A Healthier Weight for a Healthier Lifestyle

New Help, New Hope for Epilepsy Patients

Caring for Baby? Start with Yourself

plus:
WellSpan Physicians in Your Neighborhood
Health and Wellness Programs in York County

WellSpan.org
WellSpan Health is proud to introduce BeingWell, a new source of health care news, information, tips and education for the people of York County. Every issue will include the latest on our physicians and services; a calendar of health and wellness events; helpful articles that inspire smart diet, exercise and lifestyle choices; and tools to help you achieve your health goals on life’s journey.

At WellSpan, we recognize the connection between a healthy community and a strong local health care system. That’s why we continue to develop and improve upon a system where York County’s health care providers and hospitals work together to meet the needs of our many friends and neighbors—right here where they live, work and play.

Enjoy this first edition of WellSpan’s BeingWell magazine. And thank you for placing your trust in us.

Subscribe!
To receive future issues of BeingWell, please sign up at WellSpan.org/BeingWell.

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WellSpan Physicians in Your Neighborhood

In 22 locations across York County, WellSpan primary care physicians partner with patients and their families to help them achieve their goals.

Meet Mark Goedecker, MD, a family physician with Thomas Hart Family Practice Center, a 10-physician practice in York. Dr. Goedecker joined the WellSpan Medical Group 12 years ago. Since that time, he has developed relationships with hundreds of friends and neighbors in the York community. You’ve probably noticed a lot of controversy on TV and social media about the safety of childhood immunizations. We asked Dr. Goedecker to share what he tells his patients.

Q: Why should I immunize my child?
A: “Simply stated, immunizations save lives. Vaccines reduce the likelihood that your child will contract a disease that could compromise his or her health. Also, immunizations protect others you care about. Some people cannot receive immunizations—for example, young babies and those with weakened immune systems, such as cancer patients. By immunizing your child, you are able to protect others.”

Q: Will my child’s immune system be weaker by relying on a vaccine?
A: “The wonderful thing about vaccines is that they make your child’s immune system stronger. When your child receives a vaccine, his or her immune system creates antibodies that are the same antibodies your child’s body creates in response to an illness. The difference is that your child does not have to suffer the effects of the illness to get this protection.”

Q: Do immunizations cause autism, SIDS or other problems?
A: “Immunizations are some of the safest, most studied interventions we have in medicine. Medicine now has a much better understanding of autism and SIDS (sudden infant death syndrome). Children are born with autism—they do not develop it. We also now know that SIDS can be prevented by simply placing an infant who is alone in a crib on his or her back. Immunizations are a preventive measure against diseases, not the cause of them.”

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WellGuided.

To search for WellSpan physicians, visit WellSpan.org/FindAPProvider. If you need assistance finding a provider or service, call our HealthSource Physician Referral Line at 800-840-5905 from Monday through Friday, 8 a.m. to 6 p.m.
Nicole Groft had a goal. She was tired of missing out on all the things other moms took for granted—playing outside with her kids, running and jumping, without getting winded. She tried numerous diets, but nothing worked. By the time her weight peaked at 238 pounds, Groft knew she wouldn’t be able to lose the weight on her own.

After a family member told her about WellSpan Bariatric Surgery, Groft met with John Monk Jr., MD, a bariatric surgeon with WellSpan Health. She met the criteria for bariatric surgery, and Dr. Monk performed gastric bypass surgery. This procedure reduces the size of the stomach, which helps patients eat less and their bodies absorb fewer calories and nutrients.

With WellSpan’s help, Groft has achieved her goal. She has lost 108 pounds, and her health has improved significantly. She no longer has high blood pressure and prediabetes, so she no longer needs medication. She feels she’s getting her life back.

What’s Your Goal?
If you struggle to shed pounds, WellSpan offers surgical and medical weight management programs for adults and children who want to lose weight and adopt healthier lifestyles.

