Advanced Vascular Care
Expert Care in Lebanon County

Happy and Healthy
Weight-Loss Surgery Gives Lebanon Woman a New Lease on Life

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

plus:
Regular Mammograms Can Save Lives

Health and Wellness Programs in Lebanon County see page 9
Like many people with diabetes, Pam Deitzler suffered from diabetic neuropathy, or numbness in her feet. Unable to feel small cuts or irritation, she developed an infection three years ago that led to the amputation of her big toe and part of her foot. So when the 61-year-old Jonestown resident recently noticed that a toenail had fallen off a toe on the same foot, she immediately went to see her podiatrist.

Pam learned she had gangrene on her toe—a type of tissue death caused by lack of blood supply to the area. The arteries supplying blood to her foot were diseased and would not allow for healing of that toe. However, it was a sign of a much bigger problem. Without restoring proper blood flow, she could lose her leg.

Expert Care Close to Home
Pam’s podiatrist immediately called Paul Impellizzeri, MD, FACS, director of vascular surgery for WellSpan Good Samaritan Hospital.

Dr. Paul Impellizzeri and Jennifer Hivner, CRNP, are shown holding blankets and pillows that Pam Deitzler made for them as a thank-you for the care they provided her as a vascular surgery patient.

Dr. Impellizzeri joined WellSpan in January 2018, providing high-level surgical treatment of complex vascular issues, from aneurysms and carotid artery stenosis to peripheral arterial disease, blood clots and more.

“I knew I was at risk of losing my leg, but felt such peace and comfort around Dr. Impellizzeri,” Pam recalled. “I thank the Lord he was on my side.”

Dr. Impellizzeri performed an angiogram of Pam’s leg and found a major arterial blockage that was restricting blood flow to her foot. In addition to recommending the removal of her gangrenous toe, he advised that she have surgery to bypass the blockage and connect areas of healthy arteries to one another.

“Oftentimes I am able to treat peripheral blockages with balloon angioplasty, atherectomy or stents. In Pam’s case, bypass surgery was the most appropriate and durable option, long term,” explained Dr. Impellizzeri. “I prepared Pam that if the condition of her arteries didn’t allow for a successful bypass, we may not ultimately be able to save her limb.”

Walking on Air
Pam underwent the complex surgery with Dr. Impellizzeri at WellSpan Good Samaritan Hospital in May. Afterward, she was thrilled to learn that her leg was saved and proper blood flow was restored.

She spent three weeks in inpatient rehabilitation learning to use a walker while she adjusted to her removed toe. Today she is joyful to be home with her husband, Lloyd, and her family, who are a tremendous support team.

“I’m so thankful for Dr. Impellizzeri. There’s something really special about him,” said Pam, who hand-crocheted a large blanket for him as a thank-you. “I feel so blessed.”

Learn More
Visit WellSpan.org/HV to learn more about WellSpan’s Heart and Vascular services.

To schedule an appointment with Dr. Impellizzeri, call 717-270-3751.
Kim Ramos felt like a prisoner in her own body. She weighed 325 pounds. Her blood pressure was high. She struggled with asthma. She had sleep apnea and was using a breathing machine at night. But she didn’t sleep well anyway and stayed up late, snacking on candy and drinking sugary juice.

She didn’t have the energy to work. She couldn’t do things with her son—even attending his sports practices felt too daunting. She was overweight, tired all the time and depressed.

“I had always struggled with issues with my weight, but that was the biggest I ever got,” said Kim, 26, of Lebanon. “It was overwhelming. I didn’t want to live that life anymore. I felt like I was too young to be living like that.”

Kim 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.

“What I learned really helped me,” she said, noting that she lost about 30 pounds during the preparation period for the surgery. “Dr. Marone made me feel so comfortable. I felt safe in his hands. The team that he works with—they are all awesome. They made me feel reassured and prepared.”

Since the surgery, Kim has lost 175 pounds. She weighs 150 now.

A few months before she had the surgery, she found work and then went to school, becoming a certified nursing assistant. And she’s continuing her education, now studying to be a dental hygienist.

