Complete Care for Women
The Services You Need, Under One Roof

New Lease on Life
Lancaster County Woman Experiences Life-Changing Weight Loss

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

plus:
Mammograms Can Save Lives

Health and Wellness Programs in Lancaster County see page 9

WellSpan.org
Choosing your OB/GYN is an important, sometimes stressful, decision.

After all, this is the physician who will examine and evaluate your gynecological health, from your first well-woman exam through pregnancy, menopause and beyond.

You want the comfort of knowing that your OB/GYN works closely with a team of highly trained physicians and advance care professionals to guide you through all stages of life—and you don’t want to travel to multiple practices to receive the care you need.

Located in the Ephrata Health Pavilion at WellSpan Ephrata Community Hospital, the Anne Brossman Sweigart Center for Women’s Health offers the convenience of three specialty women’s practices and a full range of obstetrical and gynecological services under one roof. You’ll also find mammography, ultrasound and DEXA scans right on site.

Moms-to-be with high-risk pregnancies, including those with gestational diabetes and high blood pressure, receive care from a staff of fellowship-trained perinatologists and advanced practice clinicians at WellSpan Maternal-Fetal Medicine. The practice offers preconception counseling, ultrasounds, nonstress tests, genetic counseling, prenatal diagnostic tests, amniocentesis, umbilical cord blood sampling and fetal procedures.

When it’s time to deliver, the Family Maternity Unit is conveniently located in WellSpan Ephrata Community Hospital and offers labor/delivery/recovery rooms as well as lactation support and other services. For premature or unstable full-term newborn infants, neonatologists provide round-the-clock care in the level III neonatal intensive care unit.

If high-risk gynecological problems and cancers of the female reproductive system and genital tract are identified, WellSpan Gynecologic Oncology offers medical management, on-site chemotherapy, infusion therapy, and inpatient and outpatient surgical procedures.

Women with disorders of the uterus, cervix, vagina, bladder or rectum, which can occur due to aging, childbirth or injury, can also receive treatment at WellSpan Urogynecology and Pelvic Reconstructive Surgery. Learn more about comprehensive women’s care at WellSpan Health at WellSpan.org/WellWomen.

There’s an App for That!

Don’t worry if you can’t find that dusty old book of pregnancy tips your mom gave you years before a baby was even on your radar. Now there’s an app for that.

BabyScripts is a prenatal app that features videos, childbirth education and reminders. The app also has a home remote-monitoring feature for low-risk patients, allowing them to track their weight and blood pressure via a Bluetooth-connected blood pressure cuff.

Ask your physician for details!
Niki Welsh felt uncomfortable in her own skin. She weighed 331 pounds. She was having trouble running around and doing activities with her husband and two kids. Bike rides were impossible. Outings were stressful, as she worried about fitting into chairs at a movie theater or baseball game.

Even everyday activities were difficult. Walking up and down the stairs and doing household tasks wore her out. She was exhausted and depressed. Leaving the house started to feel like a chore.

“I had tried diets, Weight Watchers, Atkins—nothing worked or held me accountable,” said Niki, of Denver. “I wanted to have a healthier lifestyle and set a good example for my kids.”

She decided to have weight-loss surgery at WellSpan Ephrata Community Hospital, where Jason Marone, MD, leads the care team at WellSpan Bariatric Surgery. She began the process with a six-month education program, which included nutrition classes and education on the diet, exercise and lifestyle changes she would need to make if she had the surgery.

“Everybody in the office was extremely helpful and supportive,” she said. “You know what you have to do the rest of your life. You’re very well-prepared. Just the surgery wasn’t going to fix everything. It’s an entire lifestyle change.

“When I made the decision, I was ready and was going to do whatever they asked of me. I was going to get my life back on track.”

Since the surgery in 2016, Niki lost 165 pounds, about half of her previous weight. “I feel the best I ever felt in my life. I have so much energy,” she said, adding with a laugh, “I think I actually exhaust my kids!”

What has changed? Just about everything, both large and small.

Niki can go on an airplane and not worry that the seat belt won’t fit or the seat will be too snug. She can go to a restaurant—where she now orders chicken or a salad—and fit comfortably into a booth. She can ride a roller coaster with her son, something that was previously impossible due to her size. Her whole family is also eating healthier, she added, with no junk food, less pasta and bread, and more fruits and vegetables.

