Welcome
Roxanna Gapstur
New WellSpan President & CEO Meets Community

Need Health Care?
At WellSpan, It’s Easy

Take Control of Allergies
Find Relief This Spring

plus:
WellSpan Opens Health & Surgery Center in Hanover

Health and Wellness Programs in York County
see page 9

WellSpan York Hospital • WellSpan Surgery & Rehabilitation Hospital • WellSpan Medical Group • WellSpan Ephrata Community Hospital
WellSpan Gettysburg Hospital • WellSpan Good Samaritan Hospital • WellSpan Philhaven • WellSpan VNA Home Care
Chambersburg Hospital • Waynesboro Hospital • Summit Physician Services
New WellSpan President and CEO Meets the Communities of Central Pennsylvania

In January, WellSpan welcomed Roxanna L. Gapstur, PhD, RN, as its new president and chief executive officer.

Since her arrival, Dr. Gapstur has traveled the five counties that WellSpan serves, meeting with and listening to staff, patients, partners and community members.

“In WellSpan, I have been taken by a proud, yet humble culture, where teamwork, respect and concern for patients and community are woven into the fabric of the organization,” Dr. Gapstur said. “And, I’ve observed an unmistakable passion for collaboration—with individuals and organizations whose talents, skills and perspectives contribute to the health of the entire community.”

A native of Minnesota, Dr. Gapstur most recently served as president of Methodist Hospital and senior vice president of HealthPartners, a $7.2 billion, Minnesota-based integrated health plan and care delivery organization that includes eight hospitals, 1,800 employed physicians and more than 100 care locations. Her previous positions at HealthPartners have included Chief Operating Officer, Methodist Hospital, and Vice President, Patient Care Services/Chief Nursing Officer, Park Nicollet.

“I am aware of the positive relationships that WellSpan has enjoyed with the members of its communities,” Dr. Gapstur said, “and I am committed to doing everything I can to ensure that we continue to build a system of care on which they, their families and their friends may rely for generations to come.”

Dr. Gapstur holds a bachelor’s degree in nursing from the College of St. Catherine, St. Paul, Minn.; a master’s degree in nursing from the University of Minnesota; and a doctorate in nursing from the University of Minnesota.

To learn more about Dr. Gapstur, in her own words, visit WellSpan.org to watch her short introduction video.
WellPaired
Summit Health joins WellSpan Health

WellSpan Health and Summit Health—longtime neighbors and partners in community health—made their relationship formal last fall, as Franklin County-based Summit officially became part of WellSpan. Together, the combined organization will strengthen access to services and care that individuals require across their lifespan. The affiliation between the two organizations builds upon Summit Health’s strong reputation as a provider of high-quality, local clinical care and a trusted community partner. WellSpan Health now spans more than five counties across south central Pennsylvania and is the largest, most comprehensive health system in the region.

WellSpan Health today:

More than 19,000 employees

Approximately 1,500 primary care and specialty care physicians and advanced practice clinicians

More than 170 care locations with services

A regional behavioral health care organization:
WellSpan Philhaven

A regional home care organization:
WellSpan VNA Home Care

Eight respected hospitals:
• Chambersburg Hospital
• Waynesboro Hospital
• WellSpan Ephrata Community Hospital
• WellSpan Gettysburg Hospital
• WellSpan Good Samaritan Hospital
• WellSpan Surgery & Rehabilitation Hospital
• WellSpan York Hospital
• WellSpan Philhaven

$246 million in combined community benefit

Don’t miss our next issue! Go to WellSpan.org/BeingWELL to subscribe.
‘Watching Over Me’: New Watchman Device Keeps Stroke Risk at Bay for York Woman

When 67-year-old Virginia Wood (Ginny), of York, went in for a routine medical test, she couldn’t have predicted that she would later end up at WellSpan York Hospital getting a stroke-preventing device implanted in her heart. But at that physician visit, she learned that her heart was in atrial fibrillation (A-fib), a condition that can cause blood to pool in the heart, forming blood clots that can lead to stroke. In fact, A-fib increases the risk for stroke fivefold.

