Volunteering Events

- **OpenStreetsPGH (July 28th):** walk, bike, and play on the car-free streets of Pittsburgh’s East End traveling through Homewood, Larimer, East Liberty, Shadyside, and North Point Breeze in a 4.4 mile loop. Visit openstreetspgh.org for more details.

- **Night Nation Run (August 10th):** 5K run through North Shore after the sun goes down. Complete with light shows, DJs, glow sticks, and an after-party with a DJ at Stage AE. To sign up visit nightnationrun.com/pittsburgh. Only $29.99 until 7/22!

- **Bubble Run (August 25th):** 5K run at Hartwood Acres Park (North of Glenshaw) through colored foam will make you feel like you are in a giant bubble bath. To sign up visit bubblerun.com/upcoming-locations/pittsburgh.

Check out tons of fitness events including yoga, biking, races, and more at fitt.co/pittsburgh/events

Volunteering Events

- **Healthy Monroeville Wellness Expo (Sept 29th):** volunteer to participate in a quick rehab related screening for community members at the UPMC Rehab Institute or UPMC East booths. Located at Monroeville Convention Center from 10am-5pm. Email the Chiefs and Dr. Helkowski if you are interested in participating.

Fitness Opportunities

- **Sept Zoo Day**
  - Sunday Sept 9th
  - 11a-4p
  - GME Sponsored New Resident Welcome Day at the Pittsburgh Zoo. Stay tuned!

- **Sept Resident Retreat**
  - Weds Sept 19th
  - 7a-3p
  - Team building and ropes course at Camp Guyasuta

Looking forward to the births of babies Pavlinich, Finney, Sherrier, and Brown!

Don’t forget to check out the new GME Wellness website for great resources and perks:

www.gmewellness.upmc.com

Props for Docs

Spread positive energy by submitting praise 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!