Looking back, Niki said the surgery was more of a mental shift than a physical adjustment. She made up her mind that she was going to commit to the process, and she did it.

Her family is proud of her, she said, and that helps her build on her success by making her feel more confident and happy.

“My daughter wanted to see my wedding dress, and when I put it on, it fell to the ground,” she said. “Seeing that, it was amazing. I sometimes forget how different I look. People don’t recognize me. It’s been an amazing two years.”

Niki Welsh and husband, David, hold her wedding dress that she wore at 331 pounds. With the help of bariatric surgery at WellSpan Ephrata Community Hospital, Niki lost 165 pounds.
Care When You Need It

WellSpan Urgent Care now open in Lititz, Ephrata areas

Now with two convenient locations in Lancaster County—including the newly opened Manheim Township office—WellSpan Urgent Care offers walk-in care for patients ages 3 months and older who have nonemergency care needs, such as minor illnesses and injuries—from sore throats and coughs to back pain, rashes and burns. It is also a convenient stop for school, camp, college and sports physicals, as well as some routine immunizations.

The Manheim Township center features six exam rooms, including two procedure rooms for sutures and other small surgical treatments. Fear a fracture or sprain? The center also boasts on-site imaging services. Given its location, there is even parking for Plain patients’ buggies, as well as a charging station for electric cars.

All WellSpan Urgent Care locations are open 8 a.m. to 8 p.m. seven days a week, and patients can take advantage of an online service called “Reserve My Spot,” scheduling appointments via smartphones, computers or tablets, or at an in-person kiosk at the office.

BeingWell | Fall 2018

WellSpan Urgent Care
101 W. Airport Road (across Lititz Pike from Lancaster Airport)
Lititz, PA 17543
717-466-2445

WellSpan Urgent Care
446 N. Reading Road
Ephrata, PA 17522
717-721-4301

Just stop in or reserve your spot online at WellSpan.org/Urgent.
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 Sonia Shah, MD, answers your questions about this important test.

Q: What are the risks for breast cancer and how can I determine my risk?
A: “Some of the most important risk factors to know include a personal or family history of breast or ovarian cancer, or a known gene mutation linked to these cancers. Other risk factors involve reproductive history, such as early menstruation, late menopause, having a first pregnancy later in life or never giving birth. Lifestyle factors, such as obesity, smoking and drinking alcohol, also increase the risk.

“It’s very important to be aware of your risk category. You can access WellSpan’s online breast cancer risk assessment or other online calculators to help you determine your risk. Remember, these calculators are just assessments. Your doctor can provide perspective on the results and place you in the appropriate risk category.”

Q: When should I start having mammograms?
A: “Most patients should begin regular mammogram screening at age 40. However, if you are at high risk, ask your doctor whether you should be screened earlier. Breast cancer is one of the most common cancer diagnoses among women and the second-leading cause of cancer death. Most women are aware of their need for screening, but it’s important we don’t put it off.”

Q: What is the difference between a regular mammogram and a 3-D mammogram?
A: “Both types of mammograms can help detect breast cancer. However, a 3-D mammogram offers newer technology that helps doctors diagnose more cancers and catch them earlier. The FDA-approved 3-D mammogram works by taking multiple images to create a layered 3-D image of the breast tissue. This provides greater detail than can be seen with regular mammograms. This is especially beneficial for women with dense breast tissue and decreases the likelihood of false positive readings. At WellSpan OB/GYN, we are pleased to offer our patients 3-D mammography.”

Q: What happens if I have an abnormal reading?
A: “If you have been told you have an abnormal mammogram reading, you will likely be called back for additional imaging. But oftentimes, the appointment will involve a different type of modality, such as a breast ultrasound or MRI. Keep in mind, getting a callback doesn’t necessarily signal a problem. It could mean that an area of your mammogram was unclear or there was an area the doctor wants to look at more closely.”

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 855-237-4222 or visit WellSpan.org/Mammo.
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.

Specialty Sleep Services in Your Community
When it comes to treatment for obstructive sleep apnea and other sleep issues, WellSpan Health offers comprehensive care and specialty services right here in Lancaster County.