She even took her son to Disney World for his 10th birthday.

“I was able to get on the rides with him and make those memories,” she said, with delight in her voice. “That wouldn’t have happened before. I didn’t even have the energy to walk to the corner store.”

Kim is feeling so good that she goes to the gym three times a week and is now training for a Spartan Race, noting, “I’ve never seen myself this thin and this healthy, and that is one of my goals.”

Looking back, she said the surgery got her on the right track and made a lasting change in her life. Her blood pressure and asthma are now under control, and her sleep apnea is gone.

She feels motivated and happy. Her family is healthier, too, including her partner, who also underwent bariatric surgery.

“It changed my life and my family’s life, too,” she said. “It’s not just a one-sided thing. It educated me and my family on how to eat and what I buy for groceries. I want to be a mentor to my son and show him what a healthy lifestyle can be.”

Considering Bariatric Surgery?

Visit WellSpan.org/BariatricsLC or call 717-721-8795 to register for a free information session to learn about weight-loss options to help you reach your health goals.
Orthopedic Care When You Need It

Walk-in care now available at WellSpan Orthopedics in Lebanon

Sprain an ankle playing tennis? Tweak your back moving furniture? Fracture a wrist in a fall? There are countless ways orthopedic or sports injuries can suddenly change your day. But you no longer need to wait to see a specialist.

WellSpan Orthopedics in Lebanon now offers walk-in appointments from 8 a.m. to noon, Monday through Friday. Here dedicated orthopedic providers treat nonemergency orthopedic needs, such as sprains and strains, broken bones, injuries and more.

Simply stop in at 912 Russell Drive in Lebanon during walk-in hours, or take advantage of “Reserve My Spot” online scheduling to reduce waiting room time. Seeing a specialist has never been easier.

WellSpan Orthopedics
912 Russell Drive
Lebanon, PA 17042
717-272-7971

Now offering walk-in care from 8 a.m. to noon, Monday through Friday!

To learn more or use “Reserve My Spot,” go to WellSpan.org/UrgentOrtho.
H ave 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. Women’s Health Center of Lebanon gynecologist Maryanne McLaughlin, MD, answers your questions about this important test.

Q: What are the risks for breast cancer and how can I determine my risk?
A: “There are a number of risk factors for breast cancer. Some you can’t change, such as a family history of the disease. Many breast cancer risk factors, however, are related to lifestyle. One of the most significant of these is obesity. Fat tissue actively makes estrogen in the body, which increases the risk for breast as well as uterine cancer.

“When you have a mammogram at WellSpan Good Samaritan Hospital imaging center for the first time, a technologist will provide you with a risk assessment or you can use WellSpan’s online breast cancer risk assessment to learn your personal risk for breast cancer. If you’re at high risk, ask your physician about additional screening options that are available, such as breast MRI.

“While it’s helpful to know your personal risk for breast cancer, it’s also important to be aware that the majority of breast cancer diagnoses are not linked to any identifiable risk factors. So even if your risk of breast cancer is low, make sure you continue regular mammogram screening.”

Q: When should I start having mammograms?
A: “Most gynecologists recommend that women begin yearly mammograms starting at age 40. However, if you have a first-degree relative, such as a sister, mother or daughter, who has had breast cancer, screening should begin 10 years before that person’s age of diagnosis. For example, if your mother was diagnosed with breast cancer at age 45, talk with your physician about beginning mammograms at age 35.”

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. However, a 3-D mammogram is an advanced technology that takes multiple images of the breasts, improving accuracy. At WellSpan Good Samaritan Hospital and WellSpan Imaging in Palmyra, we offer 3-D mammograms, so you can be sure you’re getting the highest-quality exam.”

Q: What happens if I have an abnormal reading?
A: “If you’ve been told you have an abnormal mammogram, you will likely be called back for additional imaging. A callback doesn’t necessarily mean that you have cancer. It typically means the radiologist recommends returning for a closer look at specific areas of the breast.”
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.