Historically, only blood thinners like non-vitamin K oral anticoagulants (this is now the recommended type of blood thinner for A-fib) have been shown to reduce the risk for stroke. Ginny developed an adverse reaction to blood thinners, so she and her medical team needed to find a new treatment plan.

“Without blood thinners, I was concerned it was only a matter of time until I had a stroke,” Ginny recalled.

Treatment Solution
Ginny was referred to Brian Schuler, MD, WellSpan cardiologist and electrophysiologist. Dr. Schuler explained that Ginny was an excellent candidate for an alternative treatment called the Watchman™, an implanted device that greatly reduces the risk for stroke in patients with A-fib who are unable to take blood thinners.

The Watchman works by sealing off the heart’s left atrial appendage—a small sac where most strokes originate in people with A-fib. When this is sealed, blood is no longer able to pool in the appendage, so clots cannot form.

“WellSpan York Hospital is a leader in interventional procedures that reduce stroke risk in patients with A-fib,” said Dr. Schuler. “We were the first in the region to offer the implanted device and have performed more cases than any other facility in the area. We are also actively involved in clinical trials to further the study of other treatment options.”

Multidisciplinary Excellence
WellSpan York Hospital’s team of experts, including cardiologists, electrophysiologists and interventional cardiologists, work together to implant the Watchman. Using advanced imaging, they guide the device through a vein in the groin to the heart, where it is deployed like a parachute to seal the appendage’s opening.

Ginny underwent the procedure at WellSpan York Hospital with Dr. Schuler and his team. After just one night in the hospital, she went home with no pain or limitations.

Today, one year after the procedure, the device is still securely in place. And although Ginny’s heart still occasionally goes into A-fib, she no longer worries about a stroke.

With her adverse reaction to blood thinners, Ginny Wood finds comfort with an alternative treatment: an implanted Watchman™ device.

“I had so much confidence in Dr. Schuler. He’s a pioneer in the field, and I’m so relieved to have been offered this treatment option,” said Ginny. “I feel like the Watchman is watching over me.”

Learn More
Visit WellSpan.org/StructuralHeart or call 717-812-3617 to learn more about Watchman and our structural heart program.
Managing your health care can be a challenge, with so many other important things competing for your time and attention. That’s why WellSpan Health is making it easy to get the care you need, when and where you’d like it.

**WellSpan Urgent Care**
Walk in to get the care you need today. WellSpan offers a number of walk-in options for when you need care today, but your regular primary care provider is unable to see you.
- No appointments are required—just walk in.
- You can reserve your spot online for quicker care when you arrive at the location.
- Most locations are open seven days a week from 8 a.m. to 8 p.m.
- WellSpan Urgent Care treats patients aged 3 months and older. WellSpan CareExpress treats patients ages 18 months and older.
- Most health plans are accepted.

Go to [WellSpan.org/UrgentCare](http://WellSpan.org/UrgentCare) or download the app to get started.

**Easy Appointment Scheduling**
Here are the steps you need to take to make a health care appointment:
1. Go to [WellSpan.org/Appointment](http://WellSpan.org/Appointment).
2. Choose a physician.
3. Choose an appointment time.

No account is needed. It really is that easy.

**Manage Your Health Online**
MyWellSpan, WellSpan Health’s patient portal, brings all your health information together in one place.

After you create an account at [MyWellSpan.org](http://MyWellSpan.org), you will be able to:
- Sign up for immediate access to your medical records and test results.
- View or schedule upcoming health care appointments.
- Send a message to your physician or request a prescription refill.
- Preregister for a medical test or procedure.
- View and pay your bills.
- Electronically check in and sign documents before your appointments.
- Add your name to the wait list to be notified automatically if an earlier appointment becomes available.
- Coordinate the care of your whole family.

