Advanced Specialty Care for Babies
Expanded NICU Helps the Tiniest Patients

Healthy and Happy
York County Man Experiences Life-Changing Weight Loss

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

plus:
Regular Mammograms Can Save Lives
Maria Angelica Arafiles-Reif can’t help but smile. The Red Lion mother’s eyes are fixed on her newborn son, Franky, beaming with pride and joy. She reaches to hold her son’s hand through a port in his incubator, her eyes focusing on the tubes and wires needed to support his care.

Little Franky is among the first newborn patients in WellSpan York Hospital’s recently expanded Level 3 neonatal intensive care unit (NICU).

“My husband and I take it just one day at a time,” she said. “But we know Franky is in very good hands.”

A State-of-the-Art, Calm and Caring Environment

Outstanding care is now available to more children like Franky, now that the NICU has been expanded.

The newly renovated space increases York County’s only Level 3 NICU by six beds, bringing the total bed count to 44—more than any other hospital in south central Pennsylvania.

WellSpan York Hospital’s $1.6 million NICU expansion features new, state-of-the-art equipment for more advanced medical and surgical care. It also offers a more private, comfortable setting—

including noise-reducing floors—to foster a calmer and quieter care environment for patients and their families.

“It is a really nice space for babies and their families,” Maria said.

As a Level 3 NICU, the hospital offers round-the-clock, comprehensive specialty care for very small or very sick babies. These children are treated in the unit for various, sometimes life-threatening, conditions—including low birth weight, respiratory problems, infections, prematurity and problems experienced during the birth process.

A dedicated staff of specially trained nurses and neonatologists provide this care to approximately 450 newborns a year, all working toward the same goal.

The goal for parents like Maria? To hold their baby—without all those tubes and wires.

“The big victory is bringing him home,” she said.
A Dramatic Transformation

Hanover-area man loses 100 pounds through medical weight management, surgery program

Pain and discomfort were weighing Ben Austin down. Acid reflux was an endless concern; his knees ached. “Carrying an extra 80 to 100 pounds around your knees hurt ... even when sitting down,” he recalled.

Standing wasn’t any easier for the Hanover-area father and HVAC worker, with personal and professional demands that require physical mobility.

After inspiration from his wife, Ben was ready to make a life-changing move.

“I wanted to see what I can do to be healthier and make an overall change,” he said.

That resolve brought him to WellSpan Bariatric Surgery in York—locally recognized for providing comprehensive weight management and surgery services for patients seeking to lose weight and live healthier lives.

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

He said he’s proud of WellSpan York Hospital’s distinction as an accredited Center of Excellence by the American Society for Metabolic and Bariatric Surgery. But, he said, it’s the dramatic improvement he sees in his patients that makes him most proud.

“It is an emotional high to see people conquer something that has been such a negative part of their lives,” said Dr. Monk.

Count Ben as one of those powerful patient stories.

It was in late 2016 when he underwent laparoscopic gastric bypass surgery at WellSpan York Hospital. It was a major milestone in his journey that began six months earlier and included a regimen of healthy eating, educational programs and support—all with the guidance of WellSpan staff, who provide comprehensive support services to patients along their weight-loss journeys, every step of the way.

“It has been a great experience,” said Ben.

“I am maintaining about 100 pounds down, my knees don’t hurt, I don’t have regular issues with indigestion, I have a better outlook.

“I am not out running marathons or anything, but maybe one day ...”

Hanover-area resident Ben Austin is able to work without pain and live a healthier lifestyle thanks to bariatric surgery that helped him lose 100 pounds.

Is Weight-Loss Surgery Right for You?

Discover the health benefits of bariatric surgery. To learn more, call us at 717-851-7575 or visit us online at WellSpan.org/Bariatrics.
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 gynecologist Mary Keperling, DO, FACOG, answers your questions about this important test.

Q: What are the risks for breast cancer and how can I determine my risk?
A: “One of the most significant risks of developing breast cancer is having a first-degree relative with the disease, such as a mother, sister or grandmother. For the vast majority of women, however, a combination of many factors plays a part in raising the risk for breast cancer. Advancing age, having a higher body mass index after menopause and exposure to higher levels of estrogen can all increase the risk.

