



JAN / FEB 2019

# The UPMC PM&R

Brought to you by the  
Wellness Committee



## Events Around the City

### Upcoming PMR Events



#### AAP Conference

Feb 19-23  
San Juan, Puerto  
Rico

Look out for the presenter schedule to  
support fellow residents and faculty

**Just Ice Sled  
Hockey  
Challenge**  
Sat May 4th  
Lemieux Sports  
Complex



More details to come regarding  
fundraising and joining the  
resident/attending sled hockey team

### Congratulations on Fellowship Match!

**Mark Linsenmeyer- UPMC  
Brain Injury**

**Alyssa Neph- UC Davis  
Sports Medicine**

- **Pittsburgh Restaurant Week (Jan 14-20)**- visit <http://pittsburghrestaurantweek.com> to choose your favorite restaurant and try a delicious 3-course meal.
- **2nd Annual Medical Providers Against Opioid Addiction (January 26<sup>th</sup> 7-11pm) at PPG Aquarium (\$40)**- city-wide charity event to raise funds for Light of Life, a local non-profit treating opioid addiction. Get tickets here: <https://www.eventbrite.com/e/unity-event-medical-providers-against-opioid-addiction-tickets-53265266847>
- **Family Fun Event: Laser Cut Valentine's Cards (Feb 11<sup>th</sup>)**- create your own laser cut Valentine's at the Fab Lab in the Carnegie Science Museum for only \$10! Visit <http://www.carnegiesciencecenter.org/programs/fablab-public-workshops/> for more info!

### PMR Holiday Party at Buckhead Saloon



## Fitness Opportunities

- **Cupid's Chase 5K (Feb 9th)**: Support Community Options' by raising funds to provide services to individuals with disabilities. The 5K starts at 10am at PNC Park. Visit [http://imatter.comop.org/site/TR/Race/General?fr\\_id=1713&pg=entry](http://imatter.comop.org/site/TR/Race/General?fr_id=1713&pg=entry) for more details and registration.