Blocked Arteries, Now Opened
Expanded Cardiac Care at WellSpan Gettysburg Hospital

Happy and Healthy
Gettysburg Woman Experiences Life-Changing Weight Loss

A Better Night's Sleep
WellSpan Sleep Centers Offer At-Home Testing

plus:
Regular Mammograms Can Save Lives

Health and Wellness Programs in Adams County see page 8

WellSpan.org
Expanding Lifesaving Heart Care in Adams County

When a blocked artery starves the heart of oxygen, specialists often employ nonsurgical procedures, including angioplasty and stent therapy, to restore healthy blood flow. Now, those lifesaving procedures can be done right here in Adams County.

With the recent opening of WellSpan Gettysburg Hospital’s new percutaneous coronary intervention (PCI) laboratory, the highly skilled specialists of WellSpan Cardiology can now treat patients with narrowed or blocked arteries and other heart ailments, allowing them to live healthier, more productive lives.

“With these advanced treatment procedures available, patients can receive preventive care, diagnostics, medical and interventional treatments, and cardiac rehabilitation—all here in Gettysburg,” said Richard Howard, MD, interventional cardiologist at WellSpan Gettysburg Hospital.

Advantages to Local Care
Dr. Howard and his colleagues perform both angioplasty and stent placement in the new PCI lab, also known as a heart catheterization lab. Angioplasty uses a thin balloon-tipped catheter to open narrowed arteries and increase blood flow to and from the heart. Stent placement involves placing a tiny, expandable mesh coil inside a blood vessel at the site of a blockage and expanding the stent to open the blockage.

“With the addition of these services, we can check for blockages and then perform any necessary intervention at the same time in most cases, making the experience much easier on the patient,” Dr. Howard said. He added that providing these procedures locally means more than just convenience for patients and families—it can be a matter of life and death.

“The sooner we can open a blocked artery during a heart attack, the better a patient’s chances are of making a full recovery,” Dr. Howard said. “Having this technology and expertise available locally is a huge investment that will have a significant impact on outcomes in our community.”

Learn More
Visit WellSpan.org/Heart to learn more about the cardiovascular care offered by WellSpan in Adams County.

Comprehensive Heart Care in the Local Community
Cardiology services available at WellSpan Gettysburg Hospital include:
• Stress testing to diagnose heart disease.
• Electrocardiograms (EKGs) to understand the heart’s electrical signals.
• Electrophysiology services to treat heart rhythm irregularities.
• Diagnostic catheterization to view blockages around the heart.
• Interventional treatment, including angioplasty and stent therapy.
• Cardiac rehabilitation to provide exercise therapy and support to help patients maintain health and reduce future cardiac risk.
• Congestive heart failure program to help patients with disease management.
Seventy-nine pounds before surgery, 70 pounds after. That’s how Robin Taylor boils down her weight-loss journey.

The Gettysburg resident proudly notes that the combined weight totals a whole person.

Robin isn’t one to sugarcoat things. With more than three decades in the restaurant industry, she said direct communication is a must to handle the dinner rush.

For her, the work is a labor of love. “There isn’t a position in the restaurant business I haven’t held,” Robin said. “I had a passion for food since following my mother around in the kitchen as a child.”

But last year, she decided she was hungry for a change—and this time, it was personal.

So she made the call to WellSpan Bariatric Surgery—locally recognized for providing comprehensive weight management and surgery services for patients seeking to lose weight and live healthier lives.

The medical practice was founded by Robin’s physician, John Monk, MD, who was among the first bariatric surgeons to offer the services in Adams and York counties. Since starting the practice, Dr. Monk and his team have performed 4,000 surgeries, including gastric bypass, gastric sleeve, stomach intestinal pylorus sparing procedure (SIPS), and laparoscopic and open gastric bypass.

Dr. Monk said he’s proud of the program’s distinction as an accredited Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS). But, he said, it’s the dramatic improvement he sees in his patients that makes him most proud.

“It is an emotional high to see people conquer something that has been such a negative part of their lives,” said Dr. Monk. Count Robin as one of those powerful patient stories.

Earlier this year, she underwent laparoscopic gastric bypass surgery at WellSpan York Hospital. It was a major milestone in her journey that began six months earlier and included a regimen of healthy eating, educational classes and support—all with the guidance of WellSpan staff, who provide comprehensive support services to patients along their weight-loss journeys every step of the way.

