Hidden Sodium
How to avoid this dietary menace

'Stroke Has No Age Limits'
A young woman’s story

Exercise
For best results, don’t go it alone
DEAR FRIENDS,

Summit Health is embarking on an exciting journey to inspire hope and I want you—our community members and neighbors—to come along.

At its core, Summit Health exemplifies its motto, “Local, comprehensive care: inspiring hope for a healthier life.”

Hope is a powerful emotion, especially when it comes to health. When people consider their health, they often take it for granted until it’s compromised. Once it’s compromised, though, hope—and, ultimately, restored health—is the most important thing to a patient and their loved ones.

So, when you walk through any of Summit Health’s doors during what may be a scary and vulnerable time, I want you to have hope. Hope that you will receive the very best care at the hands of highly skilled providers and clinical staff. Hope that you will be treated with respect and dignity.

Hope that you are one step closer to the healthier life you seek.

As you read this issue, you will find inspiring stories, as well as useful information to help you live a healthier life.

Here’s to our journey of a healthier life—in all ways, always.

Warm Regards,

Patrick O’Donnell
CEO and President
Summit Health

INSPIRING HOPE

SUMMIT HEALTH’S NEW Wellness Hub
is here to give you tools and tips to live a healthy life, wherever you may be. Visit it at: SummitHealth.org/Wellness.

CONTENTS

3 Community First
Building a plan for better health.

4 No Age Is Immune
A young stroke survivor shares her story.

6 Go Further With Food
Tips for saving money while improving health.

8 A Lifesaving Test
One man’s routine exam revealed prostate cancer at a treatable stage.

10 Hidden Sodium
How to avoid this dietary menace.

12 Saved by a Screening
Waynesboro Hospital’s health fair helps patients like Doris Oberholzer stay ahead of medical issues.

14 Exercise: Don’t Go It Alone
Social support helps keep fitness routines on track.
The word “hope” is a powerful one. Summit Health wants its community to have hope that a healthier way of life is possible.

A community’s ability to thrive rests largely on the well-being of its residents: their physical and mental health; access to services and recreation; and opportunities for economic prosperity. Creating this type of environment doesn’t happen quickly or easily, though. It takes a concentrated, collective effort to enact change that will positively affect the lives of residents not only now, but in the years to come.

“Through community collaboration and education initiatives, we are striving to create a positive collective impact on the health of our community,” said Director of Community Services Ann Spottswood. “We are here for our neighbors to give them hope that a healthier way of life exists.”

For more than two decades, Summit Health has conducted research called a Community Health Needs Assessment (CHNA) to identify local gaps, strengths, and opportunities to better address community needs as they relate to our neighbors’ health and health care. In partnership with Healthy Franklin County, an assessment that includes a survey of county residents is conducted every three years. The next CHNA will take place later this year.

From the data collected, Summit Health Community Services department, in conjunction with Healthy Franklin County, creates a Community Health Improvement Plan (CHIP) to help guide the development of programs that promote and help educate the public on healthy behaviors. This is an important first step in impacting the health of the community.

The Community Services team interacted with more than 10,000 area residents through their implementation of health-related and prevention-focused programs; free screenings; and participation in local events in the last year alone.

Spottswood said this collective approach illustrates that it takes more than just a health system to have impact. Summit Health is working in partnership with other nonprofit organizations to be the vehicle that helps change poor health habits, break patterns, and, eventually, improve well-being.

“In our collective efforts,” said Spottswood, “we are continuously inspired by the hope that our friends and neighbors will live happier, healthier, safer lives.”

Learn more about how Community Services works to address local needs at: SummitHealth.org/AnnualReport. Review the Community Health Improvement Plan at: SummitHealth.org/CHNA. For details on Healthy Franklin County initiatives, visit: HealthyFranklinCounty.org.
No Age Is IMMUNE

A 38-year-old stroke survivor shares her story, grateful she received a quick diagnosis and rapid treatment.
Michelle Black's memories surrounding the events of Feb. 28, 2017, are piecemeal: a hand filled with crumpled tissue and an inability to fully explain to her husband, Matthew, what she was doing with it; a sharp pain on the right side of her head, just above her eye; being led back to her bedroom to lie down while Matthew dialed 911.

