Residents at the October Dog Park Wellness Event

Props for Docs
Spread positive praise energy by submitting to fellow co-residents via:
www.surveymonkey.com/r/W9L3NYL

We all know we have a great group so let’s reinforce our hard work with messages of thanks!

Congratulations on fellowship match!
Matthew Drakeley- UPMC Pain
Jeffrey Kandt- University of Michigan Pain
Emily Robbins- University of Texas Health Sciences Center at Houston/TIRR Memorial Hermann Rehab Hospital SCI

Fitness Opportunities

- PNC YMCA Turkey Trot on Thanksgiving: 1 mile walk, 5K, or 5 mile run www.ymcaofpittsburgh.org/turkeytrot
- Jingle Bell Run 5K on December 2nd: Join the PMR team, ‘Rehab the Red Nosed Reindeer Returns’ under the UPMC Sports Medicine Group. www.jbr.org/faf/home/default.asp

PM&R 5K at AAPMR where we won the Participation Award and Most Money Raised!

Holiday Fun!

Phipps Conservatory Winter Flower Show and Light Garden: Holiday Magic! Begins November 24th Evening 5-11 pm
https://www.phipps.conservatory.org/calendar/detail/winter-flower-show-and-light-garden

Upcoming Wellness Events

December
DATE TBD
2nd Annual Gingerbread House Contest for the whole family!

December
December 14, 2017
PM&R Holiday Party @ Buckhead Saloon in Station Square 6-9 pm

Look out for upcoming volunteer opportunities with CLASS for the Holidays!
Check out the new GME Wellness website for great resources and perks:
www.gmewellness.upmc.com