



Join Us: New Virtual 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 new virtual 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 virtually and are **FREE** and **open to the public**. Reservations are required.

Please call 412-748-6640 to register with name and email to receive further communication on how to attend.

Are You Experiencing Aches and Pains from Working at a Desk?

Wednesday, March 10, 2021

1:00PM-2:00PM

Virtually

Often, we accommodate to our workstations rather than the other way around. Learn how to properly adjust your desk to avoid unnecessary pain. UPMC Centers for Rehab Services physical therapist, Craig Maartmann-Moe, will discuss helpful hints to adjust your work area whether at home or at the office. A workday with pain can really weigh on you physically and emotionally. Let us help you!

Speaker: Craig Maartmann-Moe, DPT, Cert. MDT, CSCS *UPMC Centers for Rehab Services, Physical Therapist*

Foot and Ankle Conditions

Wednesday, April 14, 2021

1:00PM-2:00PM

Virtually

Please join Christopher Edwards, MD, Orthopedic Foot and Ankle Surgeon to learn about the most common foot and ankle conditions, including foot and ankle arthritis, plantar fasciitis, bunions, hammertoes and more. Dr. Edwards will discuss both conservative and surgical treatment options followed by a question-and-answers.

Speaker: Christopher Edwards, MD, Orthopedic Foot and Ankle Surgeon, *Tri Rivers Musculoskeletal Centers*

Wellness works will be presented through Microsoft Teams. When registering, we ask that you provide a working email to receive closer to the event, email communication on "How to Join Us Virtually." Attendees will be able to view the presentation from the comfort of their home or office and will receive a copy of the presentation.

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**.

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