What continued to unfold was a morning routine tainted by something that would seem unfathomable to many people Michelle's age: The 38-year-old wife, teacher, and mother of three was having a stroke.

When medics arrived to her Newburg home, they quickly evaluated Michelle, taking her vitals, asking her to smile, and instructing her to lift her left arm and leg. Michelle was exhibiting tell-tale signs of stroke and soon was placed in an ambulance.

The countdown to begin treatment as quickly as possible—and limit permanent damage to her brain—began. “In the ambulance, I remember hearing them calling ahead to Chambersburg Hospital that they were bringing in a 38-year-old female stroke victim,” says Michelle. “In my head, I was thinking ‘This isn’t right. I can’t be having a stroke because I’m only 38. I don’t smoke or drink.’”

In addition, she had just started a new hobby—running. “Many younger adults don’t think of stroke as something that could affect them, at least not until they’re much older,” says Dr. Sanjay Dhar, medical director of Summit Health’s stroke program. “Unfortunately, no age is immune to stroke. Lifestyle, stress, and other factors are contributing to stroke in younger people.”

Once at Chambersburg Hospital, emergency physicians conferred with a WellSpan neurologist via teleconference and determined the best course of action would be to treat Michelle with tissue plasminogen activator, or tPA, a clot-dissolving treatment given intravenously. After tPA, Michelle would need to be airlifted to York, where a neurosurgeon would remove what remained of the clot.

Two days after having her stroke, doctors monitoring her progress determined she was stable enough to be moved to a rehabilitation unit. Once she was settled in her new room, cardiologists told Michelle they had gained insight into what contributed to her stroke. “I have what’s called a prothrombin gene mutation in my blood. Basically, my blood clots easier than other people’s,” she says.

Additional investigation showed Michelle also had an atrial septal defect—a hole in her septum, the partition between the heart’s two chambers. She would need outpatient physical therapy and a procedure to close the hole, but less than a week after having her stroke, she was well enough to go home. Some doctors even labeled her quick recovery a miracle.

In the weeks that followed, Michelle eased back into everyday activities and returned to work. While her life may seem as though it’s back to normal, much has changed. She now takes five medications instead of one and tires easily. “Before the stroke, I was constantly on the move,” says Michelle. “I’m trying to learn how to slow myself down and what to worry about and what to let go of.”

Michelle was left with a sobering thought she wants others to remember. “So often when we’re younger, we tend to think that we’re invincible,” she says. “But stroke has no age limits.”
### Healthy Living

<table>
<thead>
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<td>Smoked Mackerel Fish</td>
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*Image: Fresh vegetables and fruits with a grocery receipt featuring various healthy food items and prices.*
Learn how you can reduce food waste and save money while improving your health.

For National Nutrition Month this March, the Academy of Nutrition and Dietetics is focused on the theme “Go Further With Food,” an idea with several meanings. One is to choose foods that will help maintain your energy for longer periods of time. Another is to buy only food you plan to use within a certain timeframe to reduce food waste. These concepts can help you eat more nutritiously and save money.

The key is to plan. By taking the time to plan out your weekly meals and snacks, you can make a concise list for your grocery shopping each week, cutting food waste, shrinking your budget, and trimming some extra calories as well. Studies have shown that people who go to the grocery store with a specific list and stick to it spend less money and buy more healthful foods. Having more nutritious food choices at home, in turn, will help you make healthier meal and snack choices throughout the week. Before heading to the grocery store, consider the foods you already have at home and try to incorporate anything that needs to be eaten soon in your short-term plan.

Beware of Bulk
Buying in bulk can save money, but be careful when it comes to food, especially perishable items. If you end up throwing away a portion of what you bought, are you really saving? Plus, having excess food in the house may make you more likely to overeat. In short, choose what to buy in bulk wisely, so that both your wallet and your waistline benefit in the long run.