Pediatric Sleep Services
Sleep can be a problem even for our youngest patients. That’s why WellSpan Sleep Center in Lancaster offers pediatric sleep services and in-lab sleep studies for patients as young as age 4. The Sleep Center diagnoses and treats a host of sleep disorders in children, from obstructive sleep apnea to circadian rhythm disorders, sleepwalking and more.

Sleep Dentistry
WellSpan Sleep Center in Lancaster recently hired Michelle Cantwell, DMD, ABDSM, a dentist who specializes in sleep medicine. Dr. Cantwell works with patients who have mild obstructive sleep apnea using FDA-approved custom appliances to help maintain an open airway during sleep. She also provides care to patients with moderate to severe obstructive sleep apnea using a combination of appliances and CPAP therapy.
WellSpan Brings Robotic-Assisted Surgery to Ephrata

WellSpan Ephrata Community Hospital is now offering the latest techniques in minimally invasive, robotic-assisted surgery. The recently installed da Vinci robotic surgery system is a continuation of WellSpan’s commitment to providing advanced specialty care, close to home, for those who live in northern and eastern Lancaster County.

What Is the da Vinci Surgical System?
It is a robotic system that allows a surgeon to perform operations via a few small incisions. These incisions are about the size of a dime and usually can be covered with a small dressing about the size of a Band-Aid after surgery.

How Does Robotic Surgery Work?
The surgeon sits at a specially designed console, positioned in the operating room near the patient, performing the surgery by manipulating robotic instruments.

The instruments are inserted into the patient’s abdomen via the small incisions. One instrument holds a lighted endoscopic camera that provides the surgeon with a high-definition 3-D image of the surgical field inside the patient’s body. The entire surgical team can see the field via a large viewing monitor.

The other robotic arms hold instruments, which the surgeon manipulates via controls at the console. The controls precisely translate the surgeon’s hand movements, providing a range of movement even greater than the human wrist.

What Kinds of Surgery Will the System Be Used for at WellSpan Ephrata Community Hospital?
Surgeons will perform hernia repairs, gallbladder surgery and gynecological surgery, such as hysterectomies, ovarian surgeries and uterine surgeries.

How Does a Patient Benefit from Robotic Surgery?
According to clinical studies, robotic-assisted surgery offers numerous benefits, including less blood loss, fewer complications, shorter hospital stays, smaller incisions, and a faster recovery and return to daily life, as compared with open surgery.

Who Will Perform Robotic Surgery at WellSpan Ephrata Community Hospital?
Matthew Souder, MD, of WellSpan Surgical Specialists, will perform general surgery. Sonia Shah, MD, and Heather Sholtis, DO, of WellSpan OB/GYN, will perform gynecologic surgery.

Learn More
To find a surgical specialist or learn more about surgical services at WellSpan Ephrata Community Hospital, visit WellSpan.org/Ephrata or call 855-237-4222.
It’s What Neighbors Do.™
WellSpan and community agencies partner to establish a hub for families in need

Homeless families are regular visitors to the Ephrata Public Library, hanging out in the lobby or sitting at tables. Many families in Denver and the surrounding community are hungry or don’t have money for their heat or car repairs, often asking a local Christian group, REAL Life Community Services, for food or financial assistance.

Many people in northern Lancaster County need help with their basic needs. But most of the county’s social service agencies serving vulnerable people are headquartered in Lancaster, about 15 to 20 miles south.

Seeing the need, the Ephrata Public Library and REAL Life separately had been planning to launch some type of social service office. The two organizations joined forces to create the Northern Lancaster County Community Hub after leaders from WellSpan suggested a possible collaboration.

“From WellSpan’s perspective, we felt it would be stronger if they worked together,” said Steve Batchelor, WellSpan regional director of community health and wellness, who helped bring the two organizations together. “We just helped them make some connections. Overall, this will make us a healthier community.”

The Northern Lancaster County Hub will operate out of Ephrata Public Library’s Exploratorium building, adjacent to the Ephrata Public Library, and the Declaration House, the former Denver Hotel in Denver. The two sites will offer shared office space for more than a dozen social service agencies.