“To decrease your risk for breast cancer, take a healthy, balanced approach to life. Take care of yourself, watch your weight, don’t smoke and keep drinking in moderation. You can use WellSpan’s online breast cancer risk assessment to get an idea of your personal risk. Make sure you discuss the results with your doctor.”

Q: When should I start having mammograms?
A: “I follow the guidelines of the American College of Obstetricians and Gynecologists, which recommends that women with average risk for breast cancer have a mammogram screening every year or every other year beginning at age 40. After age 50, women should get screened each year. Talk with your doctor about your risk for breast cancer and ask when and how often you should be screened.”

Q: What is the difference between a regular mammogram and a 3-D mammogram?
A: “Both types use the same X-ray technology. However, 2-D mammography takes pictures only from the front and sides of the breast, while 3-D mammography takes images from an arc of different angles. As a result, 3-D mammography provides a more detailed view of the breast tissue, which has been shown to reduce false positives, resulting in fewer call-back appointments for additional screening.

“WellSpan is pleased to offer 3-D mammography in York County. Ask your doctor whether you would benefit from 3-D mammography.”

Q: What happens if I have an abnormal reading?
A: “The next steps after an abnormal reading are completely dependent on what the finding showed. In the majority of cases, the radiologist will request additional screening to further examine an area that is unclear. In some cases, the radiologist will recommend watching an area with more frequent screenings or taking a biopsy. Remember, mammography is a very sensitive screening test. We are finding cancers earlier than ever before. By evaluating everything closely, we work to make sure nothing is missed.”

Do You Know Your Breast Cancer Risk?
Find your personal risk for breast cancer. Visit WellSpan.org/BreastTest.

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

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

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

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

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

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

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

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

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

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

WellSpan is the first health system in south central Pennsylvania to offer the advanced therapy, which is implanted during an outpatient procedure at WellSpan York Hospital. Any person who has been diagnosed with obstructive sleep apnea may be a candidate for the therapy. Talk with your physician to learn more. Not all insurances cover this procedure; please contact your insurance provider to determine coverage.

Sleep Well
For more information on Inspire UAS therapy, visit inspireSleep.com.
Why I Give:

Personal journey leads to support of others facing breast cancer

Denise DelGrosso Gilliland wants you to think “pink.”

A breast cancer survivor since being diagnosed in 2009, Denise channels much of her energy and determination into helping others fight the disease through her Pink Power organization.

Pink Power is a 501(c)(3) whose mission is to bring women together for an annual event to raise money and awareness for breast cancer causes. This October, Pink Power’s second Girls Night Out brought together 300 women for a special night of entertainment, education and inspiration.

Proceeds from this year’s Girls Night Out will benefit four cancer causes in our community, including a new fund being established through the WellSpan York Health Foundation. The fund will cover medical expenses for York County breast cancer patients who qualify under the WellSpan Financial Assistance Policy.

“There are people with breast cancer who never see the light at the end of the tunnel,” Denise said. “It can be extremely frustrating when you think you can’t pay for the treatment you need, and I know these funds will help those patients.”

Denise said she was inspired to help others in their cancer fight after her own battle, but also because many in her family have been impacted by cancer over the past three decades. Five close relatives of Denise have fought breast cancer, beginning with her maternal grandmother, who was diagnosed in 1983.

After three paternal aunts and her father were diagnosed with breast cancer and each tested positive for the BRCA gene mutation, she and her family were proactively tested for the BRCA 2 gene. Denise’s positive gene mutation test in 2005 provided her with the knowledge of a strong likelihood of developing breast cancer, which was eventually diagnosed in 2009.

Ever since that diagnosis, she has been a champion for those who are on their own journey to beat cancer.

“I come from a family who always taught me to help others in need and to use my life as an opportunity to give back,” she said. “During my own breast cancer journey, I’ve met so many people who have inspired me with their stories and their efforts to support others.”