Visit [WellSpan.org/Easy](http://WellSpan.org/Easy) to learn about all the ways that WellSpan makes getting care easy.
As the saying goes: April showers bring May flowers. And as those flowers bloom, the sneezing and wheezing can take many by storm. Some believe allergies hit hard in the spring because people spend more time outdoors, but just as many people struggle year-round.

WellSpan Health has primary care physicians and specialists, like family medicine physician Christina Doll, MD, who can help you understand and find relief from your allergies.

Q: What are the most common symptoms associated with allergies? How can a patient tell the difference between allergy symptoms and a common cold?
A: “Allergies can cause a variety of symptoms, including nasal congestion, runny nose and sneezing, as well as itching of the eyes, nose, ears and mouth. Postnasal drip, cough and fatigue are also common allergy symptoms. Distinguishing between allergies and the common cold can be a challenge because many of the symptoms overlap. Typically, colds are associated with the sudden onset of nasal congestion, runny nose and sore throat. Colds can also cause fevers, headaches, and pressure in the face and ears. Colds last anywhere from three to 14 days, while allergy symptoms often linger for weeks and can recur seasonally or upon re-exposure to allergens.”

Q: Is there anything a patient can do to prevent allergy symptoms before they start?
A: “If a patient can anticipate an upcoming allergen exposure, taking an oral antihistamine several hours prior to the exposure can help prevent and minimize symptoms. As an example, if you have a cat allergy and plan on visiting a friend with cats, I’d recommend taking an oral antihistamine. Some examples of oral antihistamines include cetirizine, loratadine and fexofenadine. Glucocorticoid nasal sprays, such as fluticasone or mometasone, can also be used prior to an expected allergen exposure to reduce symptoms. These sprays are most effective if started two days prior to the exposure and continued for two days after the exposure has ended.”

Q: What medicines are most effective at treating allergy symptoms once they start?
A: “Once allergy symptoms begin, the approach to treatment is based on the frequency and severity of symptoms. For mild or episodic symptoms, oral antihistamines, glucocorticoid nasal sprays or antihistamine nasal sprays—such as azelastine and olopatadine—can be used on an as-needed basis. For severe or persistent symptoms, we generally recommend starting with daily use of a glucocorticoid nasal spray. These sprays have been shown to be the single most effective therapy for moderate/severe and persistent allergies and cause few side effects when used appropriately.”

Q: What are the next steps for severe allergies that won’t go away?
A: “If a patient has persistent symptoms despite daily use of a glucocorticoid nasal spray, a second medication may be needed. Options include oral antihistamines, antihistamine nasal sprays and decongestants. Patients who do not improve after the addition of a second agent may warrant referral to an allergist/immunologist for additional workup and treatment, which might include specific allergen testing (skin prick testing) and/or immunotherapy (allergy shots).”
WellSpan Continues to Expand Care Options in Greater Hanover Area

Highlighted by opening of 80,000 square feet WellSpan Health and Surgery Center

From urgent care to family medicine, cancer care to orthopedics. If you live in the Hanover area, WellSpan Health offers the care you need, where and when you need it—all close to home.

For nearly 140 years, WellSpan has been taking care of the greater Hanover area. In the past two years, WellSpan has strengthened its longstanding commitment by recruiting new physicians, investing in new services and programs and opening new, convenient care locations.

The latest of these is the WellSpan Health and Surgery Center at 1227 Baltimore St., which opened in March. The $52 million facility provides outpatient surgery, lab and imaging services, primary and advanced specialty care all under one roof—in a state-of-the-art building.

“We wanted to make life easier for patients by having so many of our WellSpan providers in one place,” said Karen Jones, MD, senior vice president, WellSpan Health, and president, WellSpan Medical Group. “A visit to the family doctor that then requires blood work and an x-ray may all be possible in one trip.

“Every day WellSpan is making it easier to get access to exceptional care in Hanover,” added Jones. “Our neighbors deserve to have these options available to them right around the corner.”

