Welcome Picnic 2018

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](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/](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](http://fitt.co/pittsburgh/events)

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](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!

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](https://unitedway.pitt.edu/day-caring) for more information and to register to volunteer.

Don’t forget to check out the new GME Wellness website for great resources and perks:

[www.gmewellness.upmc.com](http://www.gmewellness.upmc.com)

**PMR Babies**

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

Looking forward to the birth of Mila Brown!

**Props for Docs**

Spread positive energy by submitting praise to fellow co-residents via:

[www.surveymonkey.com/r/W9L3NYL](http://www.surveymonkey.com/r/W9L3NYL)

We all know we have a great group so let's reinforce our hard work with messages of thanks!