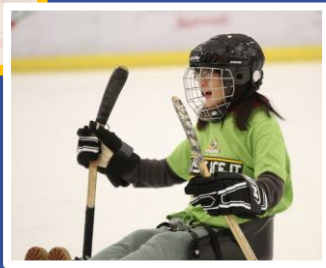


WINTER 2020

# The UPMC PM&R TIMES

Brought to you by the Wellness Committee

## EVENT HIGHLIGHT



## CONGRATS ON FELLOWSHIP MATCH!



Lauren Desmarais  
U Colorado SOM-Denver  
Pediatric Rehab

Joelle Gabet  
UCSF  
Electrodiagnostics



Allison Schroeder  
Mayo Clinic  
Sports Med



Alexander Lloyd  
Swedish-Seattle  
Sports Med



## WELLNESS WINTER POTLUCK SERIES

Join our next resident potluck dinner on Friday, **Feb 7th!**

All are welcome. *Interested in hosting?*

Contact: [dayjr@upmc.edu](mailto:dayjr@upmc.edu) or [staszlj2@upmc.edu](mailto:staszlj2@upmc.edu)



Kindly submit "Props for Docs" at <https://www.surveymonkey.com/r/NM8XMRRBe>  
sure to check out the UPMC GME Wellness site! <https://gmewellness.upmc.com/>



## EVENTS AROUND THE BURGH

### Pittsburgh Restaurant Week (Jan 13-19)

Visit <http://pittsburghrestaurantweek.com> to choose your favorite restaurant and try a delicious 3-course meal.

### Cupid's Chase 5K (Feb 8)



Support Community Options' by raising funds to provide services to individuals with disabilities. The 5K starts at 10am at PNC Park. Visit [http://imatter.comop.org/site/TR?fr\\_id=1851&pg=entry](http://imatter.comop.org/site/TR?fr_id=1851&pg=entry) more details and registration.



## AAP CONFERENCE

Mar 4-9  
Orlando, FL

UPMC LIFE CHANGING MEDICINE