Comprehensive Care Close to Home

The WellSpan Health and Surgery Center joins the growing list of new and updated WellSpan facilities in the Hanover area. Here’s a timeline of recent openings and expansions in the community:

To schedule an appointment at any of these offices visit WellSpan.org/Schedule. Both new and current WellSpan patients can make online appointments 24 hours a day, 7 days a week.

Don’t miss our next issue! Go to WellSpan.org/BeingWELL to subscribe.
Why We Give:
York couple pays it forward for parents of WellSpan’s tiniest patients

Laura and Ben Gilkey, of York, were planning to celebrate July Fourth weekend with a visit to Gettysburg. Just a couple of weeks earlier, they hosted a gender-reveal party to let their family and friends know the exciting news that they were expecting twin boys in October.

At the time, they had no idea their newborn sons would require expert neonatal care at WellSpan York Hospital’s Level 3 Neonatal Intensive Care Unit (NICU).

Laura was active and healthy and was receiving excellent prenatal care. So, when her water broke right before their planned hike, she was more than surprised. “I knew we needed to get to a hospital right away,” Laura recalled.

Ben and Laura went to the emergency department at WellSpan Gettysburg Hospital and received prompt and excellent care. Once Laura was stabilized, she was transported to WellSpan York Hospital, in anticipation of the around-the-clock care her sons would require in the hospital’s recently expanded NICU.

The skilled nurses and physicians at WellSpan York Hospital were able to delay the babies’ births until July 28, giving them valuable time in the womb to more fully develop.

For 80 days following delivery, Ben and Laura spent as much time with their sons in the NICU as possible. But it wasn’t easy.

Like many parents of NICU babies, Ben and Laura felt the pangs of anxiety when they had to leave their newborn sons at the hospital. That’s why, when they found out about the Angel Eye project, they knew they had to support it.

The Angel Eye Camera System, which was launched at WellSpan York Hospital’s NICU in September, allows parents to view their babies anytime by logging into a secure website. Cameras on the bedside of every baby in the NICU enable parents to watch their children in real time 24/7.

One of the main goals of the system is to help families feel at ease.

“This technology wasn’t available when our babies were in the NICU. We knew the minute we heard about these cameras that being able to check in on your baby could bring much-needed comfort to parents going through an experience like we did,” said Ben. “We wanted to give back to acknowledge the truly exceptional treatment we received in the NICU, and donating to the Angel Eye project was a perfect way to do that.”

Today, the Gilkey twins are active and healthy, keeping Ben and Laura on their toes.

“Someday we’ll tell them about the July Fourth hike that never was and how they made their early entrance into the world. And, we’ll take them back to see the wonderful caregivers at WellSpan who helped them become the healthy little guys they are today. But, for now, we are eternally grateful for the care we received, and we’re taking it one day at a time,” said Ben and Laura.

Thanks to the Angel Eye Camera System, parents like the Gilkeys are able to view their babies in the NICU at WellSpan York Hospital in real time 24/7. Visit WellSpan.org/YHF to learn more about the Angel Eye project and other fundraising priorities at WellSpan York Hospital.

How You Can Give, Too
Gifts to the WellSpan York Health Foundation help local patients and families like the Gilkeys who are courageously battling illnesses and unexpected, life-altering medical conditions, including premature births.

To learn more about the foundation and how you or your business can help support these important efforts, contact Matthew Lane at 717-851-3595 or philanthropy@wellspan.org.
Family Programs

**Family and Friends CPR**
**Thursday, July 11 • 6–8 p.m.**
This course includes adult, child and infant CPR and choking management.
Location: WellSpan Health Human Resources Center, 1135 Edgar St., Suite 101, Room 1145
Cost: $10 registration fee to reserve your spot; your check is returned when you attend the course
Online registration is required; please call 717-851-2660 for instructions.

