and screening. Light refreshments will be provided.

**Location:** Adams Cancer Center
WellSpan Adams Health Center
40 V-Twin Dr., Gettysburg
Registration is required; please call (800) 840-5905.
Super Siblings!
Saturday, March 21 •
Super Siblings 1 (ages 3-7): 1 to 2 p.m.;
Super Siblings 2 (ages 8-12): 2:30-3:30 p.m.
Super Siblings will provide age appropriate information concerning newborns; discuss feelings about the arrival of a new baby while incorporating the use of stories, videos and hands on activities to help make your child even more excited about the birth of his or her new sibling. Each child will also make a craft that he/she will be able to give as a gift to their new sibling!
Choose the session to attend based on your child’s age.
Location: WellSpan Gettysburg Hospital, Community Room A
Cost: $15 per child
Register online at www.wellspan.org or call (717) 339-2477.

Safe Sitter Course
Saturday, April 11 • 9 a.m. to 4:30 p.m.
Safe Sitter is a medically accurate program that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills, and appropriate responses to medical emergencies.
Location: WellSpan Gettysburg Hospital, Community Room A
Cost: $65, includes 8 hours of instruction, Safe Sitter manual, cinch sac babysitting bag (includes Band Aid dispenser and flash light) and Safe Sitter completion card.
To register and for more information call, (717) 339-2477.

Winter Fitness Hiking
Sundays, Jan. 11, Feb. 8 and March 8 • All hikes begin at 2 p.m.
Hike your way to better health and stave off the cold-weather blues with Healthy Adams County’s guided Winter Fitness Hikes! These fully-guided hikes are open to beginner and seasoned hikers; we will take breaks as necessary and maintain a moderate group pace. Safety and support are top priorities, and we will practice “Leave No Trace” outdoor ethics. Please wear study hiking shoes and bring a water bottle. Layered clothing is advised. Walks are held snow or shine (except for severe weather). Hikes are sponsored by the Physical Fitness Task Force of Healthy Adams County and Strawberry Hill Nature Preserve.
Call (717) 337-4264 ext. 1 for a description of starting locations or to confirm the hike if severe weather is forecast.

Freedom from Smoking
Tuesdays, Jan. 6 to Feb. 17 and Thursday, Jan. 29 • 5:30 to 7 p.m.
Eight-week tobacco cessation program, designed by the American Lung Association, to help people quit smoking, fight the addiction and develop a smoke-free lifestyle.
Facilitator: Yeimi Gagliardi
WellSpan Community Health Improvement
Location: WellSpan Gettysburg Hospital Community Room A
Registration is required; please call (800) 840-5905.
**Tobacco Cessation 101**

*Monday, Jan. 19 • 10 to 11:30 a.m., WellSpan Gettysburg Hospital, Community Room A*  
*Saturday, February 14 • 10 to 11:30 a.m., WellSpan Gettysburg Hospital, Community Room C*  
*Wednesday, March 4 • noon to 1:30 p.m., WellSpan Community Health & Wellness Office, 39 N. Fifth Street, Gettysburg*  
*Thursday, April 9 • 5 to 6:30 p.m., WellSpan Gettysburg Hospital, Community Room C*  
*Tuesday, May 12 • 10 to 11:30 a.m., WellSpan Gettysburg Hospital, Community Room C*

Are you thinking about quitting smoking, but are not sure how to get started? This session will provide you with: information about the health risks of smoking; American Lung Association recommendations for quitting; and; information about individual and group programs that will help you to develop a quit plan and strategies to stay free from smoking.

Registration is required; please call (800) 840-5905.

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**Oh My Aching Joints! Treatment Options for Hip and Knee Arthritis**

*Tuesday, Feb. 17 • 6:30 to 8 p.m.*

Do you feel like joint pain has pushed your life into the slow lane? Do you avoid activities you used to love due to chronic pain? Are you afraid to discuss the problem with your doctor because you fear surgery may be your only option? Join us for a free discussion about hip and knee arthritis, as well as current medical treatment options and lifestyle changes that may help.