For individuals who are at least 50 pounds overweight and have a serious health condition, such as diabetes, high blood pressure or sleep apnea, WellSpan offers a full range of bariatric surgery options, including the modified duodenal switch, to help you safely lose weight—and keep it off. WellSpan York Hospital is accredited by the American College of Surgeons in conjunction with the American Society for Metabolic and Bariatric Surgery, which means you’ll receive the highest level of care by a multidisciplinary team.

Expanding Our Reach
Recently expanding its Medical Weight Management program to Adams and Lancaster counties, WellSpan provides access to exercise and physical activity resources, nutrition tips, support groups, psychological counseling, recipes and more. Those considering surgery can consult with a bariatric surgeon in York, Gettysburg and Ephrata.

“Bariatric surgery candidates can have their procedures performed at WellSpan York Hospital and their follow-up care in York, Gettysburg or Ephrata with our bariatric physicians and their primary care providers,” Dr. Monk said.

Body mass index (BMI) is a medical term that is used to measure your level of body fat relative to your height and weight. It is a helpful tool to verify whether you are a healthy weight. Determine your own BMI at WellSpan.org/BMI

Reaping the Rewards
“Bariatric medicine truly changes lives,” Dr. Monk said. “Eighty percent of patients with type 2 diabetes will no longer need medication after bariatric surgery. Many patients with sleep apnea will no longer need ongoing treatment. Many with high blood pressure will be able to go off their medication or reduce the number they take.”

That’s just part of the joy that comes with losing weight and getting healthier, Groft said. “I get to do things with my daughter that I didn’t do before. I like to go out in public. I’m less anxious. I’m more outgoing. It’s just fun.”

NEED HELP ACHIEVING YOUR WEIGHT-LOSS GOAL?
Learn more about WellSpan’s weight-loss options at a free information session. Visit WellSpan.org/Bariatrics or call 877-458-0441 to register now.
New Help, New Hope for Patients with Drug-Resistant Epilepsy

If you have drug-resistant epilepsy and are interested in learning whether treatment with AspireSR is right for you, please call WellSpan Neurosurgery at 717-812-5400.
Epileptic seizures made life pretty tough for 9-year-old Christian Wilhelm of Franklin County. Most often, Christian had staring spells—in which he’d stop what he was doing and stare into space. Other times, he’d suddenly jerk, or fall and hurt himself. His seizures were unpredictable and could occur anywhere from one to 20 times a day.

“The biggest thing for us as a family is fear,” said Sarah Wilhelm, Christian’s mother. “We never know what type of seizure Christian will have or if he will fall. They come out of nowhere, and it happens so quickly, you can’t catch him.”

Christian tried many medications to control his seizures, but nothing worked well. When his seizures started increasing about a year and a half ago, the Wilhelms knew it was time to consider other options. At the suggestion of their WellSpan pediatric neurologist, Todd Barron, MD, Sarah and her husband, Roland, met with Joel Winer, MD, a neurosurgeon and epilepsy specialist with WellSpan Health. In June 2015, Dr. Winer implanted under the skin in Christian’s chest a small state-of-the-art electrical device that interrupts the seizures.

**Leading the Way**

The new technology, known as the AspireSR generator, is a breakthrough treatment for patients with drug-resistant epilepsy. It detects increases in heart rate that often occur during seizures, then sends mild, pulsed electrical signals to the brain through a cranial nerve (called the vagus nerve) to interrupt the seizures.

WellSpan York Hospital was the first hospital on the East Coast and the second in the nation to treat epileptic seizures with the device.

**Controlling a Challenging Condition**

Epileptic seizures are caused by abnormal electrical activity in the brain. They are often unpredictable and can be life-threatening. Some people experience a trancelike state for a few seconds or minutes, while others lose consciousness or suffer convulsions.