Specialty Sleep Services Now Available

When it comes to treatment for obstructive sleep apnea and other sleep issues, WellSpan Health offers comprehensive care and specialty services in the area.

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.

Learn More
For more information about these sleep services and others, visit WellSpan.org/SleepCenters or call the WellSpan Good Samaritan Hospital Sleep Center in Lebanon at 717-270-2349.
Why I Give:
Lebanon philanthropist helps provide stroke education in honor of brother

Tall and strong, Paul Dixon was a great athlete. He played high school football and loved to golf. He was a businessman with an active job of running a cafe.

But he spent the last 18 years of his life in a wheelchair, unable to talk or walk, a prisoner in his own body.

Paul suffered a stroke at the early age of 50, struck down in his home, unable to call out or summon for help. A group of golfing buddies found him when he didn’t show up for a planned round.

Paul’s older brother, Francis (Frank), a retired Lebanon County businessman, does not want others to experience what his brother did.

In 2015 he made a gift to WellSpan Good Samaritan Hospital to establish the Paul F. Dixon Stroke Center. The funding came from the Francis J. Dixon Foundation, a foundation that Frank set up to support projects that improve the quality of life of Lebanon County citizens through educational and health care activities.

The Paul F. Dixon Stroke Center supports stroke care and education at the hospital, which has been designated as a Primary Stroke Center, certified by The Joint Commission as a place with the resources and processes to care for acute stroke patients.

“When I listened to the advantages of a Stroke Center, and how it reduces the wait for treatment, it was not what days and hours could mean to patients, but what seconds and minutes could mean to their lives,” Frank said. “I thought if there is something we can do to help citizens in this area get treatment faster, I want to be part of it.”

Frank Dixon’s generous gift has:
- Funded WellSpan Good Samaritan Hospital’s telestroke technology, which allows emergency department physicians to connect with specially trained neurologists at WellSpan York Hospital. Those neurologists remotely evaluate possible stroke patients, make diagnoses and recommend treatments.
- Brought the Mega Brain to Lebanon County twice in 2018. The Mega Brain is a 12-foot-high, 18-foot-long walk-through educational exhibit that allows visitors to learn about normal brain function and brain disease and trauma, including stroke.
- Funded an annual stroke symposium, a community educational event designed to raise awareness about stroke prevention.
- Funded educational stroke materials for the community.

“If you are having a stroke, where rapid care can make a difference, then you want the best facility,” Frank said. “I think of my brother and what he lived through. If it’s possible to help others, we want to support those efforts.”

Frank Dixon is shown holding a photo of him with his brother Paul.

How You Can Give, Too

Across the communities of Lebanon County, grateful individuals like Frank Dixon and area businesses support the education and care of stroke patients at WellSpan Good Samaritan Hospital and other WellSpan services in Lebanon County by giving to the Good Samaritan Hospital Foundation. To learn more, contact Mike Kuhn, director of development, at 717-270-7733 or mkuhn3@wellspan.org.
A dozen people—originally from Mexico, Peru, Puerto Rico and El Salvador—gather twice a month in a room above La Placita restaurant in Lebanon. Everyone in the room has diabetes or is supporting someone who has it.

Most importantly, every word of their lively and wide-ranging discussion is spoken in Spanish. Here they can learn—in their own language—how to prepare healthy dishes with familiar foods, such as a type of Mexican cactus. They also learn the right way to inject themselves with insulin and test their blood sugar.

“It is very important to get this in our own language,” said Maria Alicia Rivas, 45, a native of El Salvador and member of the group. “It’s the first time I had this class in Spanish. The doctor sent me to diabetes classes, but they are all in English.”

The program is a community partnership between WellSpan Health and the Lebanon Valley Volunteers in Medicine (VIM), a free clinic for the uninsured and underinsured. Vicki Brown, MD, a VIM physician, hosts and teaches the group. WellSpan provides a diabetes educator, Karen Bachman, to help with the teaching.