**Speaker:** Kyle Messick, MD  
WellSpan Orthopedics  
**Location:** WellSpan Gettysburg Hospital, Community Room A  
Registration is required; please call (800)840-5905.

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**Stress Reduction and Mindfulness for Chronic Conditions**

*Fridays, March 27 to May 15 • 3:15 to 5 p.m.*

Chronic conditions affect mental and spiritual well-being in addition to physical symptoms. This eight-week program will teach chair yoga, meditation and relaxation to reduce the effects of stress. We will explore how unconscious behaviors may foster stress, and learn new ways to respond. Both patients and primary caregivers are welcome. This free program is funded by the Gettysburg Hospital Foundation.

**Speaker:** Julie M. Falk RN, MS, RYT  
**Location:** WellSpan Gettysburg Hospital, Community Room A  
Registration is required; please call (800) 840-5905.

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**Partners in Pain Management**

*Thursday, Feb. 12 • 5:30 to 7:30 p.m.*

The experience of frequent back or neck pain impacts the whole person – the physical body, thoughts and feelings. Holistic therapeutic modalities can complement standard medical treatments to reduce the impact of chronic pain on your life. Learn about prevention and rehabilitation, breath work, meditation, massage, and other services available locally to help in the management of your pain. You will have the opportunity to practice exercises and techniques, so dress comfortably.

**Speakers:** Jason Hause, PT, DPT, Cert.MDT  
WellSpan Rehabilitation  
and  
Julie Falk, RN, RYT  
WellSpan Center for Mind/Body Health  
**Location:** WellSpan Gettysburg Hospital, Community Room A  
**Cost:** $10 per person/non-refundable  
Registration is required; please call (800) 840-5905.
Caring for the Shoulder- the Most Mobile Joint in the Body
Tuesday, March 24 • 6 to 7:30 p.m.
The shoulder is complex with several joints that combine with tendons and muscles to allow a wide range of motion in the arm- from scratching your back to throwing the perfect pitch. The structure of the shoulder can make it susceptible to injury. Learn about common shoulder problems, lifestyle changes that may help alleviate discomfort, and how to know when you should consider medical and surgical treatment options at this free program.

Speaker: Thomas A. Little, MD
WellSpan Orthopedics

Location: WellSpan Gettysburg Hospital, Community Room A

Registration is required; please call (800) 840-5905.

Living Gluten Free
Monday, April 6 • 6 to 7:30 p.m.
Individuals newly diagnosed with celiac, non-celiac gluten intolerance or a wheat allergy face a number of challenges and often feel lost when asking for help with their new diagnosis. This class will cover many topics needed to live a gluten free lifestyle. Seating is limited for this free program.

Location: WellSpan Adams Health Center, Room 213
40 V-Twin Drive, Gettysburg
Call Betsy Wargo, MS, RD, CDE at (717) 339-2764 for more information or to schedule an appointment call (717) 337-4164.

Understanding the Journey: Surgical Treatment Options for Hip and Knee Joint Arthritis
Tuesday, April 28 • 6:30 to 8 p.m.
Join us for an upfront discussion about current surgical treatment options for hip or knee joint pain due to arthritis. Learn more about what to expect from surgery and recovery at this free program.

Speaker: Kyle Messick, MD, Wellspan Orthopedics

Location: WellSpan Gettysburg Hospital, Community Room A
Registration is required; please call (800) 840-5905.

Women’s Heart Program
Service includes: complete coronary risk profile (blood screening); individualized cardiovascular risk assessment with a nurse educator; development of a personalized prevention plan and education for risk reduction; comprehensive report forwarded to your primary care provider; and access to other screening, prevention and education programs.

Cost: $15
For more information or to schedule an appointment call (717) 337-4164.

Center for Mind/Body Services
For more information or to schedule any of the Mind/Body Services at the WellSpan Adams Health Center, 40 V-Twin Drive, Gettysburg, call (717) 339-2033.