Medication is almost always the first treatment for epilepsy, and it can be very effective for controlling seizures. Unfortunately, though, it doesn’t work for everyone. Research shows that as many as one-third of people with epilepsy are unable to control their seizures with medications alone.

The AspireSR is designed to be used along with another therapy to control seizures. Implanting the device is a simple outpatient procedure.

Clinical trials of the device have shown that it can reduce the number and severity of seizures. As a result, patients may be able to take less medication—and enjoy a better quality of life.

**Comprehensive Care Close to Home**

The AspireSR is just one of the many advanced technologies and treatments offered at WellSpan. Led by fellowship-trained epileptologists, WellSpan York Hospital is designated as a Level IV Epilepsy Center by the National Association of Epilepsy Centers, which means it provides the highest level of epilepsy care. WellSpan’s epilepsy specialists work closely with primary care physicians to coordinate care for patients.

Services offered at WellSpan to diagnosis and treat epilepsy include:

- Routine and ambulatory EEG
- Brain mapping to correctly diagnose seizures and underlying causes
- Neuropsychological evaluation
- New antiepileptic drugs
- Vagal nerve stimulation
- Ketogenic diet and other alternative diet therapies
- Interactive and proactive care planning
- Neurosurgical treatments.

WellSpan’s comprehensive approach benefits patients, their families and the community. In addition to the full range of sophisticated diagnostic services and treatments, WellSpan offers vocational counseling, education-based support groups, school education, public awareness and worksite education on epilepsy.

**New Help, New Life**

The AspireSR device has changed Christian’s life, reducing the number of his seizures by 50 percent. Instead of multiple medications, he now takes only two. Staring spells are rare now. His medical team taught the Wilhelms how to use a special magnet when he has one of his difficult-to-control seizures. They can wave the magnet over his AspireSR generator to deliver more stimulation to help control the seizure.

The Wilhelms recently moved to Frederick County in Maryland, an hour away. Sarah said the entire family can now make the longer trip back to Franklin County to see relatives because they worry less that her son may have a seizure. “It’s a blessing to have that,” she said, “and just to know we have something that gives us a little more control and doesn’t involve more medication.”
Every year, 1.4 million Americans sustain a head injury or traumatic brain injury (TBI). Of these, 50,000 die and 80,000 to 90,000 survive with significant disabilities, including problems with thinking, speaking and hearing. TBIs occur when trauma to the head damages the brain. Transportation accidents cause half of all TBIs, and they’re the major cause among people younger than age 75. Falls take the blame for most head injuries in those older than age 75.

Symptoms and Signs
Symptoms of a head injury can occur right away or appear slowly over several hours. TBIs can be mild, moderate or severe. A person with a mild TBI may remain conscious or pass out briefly. A mild TBI may also cause headaches, dizziness, blurred vision, memory problems, confusion and light-headedness.

Symptoms of a serious head injury that needs immediate medical treatment can include:
- Unequal pupil size
- Convulsions
- Skull fracture
- Loss of consciousness or confusion
- Lack of coordination or clumsiness
- Vomiting
- Severe headache
- Symptoms that improve but suddenly get worse.

Prevention
Not all head injuries can be prevented. However, these recommendations from the Brain Injury Association of America can reduce your risk:
- Wear a seat belt.
- Buckle your child into an approved child safety seat or booster seat.
- Never drive when drinking or taking drugs that may cause drowsiness.

Make sure you and your family members wear helmets when:
- Riding a bike, motorcycle, snowmobile or all-terrain vehicle.
- Playing football, hockey, baseball or softball.

For more information about the brain injury program at WellSpan Surgery and Rehabilitation Hospital, call 717-812-6100 or visit WellSpan.org/WSRH.
Caring for Baby?
Start with Yourself

Caring for your baby begins well before birth. It starts during your pregnancy, with taking good care of yourself. When you’re pregnant, you need to see your care provider often for checkups. These visits are called prenatal care. During these checkups, your care provider makes sure both you and your baby are healthy.

