UPMC PM&R Times

The

Brought to you by the PM&R Wellness Committee

UNIT HIGHLIGHT
Spooky fun times on the **7E Spinal Cord Injury Rehab Unit!**

EVENT HIGHLIGHT
Congrats on our successful 1st Annual Wheelchair Shoulder Health Fair!

DEPARTMENT EVENT
AAPM&R - UPMC Alumni Reception
Thursday, November 14th, 2019 – 7 to 9 PM
Ruth's Chris Steak House, Grand Hyatt
600 East Market Street, San Antonio, TX

Join our awesome alumni, faculty, residents, and fellows! RSVP by November 5th
Click this to RSVP

Match News
Congratulations to our well-deserving PGY-4 residents for matching into the **UPMC Pain Medicine Fellowship**!

Jenna Meriggi   *Rohit Navlani*

Fall Resident Retreat
*Our residents enjoyed a fun day outdoors at **Camp Guyasuta** for team building, rock climbing, and zip lining! Thank you to our attendings for covering for the day!*

Wellness BBQ and Potluck Series
Thank you to everyone who has participated in the series of grilling and chilling! If you are interested in volunteering to host a BBQ or potluck, please contact: dayjr@upmc.edu or staszelj2@upmc.edu. Reimbursements for food provided by the PM&R Wellness Committee!

FUNDRAISING EVENTS

The 29th Annual YMCA of Greater Pittsburgh Turkey Trot is a great way to get outside to support local efforts to address food insecurity during the holiday season.

November 28th, 7 AM to 12 PM
N Shore Drive & Mazeroski Way
Registration: Turkey Trot Registration

Come see the on-ice action as the Pittsburgh Mighty Penguins take on UPMC PM&R in sled hockey! All fundraising benefits the Pittsburgh Mighty Penguins Sled Hockey team. All residents and attendings are welcome to participate! Contact us if you would like to play!

December 7th, 3 PM to 7 PM
UPMC Lemieux Sports Complex
800 Cranberry Springs Drive
Contact: mccoyar3@upmc.edu or darrahs@upmc.edu

Submit "Props for Docs" at https://www.surveymonkey.com/r/Props2
Be sure to check out the UPMC GME Wellness site! https://gmewellness.upmc.com/

UPMC LIFE CHANGING MEDICINE