As founder and president of Pink Power, Denise Gilliland believes the organization’s impact will continue to grow each year. She added, “I am extremely grateful for the generosity and support of our community to make our mission possible. It is extremely rewarding knowing that together, we can make a difference.”

Gifts to the WellSpan York Health Foundation help local patients and families who are courageously battling chronic illnesses and unexpected, life-altering medical conditions, including cancer. 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.
Thanks to WellSpan trauma services staff, hundreds of central Pennsylvania residents now know how to stop life-threatening blood loss during an incident or disaster.

“Stop the Bleed” training is part of a nationwide campaign designed by the U.S. Department of Homeland Security to empower individuals to act quickly and save lives before medical professionals arrive.

Throughout the region, WellSpan trauma surgeons, nurses and other health care professionals now travel to schools, community centers and even state police barracks to teach this potentially lifesaving curriculum.

These techniques are ones that WellSpan instructors know best. Most are staff members at WellSpan York Hospital’s Level 1 Regional Resource Trauma Center—the only Level 1 trauma center in Adams, Franklin, Lancaster, Lebanon and York counties.

The training is part classroom instruction, part hands-on activities.

WellSpan staff teach trainees how to use a tourniquet to stop arm and leg blood loss. They also supply trauma manikins for participants to practice proper wound packing and pressure application to torso, groin or neck wounds.

The realistic nature of the training is often what stands out to participants, said Reda Willis, advanced clinical nurse.

“People are usually amazed at how deep trauma wounds are and how many bandages are needed,” Willis said. “Usually the comment I hear is, ‘Wow, this is a big, deep wound, and it doesn’t look that way.’”

WellSpan staff were called upon this spring to provide “Stop the Bleed” training to the Pennsylvania State Police.

Corporal Sean Taylor participated in the training, and he now says he feels more prepared in case he ever has to save his or another’s life.

“It’s one thing to watch somebody do it. It’s another thing altogether to do it yourself,” Corporal Taylor said. “Then you know you’re competent doing it yourself if you need to.”

“Stop the Bleed” training is one more way WellSpan clinicians and staff are serving the community—helping our neighbors gain lifesaving skills so that they can help others when disaster strikes.

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.
York County Health and Wellness Programs

**Family Programs**

**Heartsaver CPR and AED for Adult/Child/Infant CPR**

Tuesday, December 4 • 8 a.m.–12:30 p.m.

Heartsaver CPR and 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.

**Safe Baby & Infant CPR Basics**

Wednesdays, November 14 or December 12 • 6:30–9 p.m.

Tuesday, December 4 • 8 a.m.–12:30 p.m.

Participants will receive a room-by-room baby proofing checklist. Safety and injury prevention will also be discussed and participants will learn the hands-on basics of infant CPR and choking situations. This class is perfect for new parents, grandparents and adult caregivers who will be caring for an infant, ages 0–12 months.

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.

**WellSpan York Hospital Childbirth & Family Education Class Offerings**

Educators provide each client and their families with up-to-date information and support. Through childbirth education we hope to open the lines of communication between you and your partner. This is an opportunity to discuss fears and concerns about labor and delivery.

- Prepared Childbirth Series/Tour
- Condensed Childbirth Class/Tour
- Baby Care Class
- Breastfeeding Class
- Planned Cesarean Series or Class only
- Refresher Class
- Safe Baby & Infant CPR Basics Class
- Grandparents Class
- Super Siblings Classes

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

*Class dates are determined by your due date and availability. For more information, visit us online at WellSpan.org (under Classes & Events) or call 717-851-2241.

**Planned Cesarean Class/Series**

Saturday, November 17 • 6:30–9 p.m.

Wednesday, November 21 • 6:30–9 p.m.

Parents experiencing a planned cesarean will receive information on pre-operative routine, anesthesia, operative procedure, and recovery at the hospital and at home.

The series includes the Planned Cesarean, Baby Care and Breastfeeding classes.

Please do not register for the Baby Care and Breastfeeding classes. Those classes are included in the cost of this class and will be scheduled according to your due date.

