

J U L Y / A U G U S T 2 0 1 8



The UPMC PM&R Times

Brought to you by the Wellness Committee



Fitness Opportunities

- **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 bubblerrun.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.](#)



PMR Babies



Congratulations to Drs. Onishi, Helm, and Lueders for the newest additions to their families!



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!



Upcoming Events

August	Sept	Sept
Welcome Picnic	Zoo Day	Resident Retreat
Saturday Aug 4 th 3-7 pm	Sunday Sept 9 th 11a-4p	Weds Sept 19 th 7a-3p
Elm Grove Pavilion in Highland Park Grilled food provided, stay tuned!	GME Sponsored New Resident Welcome Day at the Pittsburgh Zoo. Stay tuned!	Team building and ropes course at Camp Guyasuta



Class of 2018 at Graduation