

## **Maintaining Health and Wellness During the Holidays** **Friday, December 13, 2019**

### **Description of Sessions:**

**“Health Risks From Side Effects and Interactions of Medications,”** presented by Dr. Sharon Falzone, Director, The Advocacy Alliance Northeastern PA Health Care Quality Unit. This is a Joint Quality Initiative of the Geisinger Commonwealth School of Medicine, the Health Care Quality Unit, and Luzerne-Wyoming Counties MH/DS Training Council on Quality.

**“Healthy Holiday Eating,”** presented by Dr. Sharon Falzone and Sharon Fairburn, R.N., Field Nurse, The Advocacy Alliance Northeastern PA Health Care Quality Unit

- The primary objective is to identify opportunities to improve individual outcomes and quality of life through side effect and drug interaction risk minimization.
- The secondary objective is to receive great tips and recipes to help celebrate the holiday season safely and prudently, without putting healthy habits on hold.

**“Healthy Weight and Your Child,”** presented by Ashlee Rittenhouse, Wilkes-Barre Family YMCA  
Information will be provided about an upcoming 25-session evidence-based program for children with obesity. The family-based weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight. The program is designed with the whole family in mind, engaging a child and adult in education, healthy eating and physical activity to elicit positive change and help families learn skills to live a healthier lifestyle long- term. Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

**“Your Nurse,” a Monitored Exercise Program,** presented by Christina Lavan, RN and Tina Zannetti, RN, both of Wilkes-Barre Family YMCA

Discussion will include the exercise program the Wilkes-Barre Family YMCA offers. “Your Nurse” is a healthcare professional monitored exercise program that is individualized for a safe and successful health and wellness journey. This flexible program ensures every participant increases in cardiovascular fitness and strength. The program provides monthly EKGs, tracks vitals before, during and after exercise and utilizes a team of certified trainers for fitness testing.

**“Fitness Health,”** presented by Lauranel Banks, Wilkes-Barre Family YMCA

Ms. Banks will lead the group through a variety of low intensity and low impact exercises that can be done with nothing more than oneself and a chair. She will also address fitness myths and facts, how to increase your average daily movement, and the importance of proper hydration.