“I can’t say enough good things about the team,” she said, adding that she now has a new lease on life.

“Back in the day, I wasn’t interested in extending my life through health,” she said. “Now, I am walking the walk and talking the talk.”

Is Weight-Loss Surgery Right for You?

Discover the health benefits of bariatric surgery. To learn more, call us at 717-851-7575 or visit us online at WellSpan.org/Bariatrics.

Bariatric surgery helped Robin Taylor in her weight-loss journey and live a healthier lifestyle.
Have you been putting off getting your mammogram? Yearly mammograms are the best way to detect breast cancer early, when it’s most treatable. Stay on top of your health by knowing your breast cancer risk and getting regular mammography screenings. WellSpan OB/GYN gynecologist Kwadwo Baryeh, MD, answers your questions about this important test.

**Q: What are the risks for breast cancer and how can I determine my risk?**

**A:** The greatest risk factor for breast cancer is a close family history of the disease. However, this risk is fairly low. Only about 12 percent of women develop breast cancer because of genetics. Instead, women generate risk over their lifetime due to a number of factors, including advancing age, lifestyle habits such as drinking, carrying excess weight and more. Having radiation to the chest as a child and having a history of ovarian cancer also increases the likelihood of developing breast cancer.

“You can use WellSpan’s breast cancer risk assessment to help determine your risk level. But always talk with your physician about the results. Do what you can to reduce your risk and get regular mammography screening, but don’t live in fear of the disease.”

**Q: When should I start having mammograms?**

**A:** “I recommend that women begin regular mammogram screening at age 40 and be tested every one to two years. However, if one of your close relatives was diagnosed with breast cancer before menopause, you may benefit from early screening. Talk with your physician about when and how often you should get a mammogram.”

**Q: What is the difference between a regular mammogram and a 3-D mammogram?**

**A:** “Both types of screenings use the same X-ray technology and are very safe for women. However, a 3-D mammogram takes a number of digital pictures and reconstructs them into a 3-D image of the breast. This gives the radiologist a more detailed view of the breast tissue and potential areas of concern. This type of screening is especially beneficial for women with dense breast tissue.

“Before long, 3-D mammography will be standard for all breast cancer screenings. It’s available to patients now through WellSpan facilities in the area.”

**Q: What happens if I have an abnormal reading?**

**A:** “If you’ve been told you have an abnormal mammogram reading, you will likely be called back for additional imaging. Most abnormal readings are due to unclear areas that physicians want to have a closer look at. Remember, getting a call back doesn’t necessarily mean there is a problem. However, if a suspicious spot is confirmed with additional testing, you will likely be referred to a breast surgeon for biopsy.”

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**Do You Know Your Breast Cancer Risk?**

Find your personal risk for breast cancer. Visit WellSpan.org/BreastTest.

**Need a Mammogram?**

To find a location, call 800-840-5905 or visit WellSpan.org/Mammo.
Trouble Catching Z’s?
Get tested for sleep apnea, from the comfort of home

Sleep: It seems we all need more of it. Sometimes lack of sleep stems from bad habits like late-night work sessions or binge-watching TV.

But for many, excessive tiredness stems from a medical problem called obstructive sleep apnea, which causes pauses in breathing during sleep. If it’s not treated, the condition can lead to serious health problems, not to mention heavy eyes and lack of energy. But WellSpan Health is making diagnosis simple and convenient with at-home sleep testing.

Recognizing the Signs
The trouble with obstructive sleep apnea is that signs of the condition happen mostly when, well, we’re asleep. That’s why most people don’t realize there’s a problem. Typically a partner notices symptoms first and may complain of loud snoring or snorting, choking, coughing or gasping while you’re snoozing.

No one likes to hear that they snore. But it’s important to take it seriously as a possible symptom of obstructive sleep apnea. The condition raises your risk for serious health issues like obesity, high blood pressure, heart disease, diabetes and more. It can also cause drowsy driving, which could lead to a car accident. Identifying and treating obstructive sleep apnea can literally save your life.