First Things First
Each pregnancy is different, so even if you’ve had a baby before, prenatal care is important. It’s a good idea to see your care provider as soon as you know you’re pregnant.

Your first prenatal visit is usually the longest. During this visit, your care provider will:
• Ask questions about your health and your family’s health
• Do an exam, including a pelvic exam and Pap test
• Check your weight, height and blood pressure
• Ask about your lifestyle habits, such as exercise, diet, smoking, drug use and drinking
• Run some blood tests
• Estimate your due date
• Talk with you about any other tests you may need
• Answer any questions you may have.

Ask Away
A prenatal visit is a great time to talk with your care provider about your questions or concerns. Don’t be shy—your care provider is there to help. Here are some examples of questions you might ask:
• What number should I call if I have questions or problems between visits?
• Is it safe to take my medication during pregnancy?
• Do I need to make any changes to my diet or other habits?
• Is it safe for me to exercise?
• Is it safe for me to have sex?
• Do I need to take birthing classes?
• Will I need a cesarean section?
• Who can stay with me during labor?
• What are the different types of pain relievers for labor?

Your Care Continues
About six weeks after your baby’s birth, you will have a postpartum visit. This is a visit to see how you’re feeling after birth. Your care provider will examine you and talk with you about diet, exercise, mental health and birth control.

WellSupported.
In five locations across York County, 19 WellSpan Obstetricians/Gynecologists, Certified Nurse-Midwives and Advanced Practice Clinicians are available to support you throughout your pregnancy. Start your relationship today. Call our HealthSource Physician Referral Line at 800-840-5905 for the practice located near you.
Family Programs

Safe Kids Inspection Station
Certified child passenger safety specialists are available to assist you in the correct installation and use of your child's car seat.
For more information or to schedule an appointment, call Safe Kids at 888-232-SAFE (7233).

Baby Sign
Saturday, April 23 • 9:30 to 10:30 a.m.
Baby Sign can help children ages 4 months to 24 months and their parents communicate before he or she can talk. Baby Sign helps to decrease your child's frustration, stimulate intellectual development and strengthen the parent-child bond.
Speaker: Lauren Rooney, MS, CCC-SLP, speech-language pathologist
Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
Cost: $40 per family
Registration is required; please call 717-851-2241.

Family and Friends CPR
Saturday, April 30 • 9 to 11 a.m.
This course teaches rescuers skills in CPR and choking management for adults, children and infants.
Location: WellSpan Human Resources Center, 1135 Edgar St., York
Cost: $10 course registration fee (check only) returned upon course completion. Failure to attend class without canceling results in forfeiture of $10 fee.
Registration is required; please call 717-851-2660.

Happiest Baby on the Block
Saturday, April 30 • 9:30 a.m. to noon
This program teaches parents, grandparents and caregivers the Five Ss, which help caregivers to soothe babies’ crying in minutes, promote bonding and improve breast-feeding success.
Speaker: Carolyn Kraft, MA, certified Happiest Baby on the Block educator
Cost: $30 per family. Each family will receive the Happiest Baby on the Block parent kit, which includes the Happiest Baby on the Block DVD and soothing sounds CD.
Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
Registration is required; please call 717-851-2241.

Safe Sitter Course
Saturday, May 7 • 9 a.m. to 4:30 p.m.
Monday, June 20 • 9 a.m. to 4:30 p.m.
This medically accurate program teaches boys and girls, ages 11 to 13, how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. Children will learn infant and child CPR as well as techniques to relieve choking.
Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
Cost: $65 per student
Registration is required and limited; please call 717-851-2241.

Super Siblings
Saturday, May 21
Super Siblings 1 (for ages 3 to 7) • 1 to 2 p.m.
Super Siblings 2 (for ages 8 to 12) • 2:30 to 3:30 p.m.
Super Siblings provides age-appropriate information concerning newborns and discusses feelings about the arrival of a new baby while incorporating the use of stories, videos and hands-on activities to help make your child even more excited about the birth of his or her new sibling. Each child will also make a craft that he or she will be able to give as a gift to a new sibling!
Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
Cost: $15 per child
Register online at WellSpan.org or call 717-851-2241.