**Heartsaver CPR & AED for Adult/Child/Infant CPR**
**Friday, June 7 • 8 a.m.–12:30 p.m.**
Heartsaver CPR & AED for Adult/Child/Infant CPR teaches the basic techniques of adult/child/infant CPR and the use of an AED.
Location: WellSpan Health Human Resources Center, 1135 Edgar St., Suite 101, Room 1145
Cost: $60; includes textbook and cost of eCard processed after course completion
Online registration is required; please call 717-851-2660 for instructions.

**Super Siblings!**
**Saturdays, May 18 and July 27**
Super Siblings 1 (for ages 3 to 7) • 9:30–10:30 a.m.
Super Siblings 2 (for ages 8 to 12) • 11 a.m.—noon
Super Siblings will provide age-appropriate information concerning newborns and discuss feelings about the arrival of a new baby to help make your child even more excited about the birth of his or her new sibling.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $15 per child
Register at WellSpan.org or call 717-851-2241.

**Safe Sitter® Course**
**Mondays, June 24 and July 15 • 9 a.m.—4:15 p.m.**
This program teaches boys and girls, ages 11 to 13, how to handle emergencies when caring for children. Participants will learn infant and child CPR as well as techniques to relieve choking.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $65 per student
Register at WellSpan.org or call 717-851-2241.

**Breastfeeding Support Group**
**Mondays, May 13, June 10, June 24, July 8, July 22, August 12 and August 26 • 10–11 a.m.**
**Thursdays, May 2, June 6 and August 1 • 6:30–7:30 p.m.**
This support group provides the opportunity for moms to come together as a group. You will have the opportunity to ask questions and talk with an international board certified lactation consultant as well as with other breastfeeding moms.
Whether you are just beginning your breastfeeding journey, are an accomplished breastfeeding mom, or provide your baby with breastmilk by pumping, we would love for you to be part of this group.
No matter where you delivered your baby, all moms are welcome. You are also welcome to bring your breastfeeding infant/toddler.
We kindly ask that dads or other support persons not come along, as these groups are meant for moms. We want you to feel comfortable bringing up topics that are sometimes more private in nature.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: Free
Registration is not necessary. If you would like more information, please contact Wendy McDowell at wmcowell@wellspan.org or 717-851-4305.

**Happiest Baby on the Block**
**Monday, July 22 • 6:30–9 p.m.**
Dr. Harvey Karp’s world-famous program, Happiest Baby on the Block, teaches parents, grandparents and caregivers the five Ss, which help caregivers to soothe babies’ crying in minutes, promote bonding, improve breastfeeding success and even help babies to sleep an extra one to two hours at night.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $30 per family; each family will receive the Happiest Baby on the Block parent kit (includes DVD and CD)
Register at WellSpan.org or call 717-851-2241.

For a complete list of events, visit WellSpan.org/Events.
**Toddler Time**

Mondays, May 6, June 3, July 1 and August 5 • 6:30–7:30 p.m.

Once your baby has reached age 1, you are both welcome to graduate to Toddler Time. This monthly group continues to explore the challenges and changes moms face as their babies approach age 3.

All moms with children from ages 1 to 3 are welcome. Please feel free to bring your toddler; however, childcare for older siblings is not provided.

Each month, we will focus on a topic reflecting the questions, concerns and interests of our participants. We often welcome guest speakers who provide their own unique expertise and invite questions from our participants.

**Location:** Childbirth & Family Education, 2017 Springwood Road

**Cost:** Free

Registration is not necessary. If you would like more information, please contact Wendy McDowell at wmcdowell@wellspan.org or 717-851-4305.

**Mommy Talk**

Mondays, May 20, June 17, July 15 and August 19 • 6:30–7:30 p.m.

New motherhood and the pressures of daily life often bring about many challenges. Not only are you learning your new role as a parent, but you are also adjusting to your changing body, relationship with your partner, daily schedule and more.

Mommy Talk is a monthly group designed to connect new moms with useful information in an environment that allows for social interaction and sharing.

All moms with children up to age 1 are welcome. Please feel free to bring your baby; however, childcare for older siblings is not provided.