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

Cost: $15 per couple for class only, $40 for series

Please note: We recommend registering for this class during or after your fifth month of pregnancy. Register at WellSpan.org or call (717) 851-2241.

**Condensed Childbirth Class**

Saturday, December 1 • 9:30 a.m.–2:30 p.m.

Sunday, December 9 • 1:30–6:30 p.m.

This five-hour, condensed-format class provides information on the stages of labor, anesthesia, cesarean sections, labor interventions and comfort measures. Relaxation and breathing techniques will be covered briefly. This class is offered once monthly on a weekend. Baby Care and Breastfeeding classes are NOT included; however, they can be taken separately. Optional tour of the Mother-Infant Center is included on the same day.

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

Cost: $60 per couple

Please note: We recommend registering for this class during or after your fifth month of pregnancy. Register at WellSpan.org or call 717-851-2241.

**Childbirth Refresher Course**

Friday, November 30, and Monday, December 31 • noon

We offer a variety of class options for “experienced” expectant mothers and their support people to brush up on all things...
pregnancy and labor related. Your refresher program can be customized to meet your specific learning needs.

Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $15 per couple

Please contact our office by calling 717-851-2241 to register for your customized class plan.

**Baby Care Class**

**Wednesday, December 12 • 6:30–9 p.m.**

Learn the ins and outs of baby care, including feeding, safe sleep, cord care and bathing. Participants will get hands-on experience in diapering and swaddling and learn about the day-to-day care of the newborn. Participants are asked to bring a stuffed animal/doll, diaper and blanket, if they have them available. This class is included in the Prepared Childbirth Series and the Planned Cesarean Series.

Location: WellSpan York Hospital Childbirth & Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $25 per couple

Please note: We recommend registering for this class during or after your fifth month of pregnancy. Register at WellSpan.org or call 717-851-2241.

**Happiest Baby on the Block**

**Mondays, April 29 and 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 S’s that help caregivers soothe babies' crying in minutes, promote bonding, improve breastfeeding success and even help babies sleep an extra one to two hours at night.

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 Class**

**Monday, November 19 • 6–9 p.m.**

Learn the benefits of breastfeeding for mom and baby, along with techniques and positions to help you prepare for a positive breastfeeding experience. Participants are asked to bring a baby doll, if they have one available. This class is included in the Prepared Childbirth Series and/or the Planned Cesarean Series.

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.

**Super Siblings!**

**Saturdays, November 17, March 23, May 18 and July 27**

Super Siblings 1 (ages 3 to 7) • 9:30–10:30 a.m.
Super Siblings 2 (ages 8 to 12) • 11 a.m.– noon

Super Siblings will provide age-appropriate information concerning newborns; 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.

**Breastfeeding for the Working Mom**

**Tuesdays, January 22, March 26, May 21 and July 23 • 6:30–9 p.m.**

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

Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center)
Cost: $20 per couple

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

**Safe Sitter® Course**

**Saturday, March 30 • 9 a.m.–4:15 p.m.**

Monday, June 24 • 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.

For a complete list of events, visit WellSpan.org/Events.
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 and Family Education, 2017 Springwood Road (Queensgate Towne Center)
For an appointment, please call 717-851-2241 or email childbirthedu@wellspan.org.

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).

Virtual Mother-Infant Center Tour
Take a virtual tour of the labor & delivery and maternity facilities at York Hospital. You will receive an email containing the virtual tour as well as the visitation policies and procedures. Register at WellSpan.org/Events and enter “Virtual” in the search bar.

Taking Care of Yourself

Heart-Healthy Express
Monday, December 10 • 5:30–7:30 p.m.
Monday, January 14 • 1–3 p.m.
This class will feature an update on the role of nutrition and heart disease, the American Heart Association dietary guidelines, label reading and tips for making healthy choices.
Speaker: Julie Sokalski, RD, LDN
Location: Apple Hill Medical Center, Suite 193, 25 Monument Road
Cost: Free
Registration is required; please call 717-741-8280.