Holistic Pregnancy, Birth and Babies
Tuesday, May 24 • 6:30 to 8:30 p.m.
This session will discuss natural methods to help alleviate common discomforts often associated with pregnancy and birth. We will also discuss hot topics in the holistic care of babies, such as baby wearing, breast-feeding and cloth diapers.
Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
Cost: Free
Registration is required and limited; please call 717-851-2241.
WellSpan York Hospital Childbirth and Family Education Class Offerings

Educators provide clients and their families with up-to-date information and support. This is an opportunity to discuss fears and concerns about labor and delivery. Classes and tours available:
- Prepared Childbirth Series
- Condensed Childbirth Class
- Baby Care Class
- Breast-Feeding Class
- Planned Cesarean Series or Class only
- Refresher Class
- Mother-Infant Center Tour
- Safe Baby and Infant CPR Basics Class
- Grandparents Class
- Super Siblings Classes.

Location: WellSpan York Hospital Childbirth and Family Education, 2017 Springwood Road (Queensgate Towne Center), York
*Class dates are determined by your due date and availability.

For more information, please visit us online at WellSpan.org/YHChildbirthEd or call 717-851-2241.

Nutritional Health

A Healthy You
Thursdays, April 21 and May 19 • 6 to 8 p.m.
Adults-only program focuses on the skills necessary to be more active every day, to choose and eat healthy foods and to reach a healthy weight. Attendance at the first class is required in order to participate.
Location: Apple Hill Medical Center, 25 Monument Road, York
Cost: $15. Make check payable to WellSpan York Hospital and mail payment to Community Health & Wellness, 605 S. George St., Suite 160, York, PA 17401.
Registration is required; please call 717-851-3500 or 800-840-5905.

Steps Toward a Healthy You
Wednesday, May 11 • 6:30 to 8 p.m.
Tuesday, June 21 • 6:30 to 8 p.m.
Learn up-to-date physical activity and nutrition guidelines, and get answers about how to begin taking steps toward a healthy you.
Location: Apple Hill Medical Center
25 Monument Road, York
Registration is required; please call 717-851-3500 or 800-840-5905.

Taking Care of Yourself

Tobacco Cessation 101
Thursday, April 21 • 10 a.m. to noon
Wednesday, May 11 • 6 to 8 p.m.
Thursday, June 9 • 9 to 11 a.m.
For those who want to quit on their own, this program provides individuals with the necessary tools to quit smoking on a self-guided path. One-on-one consultations are also available.
Location: April 21 — Community Health & Wellness, 605 S. George St., York
May 11 and June 9 — WellSpan Surgery & Rehabilitation Hospital, 55 Monument Road (Apple Hill Health Campus), York
Registration is required; please call 717-851-3500 or 800-840-5905.

Surgery for Weight Loss
Friday, April 22 • 2 to 3 p.m. — James Ryan, MD
Learn from the experts the life-changing benefits and effects of bariatric surgery — beyond weight loss. This class is especially beneficial for people who have type 2 diabetes and/or who are overweight.
Location: Apple Hill Medical Center
25 Monument Road, York
Registration is required; please call 877-458-0441.

WellSpan York Hospital Tobacco Education and Cessation Program
Tuesdays, April 26, May 3, 10, 17, 24, 31 and June 7 • 5:30 to 7 p.m.
The Freedom from Smoking program, developed by the American Lung Association, is a clinic designed to help people quit smoking, fight the addiction and develop a smoke-free lifestyle.
Location: Community Health and Wellness, 605 S. George St., York
Registration is required; please call 717-851-3500 or 800-840-5905.