Each month, we will focus on a topic reflecting the questions, concerns and interests of our participants. We often welcome guest speakers who provide their own unique expertise and invite questions from our participants.

**Location:** Childbirth & Family Education, 2017 Springwood Road

**Cost:** Free

Registration is not necessary. If you would like more information, please contact Wendy McDowell at wmcdowell@wellspan.org or 717-851-4305.

**Adjusting to Motherhood Support Group**

Mondays, May 13, June 10, July 8 and August 12 • 6:30–7:30 p.m.

This monthly group is designed to provide new moms with encouragement and helpful information in an environment that allows for social interaction and sharing.

The baby blues are common and up to 20% of new moms find themselves struggling with Postpartum Depression (PPD). If you are feeling overwhelmed, teary, anxious, irritable or depressed, it’s important for you to know that you are not alone.

Please feel free to bring your baby-in-arms; however, childcare for older children is not provided. Dads and other support persons are asked to not come along. We want you to feel comfortable to talk freely about topics that may be personal in nature.

**Location:** Childbirth & Family Education, 2017 Springwood Road

**Cost:** Free

Registration is not necessary. If you would like more information, please contact Wendy McDowell at wmcdowell@wellspan.org or 717-851-4305.

**Breastfeeding for the Working Mom**

Tuesdays, May 21 and July 23 • 6:30–9 p.m.

This class will discuss pumping, schedules, milk storage, cleaning, troubleshooting and will provide many tips and tricks to help maintain breastmilk supply while away from your baby.

**Location:** WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)

**Cost:** $20 per couple

Register at WellSpan.org or call 717-851-2241.

**Grandparent Class**

Monday, May 13 • 6:30–8:30 p.m.

Celebrate the special bond between grandparent and grandchild. Learn about what has changed in childbirth and safety of the newborn. Some topics covered include safe sleep, choking hazards and role of the grandparent. We will also review and practice infant CPR and choking management skills.

**Location:** WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road

**Cost:** $10 per person

Registration required; please call 717-851-2241.

**Safe at Home® Course**

Monday, June 10 • 6–7:30 p.m.

The Safe at Home® program is designed to be a 90-minute program for students in grades 4-6, facilitated by a Safe Sitter Instructor. The program provides students with important safety training that will help students be prepared to stay home alone. This program will help students learn about how to practice safe habits, how to handle common household emergencies and who should treat illnesses and emergencies.

**Location:** WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)

**Cost:** $20 per student

Register at WellSpan.org or call 717-851-2241.

**Neonatal Abstinence Syndrome: Helping You Care for Your Little Loved One**

Monday, June 3 • 6:30–9 p.m.

Neonatal Abstinence Syndrome (NAS) is a collection of symptoms that babies may have from exposure to drugs or medications during pregnancy. This class will focus on what to expect after delivery, the monitoring process for NAS and specific care measures to empower the care provider in the successful development and growth of the infant.

**Location:** WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)

**Cost:** $15 per couple

Register at WellSpan.org or call 717-851-2241.
A Healthy Us: Mom and Baby
Tuesdays, June 4, 11, 18, 25, July 2, 9, 16 and 23 • 6–7:30 p.m.
This eight-week series will focus on promoting healthy choices for moms in the postpartum period. Each class will focus on nutrition, quick family recipes and exercises that can be easily done with the infant to promote bonding. This is intended for postpartum mothers who have been cleared by their OB-GYNs to resume exercise with babies in the 6-week to 9-month age range.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $15 per person
Register at Wellspan.org or call 717-851-2241.

Preeclampsia Postpartum Follow-Up Program
This free screening program provides women with information to improve their overall health and the health of future pregnancies by focusing on heart-healthy lifestyle changes including diet, exercise and the appropriate cardiovascular follow-up.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
For an appointment, please call 717-851-2241 or email childbirthedu@wellspan.org.