Multiphasic Blood Screenings
Call (800) 840-5905 for testing options, new pricing and registration. Walk-ins are not accepted.
Wednesday, Jan. 21 (Inclement weather date Wednesday, Jan. 28) • 6:30 to 8:30 a.m.
Adams County Department of Emergency Services, 230 Greenamyer Lane, Gettysburg
Wednesday, Feb. 4 (Inclement weather date Wednesday, Feb. 11) • 6:30 to 8:30 a.m.
York Springs Lions Club Building; sponsored by York Springs Lions Club

Free Monthly Blood Pressure/Blood Sugar Screenings
First Thursday of each month • 9 to 10:30 a.m.
Adams Rescue Mission, 2515 York Road Gettysburg
First Thursday of each month • 11:30 a.m. to 12:30 p.m.
Gettysburg Soup Kitchen, Prince of Peace Episcopal Church, 20 West High Street, Gettysburg
Friends and Family CPR Classes

Choose the date and classes you would like to attend.

Saturdays, Jan. 24 classes offered in both English and Spanish on this date), Feb. 21, March 28, April 25 or May 9

- Adult Hands Only CPR/AED/Choking • 9:30 to 10 a.m.
- Child CPR/AED/Choking • 10:15 to 10:45 a.m.
- Infant CPR/Choking • 11 to 11:35 a.m.

Mondays, Jan. 26, Feb. 16 (classes offered in both English and Spanish on this date), April 20 or May 11

- Adult CPR/AED/Choking • 5:30 to 6 p.m.
- Child CPR/AED/Choking • 6:15 to 6:45 p.m.
- Infant CPR/Choking • 7 to 7:35 p.m.

Location for all classes: WellSpan Gettysburg Hospital, Community Room A

Learn how to do CPR, use an AED and respond when a person is choking. Participants can attend the class for one age group (approximately 30 minutes) or all three (approximately two hours). The American Heart Association’s Friends and Family course is fun, relaxed and provides a take home manual. It does not provide certification for professionals or employment. The classes are provided free of charge through the Operation Heartbeat program which is funded by the Federal Rural Access to Emergency Services Grant Program. Registration is required; please call (800) 840-5905.

Diabetes Education Program

Classes are held 10:30 a.m. to noon or 5:30 to 7 p.m.

Offers a comprehensive education opportunity for anyone with diabetes. Intended for newly diagnosed and/or persons needing to update their diabetes management skills. Classes are offered late mornings, and evenings each month. You can choose which class times best suit your schedule.

Location: WellSpan Adams Health Center, 2nd floor, Suite 205

Call Betsy Wargo, RDN, CDE at (717) 339-2764 for more information on dates, registration and fees.

CPR and First Aid - American Heart Association Basic Cardiac Life Support (BCLS) and First Aid

Classes offered include BLS Provider/Renewal for Healthcare Providers, Heartsaver AED for Adult/Child/Infant, Heartsaver First Aid, Heartsaver First Aid with CPR & AED, Family and Friends CPR and Instructor Courses.

Location: Call for location.

Call (717) 337-4181 for schedule and additional information.

Childbirth classes!

The birth of a new baby is one of the most memorable and cherished times in your life. WellSpan Gettysburg Hospital offers a variety of classes to help families prepare for the wonderful journey that lies ahead. The “Prepared Childbirth Series” offers the most up to date information about labor and delivery presented by experienced nurse educators. All of the classes have been updated and include some new options such as the “Condensed Childbirth Class” that is offered on the weekend and designed to learn all of the 4-week series information in one session.

For more information or to register for classes, call (717) 339-2477 or see additional information online at www.wellspan.org/GHChildbirthEd.
Let’s get Well Acquainted.

Use HealthSource to find a new world of wellness.

WellSpan’s goal is to help you and your family meet your health goals. The first step is having a primary care physician who can connect you to the power of WellSpan and customize a team focused on your health and wellness needs.

Getting acquainted is as easy as visiting WellSpan.org or calling the HealthSource Physician Referral Line at 800-840-5905.