10 Pound Throwdown
Tuesday, March 15 through Monday, May 23
If you want to improve your eating habits, be more active and lose weight, we encourage you to join the 4th Annual 10 Pound Throwdown. This year’s online program features weekly challenges designed to guide you in making healthy lifestyle choices. Join as an individual or create a team with your coworkers, friends or family. Visit our website to register and learn more about the weekly challenge badges, prizes for individual and team participation, and the traveling employer trophy.
Register at 10PoundThrowdown.com

I Can! Challenge
Tuesdays, April 5 through June 28 • 6 to 7:30 p.m.
This is a 13-week program for individuals with diabetes or heart disease who are ready to take the next step in improving their health. The I Can! Challenge gives individuals the tools and support they need to set goals, eat healthy, manage stress and get fit. Each week focuses on a different topic and includes presentations by experts and engaging discussions with peers.
Location: WellSpan Surgery and Rehabilitation Hospital, 55 Monument Road (Apple Hill Health Campus), York
Cost: $25. Make check payable to WellSpan Health and mail payment to Community Health and Wellness, 605 S. George St., Suite 160, York, PA 17401.
Registration is required; please call 717-851-3500 or 800-840-5905.

Healthy Heart Express 2016
Monday, May 9 • 6 to 8 p.m.
Monday, June 13 • 1 to 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 food choices.
Speaker: Sarah Lagrou, RDN, LDN
Location: Apple Hill Medical Center, Suite 193, 25 Monument Road, York
Registration is required; please call 717-741-8280.

For a complete list of events, visit WellSpan.org/Events
Mindfulness
Wednesday, April 27 • 6 to 7:30 p.m.
This presentation will address the concept of mindfulness, and how we can use mindfulness for stress reduction, emotion regulation, interpersonal effectiveness and self-acceptance.
Speakers: Mike Farrell, MS, and Andrea Reca, LPC, CAADC, WellSpan Behavioral Health
Location: Apple Hill Medical Center, 25 Monument Road, York
Registration is required; please call 717-851-3500 or 800-840-5905.

A Patient’s Journey Through Spine Pain
Thursday, April 28 • 6 to 7:30 p.m.
Ellen Portz, of York, was like 65 million Americans suffering from back pain annually. Follow Ellen’s journey from daily pain to recovery as our spine experts discuss spine treatment options and how they can help you.
Speaker: Joseph Krzeminski, MD, WellSpan Spine Care
Guest: Ellen Portz
Location: WellSpan Surgery & Rehabilitation Hospital, 55 Monument Road (Apple Hill Health Campus), York
Registration is required; please call 717-851-3500 or 800-840-5905.

Ask Our Experts: The Weaky-Leaky Bladder
Wednesday, May 11 • 5:30 to 7 p.m.
This educational event is designed to educate women on issues related to their pelvic health, including prolapse, incontinence and other pelvic floor disorders (PFDs). 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 it with your physician.
Speakers: Dominique El-Khawand, MD; Carlos Roberts, MD; and Tiffanie Kemp, CRNP, WellSpan Urogynecology & Pelvic Reconstructive Surgery. Representatives from WellSpan Physical Therapy will also be on hand.
Location: WellSpan Women’s Center, Education Room, 35 Monument Road, York
Registration is required; please call 717-851-2443.

Minimally Invasive Surgical Options for Back Pain
Thursday, May 26 • 6 to 7:30 p.m.
Join us to learn more about minimally invasive spine procedures, such as spinal cord stimulators and microendoscopic spine procedures that are available through WellSpan Spine Care. These procedures can treat many different spine diseases, including disk herniation, stenosis and disk degeneration.
Speaker: Joseph Krzeminski, MD, WellSpan Spine Care
Location: WellSpan Surgery & Rehabilitation Hospital, 55 Monument Road (Apple Hill Health Campus), Community Room S1005, York

