The UPMC PM&R Times

Brought to you by the Wellness Committee

Upcoming Events

• **Annual Meet the Babies on May 19**th 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 Staszel regarding spring/summer barbeque events.

• **Graduation on June 22**nd from 6-9 pm at the Lemont in Mount Washington. Come support the graduating residents and fellows.

Need Help?

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

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

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

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 25**th** or Lawrenceville on Sun June 30**th**. Visit https://openstreetspgh.org/route/ for more details

• **Pittsburgh Melanoma 5K** - Support Melanoma research with a 5k run at South Park on Sat June 1**st** at 9 am. Sign up at https://runsignup.com/Race/PA/SouthPark/PittsburghMelanomaFoundation5kRunWalk

ACSM Conference