The Hub will provide a wide variety of services, including food assistance, health care, career help, literacy services, counseling, housing support and other services to residents of Ephrata, Denver and nearby communities. Also, the Declaration House is being renovated to offer affordable housing in 10 one- or two-bedroom apartments.

“We want to offer a one-stop shop,” Penny Talbert, executive director of the Ephrata Public Library, said of the two locations. “It’s like a social services mall.”

The desire is to provide ongoing support to people in need, said Rod Redcay, executive director of REAL Life. “If someone needs counseling, we can connect them. If someone needs help with a bill, we can connect them,” he said. “Making contacts is key, but so is walking through life with them. We want to connect the community with hope.”

WellSpan has already given a $30,000 Community Partnership Grant for work on the Exploratorium. This summer, the United Way of Lancaster County gave the two organizations a $247,601 grant for further development of the Hub. Other fund-raising is ongoing.

The two locations will be linked by a shuttle bus operated by Ephrata Area Social Services, which will provide Denver residents with a much-needed link to public transportation, as there is a Red Rose Transit Authority bus stop at the Ephrata Public Library.

The following agencies, nonprofit organizations and services will be participating in the Hub initiative:

- **The Exploratorium**: WellSpan Health, WellSpan Philhaven, PA CareerLink, the Lancaster County Coalition to End Homelessness, Community Action Partnership, Tabor Community Services, Volunteer Income Tax Assistance, the Literacy Council of Lancaster/Lebanon and the Ephrata Area School District
- **The Declaration House**: 10 low-income apartments, a clinic run by Welsh Mountain Health Center, REAL Life Community Services, COBYS Family Services, Good Samaritan Services, the Lancaster Housing Opportunity Partnership, the Goble Group and the Cocalico Area School District

Learn More
Visit WellSpan.org/Neighbors to learn more about how WellSpan makes a difference in the lives of its friends and neighbors across central Pennsylvania and to read our Community Benefit Report.
Family Programs

**Heartsaver Adult, Child and Infant, with AED Training**
Tuesdays, November 14 and January 15 • 5–9 p.m.
Thursday, December 10 • 5–9 p.m.
Location: WellSpan Cocalico Health Center,
63 W. Church St., Stevens
This course teaches CPR and relief of choking for adults, children and infants. Instruction on an automated external defibrillator (AED) is also included.
Cost: $50. Registration is required.
For more information or to register, please call the Wellness Center at 717-721-8790.

**Car Seat Checks**
Thursday, December 13 • 7–9 p.m.
Location: WellSpan Brossman Health Center,
136 Lake St., Ephrata
Learn the correct way to buckle your baby into your vehicle.
Registration is required. Please call 800-840-5905.

**Basic Life Support**
Tuesday, November 13 • 5–9 p.m.
Thursday, December 6 • 5–9 p.m.
Monday, January 7 • 8 a.m.—noon
Location: WellSpan Cocalico Health Center,
63 W. Church St., Stevens
This course covers adult and pediatric CPR, two rescuer scenarios and use of a bag mask. Foreign body airway obstruction and use of an automated external defibrillation (AED) are also included.
Cost: $55
For more information or to register, please call the Wellness Center at 717-721-8790.

**Heartsaver First Aid**
Wednesday, November 28 • 5–8 p.m. (Adult)
Location: WellSpan Cocalico Health Center,
63 W. Church St., Stevens

**Nutritional Health**

**Nutrition Counseling**
Registered dietitians provide counseling to help you and your family manage a variety of nutritional concerns, including lowering risks for heart disease, diabetes, hypertension and other chronic diseases. Focusing on developing an appropriate eating plan and providing the tools to help you obtain your goals for better health, the dietitian will establish a realistic approach to proper nutrition.
Appointments available during both day and evening hours.
The fees for this service may be billed to your health insurance plan.
Call the Wellness Center at 717-721-8790 for more information.
**Grocery Store Tours**
Tuesday, January 8 • 6:30–8:30 p.m.
Location: GIANT Food Stores, 850 East Main St., Ephrata
Grocery shopping can be a confusing experience when you are trying to make healthy food choices. Join a WellSpan Ephrata Community Hospital registered dietitian as he or she travels up and down the aisles of a local supermarket providing information on reading food labels and comparison shopping to save money and make healthier choices.
Cost: $5 (Handouts will be provided.)
Call the Wellness Center at 717-721-8790 for more information.