Simple, At-Home Testing
Until now, most people required an in-lab sleep study to accurately diagnose the condition—a test that required an overnight stay. But WellSpan Health’s at-home sleep testing is now making diagnosis easier, more comfortable and less expensive.

If you suspect you might have obstructive sleep apnea, talk with your physician for a referral to a WellSpan Sleep Center.

New Sleep Apnea Treatment Now Available
If you need treatment for sleep apnea, and a CPAP machine isn’t working for you, you may be a candidate for a new innovative treatment now available here in south central Pennsylvania.

While CPAP (continuous positive airway pressure) therapy remains the gold standard treatment for obstructive sleep apnea, not everyone can use it. For those who have had difficulty with CPAP therapy, WellSpan Health now offers Inspire Upper Airway Stimulation (UAS) therapy.

Inspire therapy is the first implantable device for treating obstructive sleep apnea. It works from inside the body, delivering mild stimulation to key airway muscles, keeping the airway open during sleep. The device is simply turned on by a handheld remote.

WellSpan is the first health system in south central Pennsylvania to offer the advanced therapy, which is implanted during an outpatient procedure at WellSpan York Hospital. Any person who has been diagnosed with obstructive sleep apnea may be a candidate for the therapy. Talk with your physician to learn more. Not all insurances cover this procedure. Please contact your insurance provider to determine coverage.
A New Lease on Life
WellSpan Orthopedics helps Gettysburg man overcome years of pain

More than 30 years of hard, repetitive work making cardboard boxes for a living took a toll on Willie Smith’s shoulder.

Willie, age 62 of Gettysburg, tried to deal with his constant shoulder pain through various medications and other treatments. But after 10 years of increasing discomfort and the loss of doing many activities he enjoyed, it was time to find a solution.

“I was in constant pain and I just kept putting off doing something about it,” Willie said.

“The pain I was experiencing got to the point where I was unable to even drive a car. Some friends suggested I visit Dr. Gillis at WellSpan Orthopedics and I finally listened.”

Expert Orthopedic Care Close to Home
Robert Gillis, MD, is an orthopedic surgeon and sports medicine specialist with WellSpan Orthopedics, located at 18 Deatrick Drive in Gettysburg.

WellSpan Orthopedics works to diagnose and treat bone and joint injuries and conditions. The practice’s fellowship-trained physicians are certified in fracture care, trauma, sports medicine, total joint replacement and reconstruction, as well as hand and upper extremity care.

“Tailoring treatment to the individual patient is the most important aspect of care,” Dr. Gillis said. “We consider all possible treatment options before determining that surgery is the best option. Our focus is on helping patients, like Mr. Smith, to achieve the best possible outcome.”

The Right Care, the Right Outcome
In Willie’s case, because he had already tried many prescribed treatment options without success, the damage to his shoulder joint required shoulder replacement surgery in February.

Now more than eight months out from his successful surgery at WellSpan Gettysburg Hospital, Willie is feeling more like his former self.

“I feel like a whole new person,” Willie said. “I can do just about anything I want to, and I feel my shoulder getting stronger every day.”

While he isn’t quite yet ready to join his friends again out on the golf course, he’s moving in the right direction.

“It will be nice to be able to play golf again with a full swing and pain-free,” Willie said.

Orthopedic Injury?
To schedule an appointment with WellSpan Orthopedics, or learn more about orthopedic care services, please visit WellSpanSpecialists.org/Ortho or call 717-339-2500.
It’s What Neighbors Do.

Project SEARCH builds skills, changes lives

Earning a paycheck. Living with greater independence. Achieving a personal goal and a sense of accomplishment.

For Dusty Reddick, recently starting her first job is helping her to move on to her next personal goal of saving money for a car. “I’ve been trying for a long time to get hired somewhere and I finally accomplished it,” said Dusty, age 19, of Hanover.

Dusty is a recent graduate of Project SEARCH—a one-year, school-to-work program that provides total immersion in the workplace for students with disabilities. The national program is offered at WellSpan York Hospital and WellSpan Gettysburg Hospital.

The program’s goal is to provide students with real-life work experience and prepare them for competitive employment. The students, ages 18 to 21, gain experience working in various hospital departments, including Pain Management, Food Services, Housekeeping, Emergency Department and Engineering.

