



Join Us: Wellness Works Education Series

Passavant Hospital Foundation supports UPMC Passavant in McCandless and Cranberry by advancing health and wellness through education, outreach, and grant-making. Join Passavant Hospital Foundation for a education program with speakers who are expert physicians and top-notch clinicians, providing up-to-date medical information with time for questions and answers. The sessions will be held in person at the Northland Public Library and are **FREE** and **open to the public**. Reservations are required.

Please call 412-366-8100 Extension: 113 to register

Pelvic Health

Thursday, July 27, 2023 6:00PM-7:00PM

Muscles inside your pelvis have many jobs. They contribute to core stability when you move in bed, stand, walk, and get in and out of a car. These muscles also assist you in controlling urinary and fecal urgency, frequency, incontinence, and constipation. Learn more about how you can keep these key muscles healthy and working for you!

Speaker: Susan George, PT, DPT, MS, OCS, WCS, UPMC Rehabilitation Institute

The Life Saving Love Language of Emergency Preparedness

Thursday, August 24, 2023 6:00PM-7:00PM

We will discuss the importance of CPR training, Stop the Bleed training, and seizure response education for all community members, clinical and non-clinical. The goal of the lecture is to educate all community members about the importance of these skills to help victims survive the "gap" between injury/arrest and arrival of emergency response teams.

Speaker: Megan Tomaino, MPAS, PA-C, UPMC Passavant APS/PACU, Department of Anesthesia

Passavant Hospital Foundation advances the health and wellness for ALL in our community:

- Providing facilities, technology, and equipment at our hospital to support excellence in patient care
- Presenting free health education seminars for everyone in the community
- Offering support groups for families affected by a loved one's addiction
- Forming community partnerships for greater impact on health concerns that affect us all

Learn more at [PassavantHospitalFoundation.org](https://www.PassavantHospitalFoundation.org).

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