

The UPMC PM&R Times

Brought to you by the Wellness Committee



Fitness Opportunities

- PNC YMCA Turkey Trot on Thanksgiving: 1 mile walk, 5K, or 5 mile run www.ymcaofpittsburgh.org/turkeytrot
- Jingle Bell Run 5K on December 2nd: Join the PMR team, 'Rehab the Red Nosed Reindeer Returns' under the UPMC Sports Medicine Group. www.jbr.org/faf/home/default.asp

Residents at the October Dog Park Wellness Event

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!

Matthew Drakeley- UPMC Pain

Jeffrey Kandt- University of Michigan Pain

Emily Robbins- University of Texas Health Sciences Center at Houston/TIRR Memorial Hermann Rehab Hospital SCI



PM&R 5K at AAPMR where we won the Participation Award and Most Money Raised!



Holiday Fun!



Phipps Conservatory Winter Flower Show and Light Garden: Holiday Magic! Begins November 24th Evenings 5- 11 pm

<https://www.phipps.conservatory.org/calendar/detail/winter-flower-show-and-light-garden>

Upcoming Wellness Events

December
DATE TBD
2nd Annual
Gingerbread House
Contest for the
whole family!

December
December 14, 2017
PM&R Holiday
Party @ Buckhead
Saloon in Station
Square 6-9 pm

Look out for upcoming volunteer opportunities with **CLASS for the Holidays!** Check out the new **GME Wellness website for great resources and perks:**

www.gmewellness.upmc.com