

MARCH / APRIL 2019

The UPMC PM&R Times

Brought to you by the Wellness Committee



Fitness/Volunteering Events

- **Disabled Air Rifle Clinic and Competition (March 16-17):** volunteer to help the competitors at Health South Harmarville Rehab Hospital by contacting chad.evans2@va.gov
- **Pittsburgh Marathon, Sunday May 5th:** Not planning to run 26.2 miles but want to be in the middle of the action? Contact Dr. Galang to see if there are any spots left on the General Medical or Hand Cyclists' Medical Team. OR come cheer on co-workers & friends
- **Stroke Camp (June 14-16):** sign up to volunteer during a weekend retreat for survivors and caregivers in Slippery Rock by contacting Stacey Mlodzianowski (daviss11@upmc.edu) by March 30th.

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



5K and presentations at APP in Puerto Rico



Mighty Strong

Work with UPitt PT students and residents at the personalized off-ice strength and conditioning program for sled hockey players. Sessions take place on Saturdays from 1-2 pm and 2-3pm. The last session is April 20th but they would LOVE our help. Contact jem301@pitt.edu to sign up. Visit <http://penguinssledhockey.org/our-teams/get-mighty-strong/>

Pittsburgh Running Tours

Get some exercise and learn about the history of the city during the Pittsburgh Running Tours (2.5 mile or 5K distances).

Visit

<http://www.pittsburghrunningtours.com/> for more details and dates!

Spring Retreat- April 10th

Stay tuned for more information and start warming up for jumping and dodge ball



CALL FOR PROPOSALS: Pitt/UPMC Rehab Institute 2019 Pilot Grant Funding RFP

- Small grants program to fund pilot research focused on addressing disparities, comparative effectiveness, and implementation/dissemination to improve rehab services.
- Intent to apply due 4/10, final app due 4/24 to Sam Viggiano (viggianosc@upmc.edu). See flyer for more details from Sara Brown.