



MARCH / APRIL 2018



The UPMC PM&R Times

Brought to you by the Wellness Committee



Foundation for PMR 5K Races

UPMC PMR won for the most participants and most money raised for the Foundation during the AAPMR and APP races. Congratulations and thank you to everyone who helped make that possible!



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!

Fitness/Volunteering Events

- 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
- Pittsburgh Marathon, Sunday May 6th: Not planning to run 26.2 miles but want to be in the middle of the action? Contact Dr. Cleveland to sign up to be part of the Hand Cyclists' Medical Team.

Mighty Pens Just Ice It Sled Hockey Challenge on March 31st from 4-7 pm at the UPMC Lemieux Sports Complex. Sign up to volunteer, play, or just come by to watch by contacting Dr. Houtrow or Dr. Darrah.



Team "Max Assist" playing in the Wheelchair Basketball Tournament for the Pittsburgh Steelwheelers

Want to participate in the GME Step Count Challenge for April? – push your Fitbit or Apple Watch to the limit! Contact Sara Brown by March 23rd! Winning team receives a catered lunch!

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

www.gmewellness.upmc.com

Yoga Break during Didactics



Spring Retreat- April 11th

Get ready to fly high at Sky Zone Trampoline Park!
Freestyle jump, ultimate dodgeball, foam pit, basketball, and more!

Stay tuned for more information