

The UPMC PM&R Times



Brought to you by the Wellness Committee



Fitness Opportunities

- Run/walk the Cathedral stairs after work every Wednesday at 6:30 pm followed by dinner at the Porch! Contact Stephanie Ferimer for more details
- Cupid's Chase 5K on February 10th at 10 am near PNC Park to benefit Community Options Organization. Sign up under "Team Rehab"
http://imatter.comop.org/site/TR?fr_id=1533&pg=entry
- AAP 5K- As defending champs at the 2017 AAPMR 5k for most participants and most money raised we are trying to do the same in Atlanta. Want to participate? Contact Sara Brown at browns17@upmc.edu

Beloved Children's Author Mo Willems brings his illustrations to life at the Pittsburgh Children's Museum beginning February 17th, 2018
 Info: <https://pittsburghkids.org/exhibits/the-pigeon-comes-to-pittsburgh>



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!

Congratulations on fellowship match!

Matt Santa Barbara- Shirley Ryan Ability Lab PM&R Sports

Steve Schaaf- UPMC PM&R Sports

Stephanie Ferimer- University of Cincinnati Children's Hospital Pediatric PM&R



Winter Fun-Department Holiday Party, Ugly Sweaters, Gingerbread House Building

CLASS VOLUNTEERING

Look for upcoming opportunities in the spring to help with landscaping at client's homes!



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

www.gmewellness.upmc.com