

Maintaining Health and Wellness During the Holidays

Friday, December 13, 2019
9:30 am to 3 pm
Thomas P. Saxton Medical Pavilion
468 Northampton Street, Edwardsville, PA

9:30 am to 9:45 am

Registration

9:45 am to 10 am

Opening Remarks

By: Gina Galli, Quality Assurance Manager, Luzerne-Wyoming Counties MH/DS

10 am to 11:15 am

Health Risks from Side Effects and Interactions of Medications

By: Dr. Sharon Falzone, Director, The Advocacy Alliance (TAA) Northeastern PA
Health Care Quality Unit (HCQU)

11:15 am to 12 Noon

Healthy Holiday Eating

By: Dr. Sharon Falzone and Sharon Fairburn, R.N., Field Nurse, TAA Northeastern PA HCQU

12 Noon to 1 pm

Lunch on your own

1 pm to 3 pm

Panel Presentation by the Wilkes-Barre Family YMCA to include the following topics:

Healthy Weight & Your Child By: Ashlee Rittenhouse	Your Nurse, a monitored exercise program By: Christina Lavan, RN & Tina Zannetti, RN	Fitness Health/ Exercise Demo By: Lauranel Banks
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This training is in response to data collected by the Independent Monitoring for Quality (IM4Q) surveys and the Consumer Data Collection reports.

There is no cost to attend. Registration is required by: Monday, Dec. 9th
To register online, please follow the link below:

<https://www.luzernecounty.org/Activities/Activity/Detail/Maintaining-Health-and-Wellness-During-t-711>

or to register by phone: contact Sandra Tamanini at 570-831-7286

A drawing will be held at the conclusion of the training.

Enter for a chance to win a 3 month membership to the YMCA,
compliments of the Wilkes-Barre Family YMCA.

Sponsored by:

Luzerne-Wyoming Counties Mental Health and Developmental Services in conjunction with the
Luzerne-Wyoming Counties Training Council on Quality, The Advocacy Alliance Northeastern PA
Health Care Quality Unit, and the Wilkes-Barre Family YMCA.

