



Chestnut Hill Hospital Fall 2020 Wellness Programs Guide

This Fall Chestnut Hill Hospital is excited to offer our community physician lecture series virtually. Use a computer, tablet or smartphone to join us from the comfort of your home for our online lecture series. Experts will focus on topics including pain management, minimally invasive surgery, genetic testing, physical therapy and more!

- Find more information and register for a virtual event at CHWellnessEvents.com.
- [Click here](#) to download social media graphics.
- Facebook: [@ChestnutHillHospital](#) - share our posts on Facebook!
- Instagram: [@ChestnutHillHosp](#)

KNEE PAIN: TUESDAY, SEPTEMBER 15, 3-4 P.M.

Connect to relief and take a step toward a life without knee pain. Join us for a free virtual seminar hosted by joint expert, Jeffrey Vakil, MD, on Tuesday, September 15, from 3 to 4 p.m. Knee pain affects people of all ages and although not all knee pain is serious, it's important to manage your pain to prevent further injury. Learn options to mitigate pain and find out if and when surgery may be a solution. Free. Registration is required. Visit CHWellnessEvents.com to register.

NUTRITION FOR LIFE: THURSDAY, SEPTEMBER 17, 6-7 P.M.

Discover how to fight disease at the dinner table. Join us for a free virtual seminar hosted by nutrition expert Emily Thompson, RD, on Thursday, September 17, from 6 to 7 p.m. Free. Registration is required. Have your questions ready. Visit CHWellnessEvents.com to register.

HEART HEALTH: TUESDAY, SEPTEMBER 22, 12-1 P.M.

Learn how to optimize your heart health so you don't miss a beat! Lifestyle choices can have a significant impact on the health of your heart. Keeping your heart healthy is something you can work on every day. Join Chestnut Hill Hospital for a free virtual seminar hosted by Hans Jensen, DO, on Tuesday, September 22, from 12 to 1 p.m. to learn tips on how to manage mental health, get a good night's sleep, and reduce stress. Making little changes today can mean a healthier heart in the future. For more information or to register, visit: CHWellnessEvents.com.