Though Bachman and Brown don’t speak Spanish, WellSpan also provides interpretation services for the group. Marcela Myers, WellSpan’s senior manager of language interpretation services, interprets for Dr. Brown and Bachman and the occasional guest speaker.

One recent guest speaker was Angela Dominguez, a dental assistant from Welsh Mountain Health Center in Lebanon. She talked about the importance of oral hygiene for people with diabetes and fielded questions on everything from dental floss to tooth extractions.

Listening closely were Jose Soto, 81, a native of Puerto Rico, and his wife, Maria Millan, 54, a native of Mexico.

“This class pushes me to take care of myself,” Maria said. “I have learned about the importance of checking my sugar level. Before I didn’t do that. Now I eat better and have more energy.”

For his part, Jose said he loves bread and likes to eat it with spaghetti. Maybe even a nice glass of wine. But now he knows he needs to limit his consumption of starchy and sugary foods. He’s learned to eat whole-grain bread instead of white bread and eat brown rice instead of pasta.

Bachman, the diabetes educator, said the group is very interactive and selects topics for the meetings. Members bring their own recipes and ask how to modify them to make them healthy. Each session ends with a healthy snack, and there is time to visit and get to know one another, too.

“It’s a really fun group to talk to,” Bachman said, “because they are so eager to learn.”

WellSpan also has provided a $20,000 grant to fund prescriptions, educational materials, bus passes and other materials related to the program.

The owner of La Placita restaurant, where the diabetes group meets, is Guadalupe Barba, a community activist who also runs Juntos de Lebanon, a cultural and educational organization.

A native of Mexico, Guadalupe has a personal connection to the work of the diabetes support group. Her father died from the disease, after losing both his vision and his legs to the ravages of unchecked diabetes.

“I know how important it is that the people take care of their illness,” Guadalupe said. “WellSpan tries to work in a way that is more friendly and has more diversity, and it’s good for the community.”

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.
Health and Wellness Programs
Lebanon County

Family Programs

Breastfeeding and Returning to Work or School
Wednesday, November 28 • 7 p.m.
This class is for moms who plan to go back to work or school and would like to continue providing breast milk for their babies. Topics include feeding options, choosing a breast pump, pumping and storing breast milk, introducing the bottle, protecting the breastfeeding relationship and milk supply and making the transition as easy as possible. Quiet babies are always welcome.
Cost: $20 (All classes are FREE for patients who will be giving birth at WellSpan Good Samaritan Hospital.)
Location: WellSpan Good Samaritan Hospital, Classroom No. 3, 4th and Walnut Sts., Lebanon
Registration is required. Please call 717-270-2320.

Prepared Childbirth Series
Wednesdays, October 24—November 14 and December 5—19 • 7 p.m.
This series will help you understand the stages of labor. Participants will learn about options for pain relief and anesthesia, C-section delivery, personal health after giving birth, baby care basics and a tour of New Beginning Birth Suites.
Cost: $60 (All classes are FREE for patients who will be giving birth at WellSpan Good Samaritan Hospital.)
Location: WellSpan Good Samaritan Hospital, Classroom No. 2, 4th and Walnut Sts., Lebanon
Registration is required. Please call 717-270-2320.

Breastfeeding Basics
Wednesday, November 21 • 7 p.m.
This class covers the benefits of breastfeeding for mom and baby and techniques and positions to help you get breastfeeding off to a good start. Participants will also learn how to overcome common challenges in the first days and weeks of breastfeeding.
Cost: $20 (All classes are FREE for patients who will be giving birth at WellSpan Good Samaritan Hospital.)
Location: WellSpan Good Samaritan Hospital, Classroom No. 3, 4th and Walnut Sts., Lebanon
Registration is required. Please call 717-270-2320.

Car Seat Safety Inspections
Our certified staff is available to inspect your car seat during your stay before you take your baby home from the hospital. They will check to make sure that your car seat is installed correctly and will teach you how to use and install your car seat on your own.
WellSpan Good Samaritan Hospital employees will coordinate this service directly with the mother/family during their postpartum stay at the hospital.