Dusty’s training experience gave her the opportunity to rotate among several departments to gain job skills in her areas of interest.

“I always wanted to see what a normal day for a housekeeper was. And then with Engineering, I always like to be hands-on with my work and it was interesting to see what they do,” Dusty said.

Project SEARCH is a partnership among WellSpan, Lincoln Intermediate Unit (LIU), the Office of Vocational Rehabilitation (OVR), and York/Adams Mental Health/Intellectual and Developmental Disabilities program. Individuals who meet certain requirements are selected to participate.

“These students view working as a privilege,” said Diane Sargeant, senior director of organizational learning and development for WellSpan Health. “The students have a tremendous impact on the hospital, and the experience is extremely beneficial to them.”

Project SEARCH does not guarantee future employment with WellSpan, but as students gain experience, they become eligible to apply for jobs.

The program is working. Since its implementation at WellSpan York Hospital in 2010, followed by WellSpan Gettysburg Hospital in 2015, nearly 80 percent of Project SEARCH students who have completed the yearlong program have successfully obtained jobs in the community. Almost 30 percent of those students have secured jobs with WellSpan Health.

Dusty successfully gained full-time employment in the housekeeping department at Homewood at Plum Creek, a large retirement community in Hanover. “It’s been a great experience and I can’t wait to meet the members of the next class,” Dusty said.

Learn More

Visit WellSpan.org/Neighbors to watch a short video about the Project SEARCH partnership and to learn more about how WellSpan makes a difference in the lives of its friends and neighbors across central Pennsylvania. To learn more about Project SEARCH, visit ProjectSearch.us.
Healing HeARTS

A Healing Initiative of WellSpan Gettysburg Hospital

The Healing HeARTS initiative is part of a growing recognition in health care that the arts can exert a powerful effect on the healing process. Since its inception in 2015, Healing HeARTS has guided the development of a healing environment within WellSpan Gettysburg Hospital that, through the arts, is intended to promote wellness and self-healing while reducing stress and anxiety for patients, visitors and employees. Please call 717-334-5006 or visit AdamsArts.org for a listing of upcoming programs.

Family Programs

CPR and First Aid—American Heart Association Basic Cardiac Life Support (BLS) and First Aid

Classes offered include:
- BLS Provider—registration fee $60 each
- Heartsaver AED for Adult/Child/Infant—registration fee $45 each
- Heartsaver CPR & AED—registration fee $45 each
- Heartsaver First Aid with CPR & AED—registration fee $60 each
- Heartsaver First Aid—registration fee $30 each
- Family and Friends CPR—registration fee $45 each

Childbirth and Family Education Class Offerings

Prepared Childbirth Series (6-week series)

November 15–December 20 6:30–9 p.m.

Class dates are: November 15 and 29; and December 6, 13, 19 and 20. Please note there will be NO class on November 22 due to the Thanksgiving holiday.

This class will cover stages of labor, comfort measures, anesthesia choices, labor interventions, postpartum adjustments, relaxation and breathing techniques, and cesarean delivery.

This series includes six classes, which include four childbirth education classes, a Baby Care class and a Breastfeeding class. Please do not register for the Baby Care and Breastfeeding classes. Those classes are included in the cost of this class and will be scheduled according to your due date. The series also includes a tour of the Mother-Infant Center.

We provide flexibility in class changes. If you have a specific date conflict, please add the date to the comment section of the registration and we will assist you in rescheduling.

To schedule a Maternity Center Tour ONLY at WellSpan Gettysburg Hospital, please call 717-337-4184.

Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.

Cost: $70 per couple

Please note: We recommend registering for this class during or after your fifth month of pregnancy. Register by calling 717-339-2477

Registration is required. For more information or to register, visit WellSpan.org/Events.
Planned Cesarean Class/Series
Thursday, December 20 • 6:30–9 p.m.
Parents experiencing a planned cesarean will receive information on pre-operative routine, anesthesia, operative procedure and recovery at the hospital and at home.
The series includes the Planned Cesarean, Baby Care and the Breastfeeding classes. Please do not register for the Baby Care and Breastfeeding classes. Those classes are included in the cost of this class and will be scheduled according to your due date.
Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.
Cost: $15 per couple
Please note: We recommend registering for this class during or after your fifth month of pregnancy. Register by calling 717-339-2477.

