



MAY / JUNE 2019

The UPMC PM&R Times

Brought to you by the Wellness Committee



Upcoming Events

Need Help?

Remember that LifeSolutions employee assistance program (EAP) is available to help with:

- Counseling
- Legal consultation
- Financial guidance
- Work-life resource

- **Annual Meet the Babies on May 19th from 3-6 pm at the Anderson Playground/Shelter at Schenley Park.** Bring your kids (all ages welcome) and come hang out with other faculty/residents/staff and their families. Snacks will be provided. Welcome to bring any toys or games as well.
- Watch for emails from Jesse Day and Joe Staszal regarding **spring/summer barbeque events.**
- **Graduation on June 22nd from 6-9 pm at the Lemont in Mount Washington.** Come support the graduating residents and fellows.



Get Involved

- **GME WELL ToolKit-** if you're interested in the creation of participating in a comprehensive resource to educate residents and faculty on wellness topics including: Fatigue, Burnout, Depression, Substance Abuse, Suicidal Ideation, and Potential for Violence, contact Jonathan Finney for more information.
- **Wellness Committee-** contact Marisa Moreta or Allison Schroeder if you are interested in joining the UPMC PMR Wellness Committee or taking over this newsletter starting in July.

Fitness Events

- **Mud on the Mountain-** 7 mile mud course along the Laurel Highlands on Sat May 11th from 8a-2p. Sign up at <https://www.7springs.com/events/mud-on-the-mountain/>
- **Open Streets PGH-** join the 4.4 mile bike ride around Shadyside on Sat May 25th or Lawrenceville on Sun June 30th. Visit <https://openstreetspgh.org/route/> for more details
- **Pittsburgh Melanoma 5K-** Support Melanoma research with a 5k run at South Park on Sat June 1st at 9 am. Sign up at <https://runsignup.com/Race/PA/SouthPark/PittsburghMelanomaFoundation5kRunWalk>



Visit the GME Wellness website for other great resources and perks:
<https://gmewellness.upmc.com>



ACSM Conference