When Grief Colors the Holidays
Friday, December 14 • 7–8:30 p.m.
This program provides strategies and coping mechanisms for dealing with grief during all holidays and special occasions through lecture, discussion and interaction.
Location: WellSpan York Hospital, 1001 S. George St., Medical Education Pavilion, Classroom 10 A/B
Cost: Free
Registration is required; please call 717-812-3039.

York Hospital Tobacco Education and Cessation Program
Tuesdays, January 15, 22, 29, February 5, 12, 19 • 4–5:30 p.m.
Are you ready to set yourself free from the chains of tobacco addiction?
This eight-session clinic is designed to help people quit smoking, fight the addiction and develop a smoke-free lifestyle.
Location: WellSpan Community Health and Wellness, 605 S. George St., Suite 160
Cost: Free
Register at WellSpan.org or call 717-851-3500.

Tobacco Cessation 101
Wednesday, November 14 • 1–3 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 and Wellness, 605 S. George St., Suite 160
Cost: Free
Register at WellSpan.org or call 717-851-3500.

HealthTalks/Classes

Head and Neck Cancer Support Group
Wednesdays, November 14, December 12, January 9 • 5–6:30 p.m.
This support group for men and women affected by head or neck cancers meets the second Wednesday of every month.
Location: Apple Hill Medical Center, Suite 193, 25 Monument Road
Cost: Free
Call 717-741-8100 for more information.
Walk’n’Talk with a WellSpan Doc  
Thursday, November 15 • 9–10 a.m.  
Location: Apple Hill Medical Center, Suite 193, 25 Monument Road  
Tuesday, December 18 • 9–10 a.m.  
Location: York Galleria Mall, 2899 Whiteford Road, Boscov’s Lower Entrance  
Wednesday, January 16 • 9–10 a.m.  
Location: Apple Hill Medical Center, Suite 193, 25 Monument 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.

Alignment Based Yoga – 4 weeks  
Wednesdays, November 28—December 19 • 6:15–7:15 p.m.  
Alignment-based yoga focuses on the precise way in which the body should be positioned in each pose in order to obtain maximum benefits while avoiding injury. There is an equal emphasis on cultivating strength and flexibility while finding stability and freedom in each pose. This empowering practice asks you to tap into your core strength while opening your heart to the present moment. You move into, sustain and move out of poses in a mindful, intentional way, applying balanced action and linking movement to breath. Less stress, more calm, better posture, breathing benefits and good for your heart.  
The class is led by certified yoga instructor, Vanessa Bradley.  
Returning students and WellSpan employees receive a 10% discount. Classes are appropriate for all levels of students, including beginners.  
Location: Country Meadows, 2760 Pine Grove Road  
Cost: $34.00  
Register by calling 800-840-5905 or 717-851-3500.  
Payment is due at time of registration by credit card or electronic check.

I Want to Ease Back Pain & Avoid Pain Pills  
Thursdays, November 13 or 29 • 6–7 p.m.  
Join us to learn how to control pain by using alternatives to pain medicine. Experts will show you exercises and a variety of opioid-free treatments to help reduce your pain. Meet our team and nurse navigators who support you along the way—you can even leave with an appointment.  
Location: WellSpan Surgery & Rehab Hospital, 55 Monument Road  
Cost: Free  
Register by calling 800-840-5905.

Break Free from Pelvic Floor Disorders  
Wednesday, November 14 • 6–7:30 p.m.  
This event is designed to educate women on issues related to their pelvic health, including prolapse, incontinence and other pelvic floor disorders. This learning opportunity with our WellSpan Urogynecology specialists will give you the knowledge and confidence you need to evaluate your own pelvic health and address pelvic health issues with your physician.  
Speakers: Dominique El-Khawand, MD, FACOG; Tiffanie Kemp, CRNP, WHNP-BC; and Dorothy Kenny, PT  
Location: WellSpan Women’s Center, 35 Monument Rd (Seminar Room)  
Cost: Free  
Register by calling 717-851-3500 or 800-840-5905.

For a complete list of events, visit WellSpan.org/Events.
Opening Early 2019

WellSpan Health & Surgery Center in Hanover

1227 Baltimore St., Hanover

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

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

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

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