Condensed Childbirth Class
Saturday, December 1 • 9:30 a.m.–2:30 p.m.
Sunday, December 9 • 1:30–6:30 p.m.
This five-hour, condensed-format class provides information on the stages of labor, anesthesia, cesarean sections, labor interventions and comfort measures. Relaxation and breathing techniques will be covered briefly. This class is offered once monthly on a weekend. Baby Care and Breastfeeding classes are NOT included; however, they can be taken separately.
To schedule a Maternity Center Tour ONLY at WellSpan Gettysburg Hospital, please call 717-337-4184.
Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.
Cost: $60 per couple
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
Register by calling 717-339-2477.

Childbirth Refresher Course
Friday, November 30 and Monday, December 31 • noon
We offer a variety of class options for “experienced” expectant mothers and their support people to brush up on all things pregnancy and labor related. Your refresher program can be customized to meet your specific learning needs.
Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.
Cost: $15 per couple
Please contact our office by calling 717-339-2477 to register for your customized class plan.

Baby Care Class
Thursday, November 15 • 6:30–9 p.m.
Learn the ins and outs of baby care, including feeding, safe sleep, cord care and bathing. Participants will get hands-on experience in diapering and swaddling and learn about the day-to-day care of the newborn. Participants are asked to bring a stuffed animal/doll, diaper and blanket, if they have them available. This class is included in the Prepared Childbirth Series and the Planned Cesarean Series.
To schedule a Maternity Center Tour ONLY at WellSpan Gettysburg Hospital, please call 717-337-4184.
Location: WellSpan Gettysburg – Childbirth & Family Education, 147 Gettys St.
Cost: $25 per couple
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
Register by calling 717-339-2477.

Breastfeeding Class
Wednesday, November 14 • 6:30–9 p.m.
Wednesday, December 19 • 6:30–9 p.m.
Learn the benefits of breastfeeding for mom and baby, along with techniques and positions to help you prepare for a positive breastfeeding experience. Participants are asked to bring a baby doll, if they have one available. This class is included in the Prepared Childbirth Series and/or the Planned Cesarean Series.
To schedule a Maternity Center Tour ONLY at WellSpan Gettysburg Hospital, please call 717-337-4184.
Location: WellSpan Gettysburg -Childbirth & Family Education, 147 Getty Street
Cost: $20 per couple
Please note: We recommend registering for this class during or after your fifth month of pregnancy.
Register by calling 717-339-2477.

Car Seat Check-Up Day
Third Tuesday, October through December • 10–11 a.m.
Certified child passenger safety technicians will check car seats for correct installation, damage, recalls, size and age appropriateness. This program is also available for Spanish-speaking families.

For a complete list of events, visit WellSpan.org/Events.
Tobacco Cessation 101
First Wednesday of the month, November–December, noon–1:30 p.m.
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 individuals and group programs that will help you develop a quit plan and strategies to stay free from smoking.
Location: WellSpan Community Health and Wellness, 39 N. Fifth St., Gettysburg
Registration is required; please call 800-840-5905.

Medical Management of Weight Loss
First Wednesday of the month • 9–10 a.m.
Third Tuesday of the month • 5–6 p.m.
Are you struggling with your weight? This free program will discuss weight management options at WellSpan. The medical, physician-directed weight-loss program is a team approach to support your weight-loss goals. The program offers a variety of different choices to fit each individual’s needs. Class size is limited to 15.
Speakers: Betsy Wargo, registered dietitian, or Michelle Nicholas, CRNP, WellSpan Medical Weight Management Program
Location: WellSpan Health Center – Washington Street, Gettysburg, Room 1090
Registration is required; please call 717-339-2475.

Healthy Hearts
Third Tuesday of the month • 6:30–7:30 p.m.
WellSpan Gettysburg Hospital’s Cardiac Rehabilitation Department invites you to attend a Healthy Hearts meeting. Recent heart patients, as well as those who are trying to maintain a heart-healthy lifestyle, are encouraged to participate. Family and friends are also invited.
Location: WellSpan Gettysburg Hospital, Community Room B, 147 Gettys St., Gettysburg
Registration is encouraged; please call 717-337-4164.