WellSpan York Hospital Childbirth & Family Education Class Offerings
Educators provide women and their families with up-to-date information and support. The following classes and tours are available: Prepared Childbirth Series, Condensed Childbirth Class, Baby Care Class, Breastfeeding Class, Planned Cesarean Series or Class only, Refresher Class, Mother-Infant Center Tour, Safe Baby & Infant CPR Basics Class, Grandparents Class, Super Siblings Classes.
Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)

Safe Kids Inspection Station
Using a child safety seat correctly could save your child’s life. Certified child passenger safety specialists are available to assist you in the correct installation and use of your child’s car seat.
Cost: Free
Register by calling Safe Kids at 888-232-SAFE (7233).

Taking Care of Yourself

Heart Healthy Express
Tuesdays, June 18 and July 16 • 5:30–7:30 p.m.
This class will feature an update on the role of nutrition and heart disease, the American Heart Association’s dietary guidelines, label reading and tips for making healthy choices.
Location: Apple Hill Medical Center, Suite 193, 25 Monument Road
Cost: Free
Register by calling 717-741-8280 or 717-741-8015.

Tobacco Cessation 101
Wednesday, May 15 • 9–11 a.m.
Monday, July 15 • 11:30–1:30 p.m.
For those who want to quit on their own, this two-hour program provides individuals with the necessary tools to quit smoking on a self-guided path. One-on-one consultations are also available upon request.
Location: WellSpan Community Health & Wellness, 605 S. George St., Suite 160
Cost: Free
Register at Wellspan.org or call 717-851-3500.

Diabetes Support Group
Thursday, May 9 • 7–8 p.m. and Wednesday, June 5 • 10–11 a.m.
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 Endocrinology, 292 St. Charles Way
Cost: Free
No registration is required. For more information call 717-851-6231.

Heart Failure Support Group
Tuesdays, May 14 and July 9 • 4–5:30 p.m.
Bring your heart failure “care buddy” who helps you manage your condition and join Dr. Michael Vranian, advanced heart failure cardiologist, for open discussions about heart failure. We review heart failure self-management and discuss the challenges with your condition. We also welcome your success stories!
Location: Apple Hill Med Center, Suite #188, 25 Monument Road
Cost: Free
Registration required; please call 717-851-6000.
Space is limited, so register today!

Health Talks/Classes

Walk’n’Talk with a WellSpan Doc
Tuesday, May 21 • 6–7 p.m.
Location: Dunedin Park, 290 Hanover Road
Thursday, June 20 • 6–7 p.m.
Location: York Township Park, 25 Oak St.
Wednesday, July 24 • 6–7 p.m.
Location: Heritage Rail Trail at Brillhart Station, Brillhart Station Road
Exercise is healing to the mind and body.
Dr. Barclay with WellSpan Cardiology wants to facilitate your wellness journey by joining you for a fitness walk. Take advantage of this unique opportunity to gain inspiration as you walk and talk about your heart-related questions.
Speaker: Peter Barclay, MD
Cost: Free
Register by calling Lisa Gemmill at 717-741-8267.

Surgery for Weight Loss
Mondays, May 20, June 17, July 15 and August 19 • 6 p.m.
Wednesdays, May 8, June 12, July 10 and August 14 • 2 p.m.
Thursdays, May 9, June 20, July 11 and August 15 • 6 p.m.
This free seminar provides an overview of the WellSpan Bariatric Surgery program including preoperative education and surgical procedures. We now offer our info session online. Visit WellSpan.org/Bariatrics to view our video and take the next step.
Location: Apple Hill Medical Center, Conference Room 193, 25 Monument Drive, York
Registration is required; please call 717-851-7575.

For a complete list of events, visit WellSpan.org/Events.
Discover the Benefits of Bariatric Surgery

- Are you 50 pounds or more overweight? Is your BMI greater than 35?
- Do you also have a serious health condition such as diabetes, high blood pressure, osteoarthritis or sleep apnea?
- Have you tried dieting and exercise with no lasting success?

If you answered “yes” to these questions, WellSpan’s bariatric program may be a good option for you.