



NOV / DEC 2018

The UPMC PM&R

Brought to you by the
Wellness Committee



Fitness Opportunities

- **YMCA Turkey Trot (Thurs Nov 22nd):** Prep for your Thanksgiving feast with a 1-mile family Fun Run or 5K Run/Walk starting at 8am at PNC Park. Visit <https://www.ymcaofpittsburgh.org/turkeytrot/> for more details and registration.
- **Jingle Bell Run (Sat Dec 8th):** Family-friendly, fun, and festive 5K that raises funds for the Arthritis Foundation. The race starts at 10:30 am on the North Shore. Join Alex Lloyd's team, "Rehab the Red Nosed Reindeer" by visiting <https://events.arthritis.org/participant/rednoserehab> for more details and registration.



AAPMR Rehab 5K Run Winners



Allison Schroeder Alex Lloyd

Congratulations on Fellowship Match!

Justin Dumont- UPMC Pain

Jonathan Finney- Vanderbilt Pain

Geoff Henderson- UPMC SCIM

Brittni Micham- Stanford SCIM

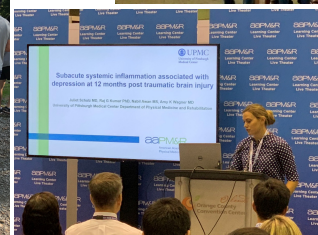
Michael O'Connell- AGH Pain

Marissa Pavlinich- UPMC Pain

Fall Resident
Retreat- Camp
Guyasuta



President's reception at Universal/Harry
Potter world at AAPMR



Jacy Schulz
presenting at
AAPMR



Holiday Events in the City



Check out <https://www.visitpittsburgh.com/events-festivals/holidays/> for upcoming events over the holiday season including:

- Holiday Market in Market Square (Nov 16-Dec 23)
- Light up Night (Nov 18)
- Kennywood's Holiday Lights (Nov 23-Dec 30)
- Phipps Conservatory's Holiday Flower Show and Winter Light Garden (Nov 23-Jan 6)
- Broadway Shows- The Nutcracker (Nov 30-Dec 27 at Benedum Center) or A Musical Christmas Carol (Dec 7-Dec 23 at Byham Theater)



PMR Holiday Party
Thurs Dec 20th 6-9pm
Buckhead Saloon in Station
Square
(get those singing voices
ready)