Surgery for Weight Loss
Friday, November 16 or December 21 • 1–2 p.m.
This free seminar provides an overview of the WellSpan Bariatric Surgery program, including preoperative education and surgical procedures. Come learn about the options for successful weight loss.
Location: WellSpan Health Center – Washington Street, Gettysburg, Room 1090
Speaker: James Ryan, MD, WellSpan Bariatric Surgery
Registration is required; please call 717-851-7575.

Steps Toward a Healthy You
Thursday, January 10, or Thursday, May 23 • 6–7:30 p.m.
This free class is for adults who are thinking about becoming active and eating healthier but aren’t 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.
Location: WellSpan Gettysburg Hospital, Community Room A, 147 Gettys St., Gettysburg
Registration is required; please call 800-840-5905.

A Healthy You
Wednesdays, February 6–March 27 • 6–8 p.m.
Thursdays, May 30–July 18 • 6–8 p.m.
Has your physician 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.
WellSpan Gettysburg Hospital, Community Room A, 147 Gettys St., Gettysburg (February–March and May–July Series)
Cost: $15
Registration is required; please call 800-840-5905.
When Grief Colors the Holidays
Friday, December 14 • 7–8:30 p.m. (Events held in both Gettysburg and York.)
The program is presented by WellSpan Health Spiritual Care and Education. This program provides strategies and coping mechanisms for dealing with grief during all holidays and special occasions through lecture, discussion and interaction.
Speaker: The Very Rev. Vasyl Marchak, manager, WellSpan Spiritual Care and Education (Gettysburg); Rev. Peter Kuhn, director, WellSpan Spiritual Care and Education (York)
Location: WellSpan Gettysburg Hospital, Boardroom, 147 Gettys St., Gettysburg; WellSpan York Hospital, Medical Education Pavilion, 1st Floor, Classroom 10 A/B, 1001 S. George St., York
Registration required; please call 717-851-2305.

Freedom from Smoking
Tuesdays, January 8–February 19 • 5:30–7 p.m.
Tuesdays, April 23–June 14 • 5:30–7 p.m.
Eight-week tobacco-cessation program designed by the American Lung Association to help people interested in quitting smoking.
Location: WellSpan Gettysburg Hospital, Community Room C, 147 Gettys St., Gettysburg
Registration is required; please call 800-840-5905.

Women’s Health Programs
Free Screening Mammogram
If you are age 40 or older and have no health insurance, please call Michelle Shriner RN, nurse navigator, at 717-339-2657 to review your qualifications and schedule a free mammogram.

Women’s Heart Program
Services include 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 physician; and access to other screening, prevention and education programs.
Cost: $15
For more information or to schedule an appointment, please 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, please call 717-339-2033.

Celebrate Breast Cancer Awareness Month at our FREE ‘Girls’ Night Out!’
Tuesday, November 13 • 4–8 p.m.
• Food, giveaways, raffles and shopping
• FREE massages and manicures
• FREE yoga classes
• Health talks
Please call 717-339-2015 (M–F, 8 a.m.–3 p.m.) now to schedule a mammogram for the night of the event. Appointments are limited, so call today.
Location: WellSpan Adams Health Center, 40 V-Twin Drive, Gettysburg

While the event is free, please call 800-840-5905 to register to attend. The first 100 women to register for the event will be entered into a raffle for a free Kate Spade handbag!

Community Events
Community Wellness Connections
Community Wellness Connections (CWC) focuses on promoting better health outcomes for ALL residents, utilizing the eight dimensions of health (physical, occupational, financial, intellectual, emotional, social, spiritual and environmental). Visit AdamsWellness.org or call 717-337-4137 to learn more about the CWC, including a list of free activities for each dimension and how you can get involved.
Opening Early 2019

WellSpan Health & Surgery Center in Hanover

1227 Baltimore St., Hanover

Opening in the spring of 2019, WellSpan’s new, state-of-the-art health care and outpatient surgery facility will make it easier for patients in the greater Hanover area to get the expert care they need, close to home.

Located on Baltimore Street in Penn Township, the WellSpan Health & Surgery Center will include:

- Outpatient Surgery
- Lab & Imaging Services
- Primary Care
- Advanced Specialty Care

Learn more about the new center and services offered at WellSpan.org/WHSCHanover