For a complete list of events, visit WellSpan.org/Events.
Other Family Health Programs
• Trial of Labor After Cesarean (TOLAC) & Vaginal Birth After Cesarean (VBAC)
• Preparing for a Planned C-Section
• Sibling Class
Please call 717-270-2320 for more information about these classes.

CPR and First Aid Training
WellSpan Good Samaritan Hospital provides American Heart Association CPR and First Aid training for the community. Classroom and online options are available. For information/registration contact the Educational Services Department of WellSpan Good Samaritan Hospital at 717-270-7759.

Support Groups
Breast Cancer Support Group
Wednesdays, November 28 and December 19 • 6–7:30 p.m.
This group is open to anyone who is a patient and survivor of breast cancer. The purpose of this group is to provide emotional support and encouragement to one another.
Location: Sechler Family Cancer Center, Multipurpose Room, 844 Tuck St., Lebanon
Registration is not required.
For more information, please contact the Sechler Family Cancer Center Social Services Team at 717-639-3917.

Women & Heart Disease Support Group
Thursday, November 15 • 6–7:30 p.m.
Topic: “Heart and Brains—What Can You Do to Decrease Your Stroke Risk”
Location: Linden Village, Community Center Great Room, 100 Tuck Ct., Lebanon
Thursday, December 20 • 6–7:30 p.m.
Topic: TBD
Location: Lebanon Valley Family Medicine, Conference Room, 1400 S. Forge Road, Palmyra
For more information, please contact Stephanie Andreozzi, DPT, MBA at 717-270-7785.

Journey Through Grief: Hospice Bereavement Support Group
Thursdays, November 15 and December 20 • 6:30–7:30 p.m.
Thursdays, November 1 and December 6 • 10–11 a.m.
Mondays, November 5 and December 3 • 1–2:30 p.m.
Bereavement Support Group is open to the community and is for adults grieving the loss of a loved one. The groups offered are informal grief share groups and do not follow a structured curriculum.
Location: Weaber Family Hospice Center, 202 Hathaway Park, Lebanon
Registration is required 24 hours in advance. If you do not register, there may not be a group. Please call 717-270-4861.

General Cancer Support Group
Tuesday, December 4 • 5:30–6:30 p.m.
This group is open to anyone who is a survivor of cancer and their caregivers. The purpose of this group is to provide emotional support and encouragement to one another.
Location: Sechler Family Cancer Center, Multipurpose Room, 844 Tuck St., Lebanon
Registration is not required.
For more information, please contact the Sechler Family Cancer Center Social Services Team at 717-639-3917.

Diabetes Support Group
Thursday, December 6 • 6–7 p.m.
Diabetes Support Group meetings provide encouragement in an aspect of Living Well with Diabetes by presenting relevant topics and providing an opportunity to ask questions and learn from each other.
Location: WellSpan Dixon Foundation Health Center, Third Floor Conference Room, 4th and Willow Sts., Lebanon
Registration is required. Please call 717-270-7927.

Taking Care of Yourself
November Nocturn
Saturday, November 3 (Rain date November 10) • 6:30 p.m.
Location: Clarence Schock Memorial Park, 3283 Pinch Road, Lebanon
With fall comes cooler temps, fall foliage and a wonderful time to explore the great outdoors. Join us for an evening hike to the tower accompanied by a guided tour from the tower, nature talks, a campfire and light refreshments. Tickets are $3/person or $10/family. Dress for outdoor activities.
Call 717-964-3808 to register or stop by the nature center.

