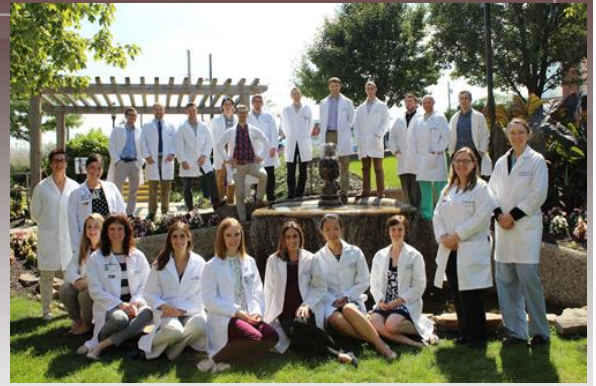


SEPT / OCT 2018

The UPMC PM&R Times

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Wellness Committee



Fitness Opportunities

- **Pittsburgh Great Race (Sept 30th):** 10K road race that begins in Frick Park and 5K run and walk that begin in Oakland and end in downtown Pittsburgh. Visit <https://runsignup.com/Race/PA/Pittsburgh/GreatRace> for more details and registration.
- **Pittsburgh 10 Miler (Nov 4th):** 10 mile road race that stars in Station Square and continues along with some of the best views of the city. Visit <https://www.pittsburgh10miler.org/> for more details and registration.

Check out tons of fitness events including yoga, biking, races, and more at fitt.co/pittsburgh/events



PMR Babies
Congratulations to Drs.
Finney, Sherrier, and
Pavlinich for the newest
editions to their families!

Looking forward to the birth
of Mila 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!

Welcome Picnic 2018



Volunteering Events

- **United Way Pitt Day of Caring (Oct 19th):** one of the area's largest community service projects in which you help clean up neighborhood around the University. Visit <https://unitedway.pitt.edu/day-caring> for more information and to register to volunteer.

Doggie Day
Look out for the
upcoming wellness
event at a local park on
October 13th!