**Taking Care of Yourself**

**Fit Futures**
Fit Futures is a program that focuses on a child’s physical inactivity and nutritional concerns. The program consists of four sessions of individual counseling and instruction, including nutrition and activity assessments, motivation, goal setting and ideas to promote healthier lifestyles for the entire family.
There are fees for this service.
For more information, please call the Wellness Center at 717-721-8790.

**Gestational Diabetes**
This program includes several individualized consultations for expectant mothers with gestational diabetes. Appointments are held with a registered nurse and registered dietitian to provide essential information for a healthy pregnancy, including the effects of gestational diabetes, measurement of blood glucose, approach to physical activity, advice on meals and snacks, approach to sick days and prevention of diabetes after delivery.
Fees for this service may be billed to your health insurance plan.
For more information, please call the Wellness Center at 717-721-8790.

**Body Composition Assessment**
Learn your percentage of body fat and, if necessary, ways to improve it.
Cost: $30
For more information or to schedule a 45-minute appointment, please call the Wellness Center at 717-721-8790.

**Surgery for Weight Loss**
Wednesdays, December 19 and January 16 • 6 p.m.
Location: Ephrata Health Pavilion (Conference Rooms A & B), 175 Martin Ave., Ephrata
These free seminars provide an overview of the WellSpan Bariatric Surgery program, including preoperative education and surgical procedures, medical weight management and patient expectations and outcomes. Come learn about the options for successful weight loss.
For more information or to register, please call WellSpan Bariatric Surgery at 717-721-8795.

**Taking Charge of Your Diabetes**

**Prediabetes and Diabetes Prevention Group Sessions**
Wednesdays, November 14 and 28 • 6:30–8:30 p.m.
Mondays, January 7 and 14 • 6:30–8:30 p.m.
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens
The program focuses on the effects of prediabetes on the body and how preventive strategies, such as healthy eating, portion control, label reading, physical activity and behavior change, have a positive influence on your health.
Cost: $50
For more information or to register, please call the Wellness Center at 717-721-8790.

**Taking Charge of Your Diabetes Review**
Wednesdays, December 5 and 12 • 6:30–7:30 p.m.
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens
This review is for individuals who have already completed the 10-hour diabetes class. The program re-examines meal planning, carb counting, recipe modification, treatment options, dealing with unexpected situations and goal setting.

**Healthy You Series**
Tuesdays, January 15, 22, 29, February 5, March 5 • 6:30–8:30 p.m.
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens
Healthy You is a program for adults who want to lose weight, eat healthy and be active. Participants will learn ideas to increase daily physical activity, choose healthy foods, lose and maintain weight, set goals and overcome barriers.
Cost: $15
Call the Wellness Center at 717-721-8790 for more information.

Registration is required. For more information or to register, visit [WellSpan.org/Events](http://WellSpan.org/Events).
The fees for this program are covered in part by Medicare and most health insurance plans. For more information or to register, please call the Wellness Center at 717-721-8790.

**Tobacco-Free Living Series**

**Thursdays, January 10–February 28 • 6–7:30 p.m.**
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens

This seven-session tobacco-cessation program is appropriate for individuals who smoke cigarettes, pipes and cigars or use smokeless tobacco products. The program includes engaging in group interaction and support, making positive behavior changes, developing a quit plan, coping with urges and preventing relapse. Individual consults are also available.

For more information or to register, please call the Wellness Center at 717-721-8790.

**Women’s Health Programs**

**Baby Tips Class**
Thursday, November 29 • 7–9:00 p.m.
Location: WellSpan Brossman Health Center, 136 Lake St., Ephrata

A registered nurse presents care for newborns. If you are taking a Childbirth Class or Refresher Class at WellSpan Ephrata Community Hospital, you do not need to register separately for this class as it is included in the curriculum.

Cost: $20
Registration is required. Please call 855-237-4222 (toll-free).