A Healthy You
Wednesdays, January 9, 16, 23, 30 and February 27 • 6–8 p.m.
Location: Lebanon YMCA, Second Floor Youth Conference Room, 201 N. 7th St., Lebanon
Jump start your wellness plan with this five-session series for adults who want to lose weight, eat healthy and be active.
Registration is required. Please call 717-270-7764.
Cost: $15

Farm-to-Table: Love Your Heart Series
Thursdays, February 7 and 21 • 6–7 p.m.
Location: Lebanon Farmers Market, 35 S. 8th St., Lebanon
Chef Scott Snyder, WSGSH & Chef Marc Achenbach, The Foundry
Healthy food doesn’t need to be boring and bland. Learn how to prepare heart-healthy meals that are nutritious and delicious with local chefs.
Registration is required. Please call 717-270-7764.
Mental Health First Aid
Thursday, November 15 • 8 a.m.–5 p.m.
Location: WellSpan Philhaven, Grace M. Pollock
Training & Community Center, 283 S. Butler Road,
Mount Gretna

Mental Health First Aid helps you assist someone experiencing a mental health-related problem or crisis, even if you have no clinical training. In this 8-hour course, you will learn to identify, understand and respond to signs of mental illness and substance use. The adult course is appropriate for anyone age 16 and older who wants to learn how to help a person who may be experiencing a mental health-related crisis. Topics include anxiety, depression, psychosis, suicide and substance use.

Participants who successfully complete the course will receive a nationally recognized certification.

This workshop is designed for every member of the community. It will be especially beneficial for social service agency personnel, school and college teachers, physicians, nurses, hospital staff, veterans affairs staff, law enforcement personnel, first responders, church personnel, parents and family members.

Cost: Free

For more information or to register, contact Jayne L. Miller at jmiller80@wellspan.org or 717-273-8871, ext. 2248.

Surgery for Weight Loss
Thursday, December 20 • 6 p.m.
Location: WellSpan Good Samaritan Hospital, 4th and Walnut Sts., Lebanon

If you have a serious health condition such as diabetes, high blood pressure or sleep apnea, are 50 pounds or more overweight and have repeatedly tried dieting and exercise with no lasting success, bariatric surgery may be for you. In addition to surgical options, we offer the Reshape Intragastric Balloon, a nonsurgical procedure for weight loss.

Free event.

Registration is required. Please call 717-721-8795.

QPR Suicide Prevention Training
Saturday, November 17 • 9 a.m.–noon
Location: WellSpan Philhaven, Grace M. Pollock
Training & Community Center, 283 S. Butler Road,
Mount Gretna

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Those completing the course will receive a certificate. The course focuses on training individuals to be Gatekeepers—someone able to recognize a crisis and the warning signs that someone may be contemplating suicide.

Cost: Free

For more information or to register, contact Jayne L. Miller at jmiller80@wellspan.org or 717-273-8871, ext. 2248.

Diabetes Self-Management Education Classes
Mondays, November 26–December 17 • 6–8 p.m.
Location: WellSpan Dixon Foundation Health Center,
30 N. 4th St., Third Floor Conference Room, Lebanon

Wednesdays, November 7–December 5 • 6–8 p.m.
Location: WellSpan Family Medicine–West Cornwall,
101 Fairview Circle, Lebanon

Classes to help patients learn to better manage their diabetes. Individuals attending class will learn about glucometer use, how to respond to high/low glucose levels, healthy eating and other ways to live well with diabetes.

Cost: If you have any diabetes benefit coverage questions, please contact your insurance company (The billing code for the classes is G0109).

Registration is required. Please call 717-270-7927.

For a complete list of events, visit WellSpan.org/Events.
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 Medicine - ELCO
6 Perri Ave., Myerstown, PA • (717) 949-6581

WellSpan Family Medicine - Norman Drive
720 Norman Dr., Lebanon, PA • (717) 639-3230

WellSpan Family Medicine - N. Fourth Street
30 North 4th St., Lebanon, PA • (717) 274-0474

WellSpan Family Medicine - West Cornwall
101 Fairview Circle, Lebanon, PA • (717) 279-7303

WellSpan Internal Medicine – Lebanon
717 S. 8th St., Lebanon, PA • (717) 274-6657

WellSpan Pediatric Medicine - Cornwall Road
618 Cornwall Rd., Bldg 2, Lebanon, PA • (717) 279-6700

WellSpan Pediatric Medicine - Tuck Street
850 Tuck St., Lebanon, PA • (717) 273-5803