What’s That Doc? Explanation of Some Common Spine Diseases
Thursday, June 23 • 6 to 7:30 p.m.
Stenosis, osteoarthritis, disk herniation, osteoporosis, degenerative disk disease, disk bulge! What does it all mean? Join us to learn about these and other spine disease processes. Treatment options, both surgical and nonsurgical, will be discussed.
Speaker: Joseph Krzeminski, MD, WellSpan Spine Care
Location: WellSpan Surgery & Rehabilitation Hospital, 55 Monument Road, (Apple Hill Health Campus), Community Room S1005, York

Diabetes Education Program
The diabetes education program offers classes to help people with diabetes and their family members understand the disease. After an initial appointment, participants enroll in the program, which consists of four classes:
Class 1: Diabetes Facts, Medication and Monitoring
Class 2: Nutrition and Meal Planning, Carbohydrate Counting, Label Reading
Class 3: Strategies for Using Fat, Fiber, Alcohol, Restaurant Eating and Exercise
Class 4: Coping with Diabetes, Complications, Sick Day Information, Travel Tips and Resources
After completing the class series, participants meet individually with a dietitian for assistance in developing individual meal plans and health goals. Participants are encouraged to take all four classes in order to get a complete overview of diabetes. Classes are taught by diabetes educators. Individual appointments are also available. Please call 717-851-5341 to schedule appointments. Many insurance plans cover these services. Participants are encouraged to check their insurance coverage. A physician referral is required for these services.
Diabetes Support Programs are held on a regular basis free of charge. These are open to anyone with diabetes and his or her family or friends. Please call 717-851-5341 for topic information, dates and times.
Foundation Events

**Double Creek**
Saturday, June 18 • 6 a.m. to 2 p.m.
Run, cycle or walk to support the pharmacy program of the Healthy Community Network.
Location: North Salem Elementary School, Dover
Registration is now open on the Double Creek website at [DoubleCreek.org](http://DoubleCreek.org).

**Book Nook Bonanza**
Friday June 24 • 5 to 9 p.m.
Saturday, June 25 • 9 a.m. to 5 p.m. (closed from noon to 1 p.m.)
Sunday, June 26 • 11 a.m. to 5 p.m.
One of the largest used book sales on the East Coast. Most books $2 and $1. Half-price sale on Saturday and $5 a yard sale all day on Sunday. Admission costs and other information on the website at WellSpan.org/BookNook.
Location: York Ice Arena, 941 Vander Ave., York
Proceeds benefit the York Hospital Auxiliary’s small grants program.
For more information, please call 717-851-2149.

**York Cancer Center Bike Hike**
Sunday, September 18 • 11 a.m. to 2 p.m.
Join us to help support the Cancer Patient Help Fund and the Cancer Screening Fund. Butterflies for purchase to release in honor of a loved one at 11 a.m.; then walk or cycle on the scenic Heritage Rail Trail.
Location: Event starts at Indian Rock Dam Elementary School, York
For more information, please call 717-851-2149.

**Did you know?**

In 2015, there were a total of 5,245 newborn deliveries at
- WellSpan Ephrata Community Hospital,
- WellSpan Gettysburg Hospital,
- WellSpan Good Samaritan Hospital,
- WellSpan York Hospital
WellScheduled.

Schedule your next appointment online with MyWellSpan

Some days you just can’t find 10 extra minutes to call your doctor’s office for an appointment. We get that, which is why WellSpan developed online appointment scheduling. Log into your secure MyWellSpan account any time, any place to schedule:

- Same-day sick/injury care visits
- Annual physicals
- Women’s health appointments
- Follow-up appointments

Online appointment scheduling* is one more way WellSpan is making health care more convenient, more efficient and overall a more satisfying experience. For more information or to enroll in MyWellSpan, go to [www.MyWellSpan.org](http://www.MyWellSpan.org) or call 1-866-638-1842.

*Not all portal features are available at every WellSpan practice or facility.