**Breastfeeding Class**
Thursday, December 6 • 7–9:30 p.m.
Location: WellSpan Brossman Health Center, 136 Lake St., Ephrata

Learn or review successful breastfeeding techniques during this two-hour class. If you are taking a Childbirth Class or Refresher Class at WellSpan Ephrata Community Hospital, you do not need to register separately for this class as it is included in the curriculum.

Cost: $20
Registration is required. Please call 855-237-4222 (toll-free).

**Support Groups**

**WellSpan Bariatric Surgery Support Group**

Thursdays, December 13 and January 10 • 7–8 p.m.
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens

This is a monthly support group that provides education, motivation and support for both presurgery and postsurgery bariatric patients. For more information or to register, please call WellSpan Bariatric Surgery at 717-721-8795.

**Diabetes Support Group**

Tuesday, January 8 • 1–2 p.m. and 7–8 p.m.
Topic: “Staying Healthy in the New Year: Dealing with Illness”
Location: WellSpan Cocalico Health Center, 63 W. Church St., Stevens
Thursday, January 17 • 2–3 p.m.
Topic: “Staying Healthy in the New Year: Dealing with Illness”
Location: WellSpan Garden Spot Health Center, 435 S. Kinzer Ave., New Holland

For more information or to register, please call the Wellness Center at 717-721-8790.

**Cancer Support Group**

Tuesdays, November 20, December 18 • 3–4:30 p.m.
Location: Ephrata Cancer Center, Large Conference Room (please use back entrance), 460 N. Reading Road, Ephrata

This group shares information, offers support and provides resources and strategies for those living with cancer and their caregivers. An oncology social worker leads the group with guest speakers throughout the year. This group is open to the community and meets the third Tuesday of every month.

For more information, call 717-721-4835.

**The Second 50 Years**

**Rise and Shine Breakfast Club**
Second Monday of each month • 8 a.m.
Location: WellSpan Ephrata Community Hospital, Pine Conference Room, 169 Martin Ave., Ephrata

Join us the second Monday of each month for breakfast in the hospital cafeteria followed by a guest speaker in the Pine Conference Room. Each month, the topic focuses on a senior- or health-related issue.

Cost: $2.50 (if eating breakfast)
Seat reservations requested monthly by calling the Wellness Center at 717-721-8790.

**Early Bird Walking Club**
Weekly on Monday mornings • 7:30 a.m.
Locations: Throughout Lancaster County

Join our walking club as we complete 1- to 2-mile weekly Monday morning walks throughout Lancaster County. The Early Bird Walkers have been part of an active club with more than 50 members for the past 22 years. Membership includes walking information, logo apparel and lots of fun! Try it without obligation and decide for yourself.

Cost: $25 annually
For a schedule of upcoming walks, please call the Wellness Center at 717-721-8790.

For a complete list of events, visit WellSpan.org/Events.
Now Welcoming new patients.

At WellSpan Health, our goal is to help you reach your goals, and being healthy is how you get there. That’s why our primary care physicians go beyond treating the high blood pressure or bad back you have today, to looking at how improving your health can improve your life over time. We are pleased to announce that the following WellSpan Medical Group offices are now accepting new patients.

Schedule your new patient appointment online!

1. Visit WellSpan.org/NewDoctor
2. Under the Lebanon county listings, select the desired practice.
3. Select the “Schedule an Appt” link at the top of the page.

- WellSpan Family & Pediatric Medicine - Rothsville
  2320 Rothsville Rd., Suite 200, Lititz
  (717) 721-4800
- WellSpan Internal Medicine - Ephrata
  446 N. Reading Rd., Suite 301, Ephrata
  (717) 733-6546
- WellSpan Family Medicine
  222 W. Fulton St., Ephrata
  (717) 733-2324
- WellSpan Family Health - Georgetown
  1135 Georgetown Rd., Christiana
  (717) 806-3800
- WellSpan Family Medicine - Lake Street
  136 Lake St., Ephrata
  (717) 721-7718
- WellSpan Family Medicine - Terre Hill
  70 Broad St., East Earl
  (717) 445-4576
- WellSpan Family Medicine - Trout Run
  808 Pleasant View Dr., Ephrata
  (717) 733-9090

Learn more at WellSpan.org/NewDoctor