Part of your weekly meal planning should be to consider portion sizes. For example, did you know that for a healthy meal the recommended portion size for a piece of chicken or beef is 3 ounces? That’s about the size of a deck of cards. Portion sizes in the U.S. have significantly increased over the past 20 years, and research shows that people eat more when they’re given larger portions. In addition to helping you maintain a healthy weight, saving some of an oversized piece of chicken breast from dinner will give you leftovers for another meal, cutting food-prep time during your busy week.

Another planning focus should be incorporating items from all food groups at nearly every meal. The goal per the USDA’s dietary guidelines: Fill up half of your plate with produce, one quarter with whole grains, and one quarter with lean protein.

Trim Your Waste
The USDA estimated that in 2010 food loss and waste at the retail and consumer levels was 31 percent of the food supply, amounting to $162 billion lost. By planning your meals, buying only what you need, and taking into account what you already have at home, you’ll be doing your part to reduce food waste.

Choosing the right foods—a good mix of lean proteins, fruits and vegetables—will help you have energy throughout your day. Planning meals and snacks will help you make better food choices, stick to a budget, and reduce food waste. Together, all of these elements will help you go further with food!

Budget Friendly Grocery-Store Tours
Summit Health offers tours led by nutrition experts to help you fill your grocery cart with food choices that are friendly to your budget as well as your health.

Date: March 20, 2018
Time: 6–8 p.m.
Location: Martin’s Food Market
708 East Main Street, Waynesboro

Date: March 26, 2018
Time: 6–8 p.m.
Location: Giant Food Store
993 Wayne Avenue, Chambersburg

Date: March 27, 2018
Time: 6–8 p.m.
Location: Shop ‘n Save
500 North Antrim Way, Greencastle

For more information and to register, visit: SummitHealth.org/ShopHealthy.

Cooking & Conversation
Join us in Chambersburg Hospital’s Lecture Center for a heart-healthy cooking demonstration.

Dates: March 7 and 14
Time: 5:30 p.m.
Location: 112 North Seventh Street, Chambersburg
A LIFE-SAVING TEST

One man’s routine exam revealed prostate cancer at a treatable stage.
ost men don’t want to talk about a prostate exam, but Anthony San Filippo is happy to say, “This routine exam saved my life.”

Anthony is no stranger to medical tests, having overcome a long list of health issues. “These last 17 years have been interesting,” he laughs.

Anthony has had a heart attack, two back surgeries, and two bouts with cancer. It was just last year, when Anthony and his family still lived in Franklin County, that he faced cancer for the second time. He was at Summit Primary Care in Mont Alto for a routine appointment when his family provider, Dr. Teresa Joy, asked when he last had his prostate examined.

Until that point Anthony, being a little young for prostate cancer, hadn’t thought he needed one. He agreed to the exam. The test results confirmed he was about to go through cancer treatment—again. “It hit me harder the second time because I knew what could come,” says Anthony.

EXPERTISE & EMPATHY

Anthony’s first cancer was non-Hodgkin’s lymphoma; he was diagnosed in 2002. Following a nationwide search for an oncologist, he sought treatment at Johns Hopkins Hospital. In 2012, Anthony had a revolutionary bone-marrow transplant. Now, he says, the chance of him dying from non-Hodgkin’s lymphoma is very low.

For his second fight, he was referred to Dr. Ashish Behari at Summit Urology Group. Anthony, who read about Dr. Behari’s career extensively online, says, “The guy was a rising rock star!”

While Anthony has great respect for his doctors at Johns Hopkins Hospital, his first visit with Dr. Behari made a lasting and very positive impression. “He had a depth of compassion that was phenomenal and touching,” says Anthony. “He was so sorry I had cancer again. We felt that compassion would guide his intellect and his excellence and give the best solution humanly possible.”

A POSITIVE OUTCOME

After reviewing his options, Anthony decided to have robotic surgery to remove the cancer. “With Dr. Behari, after we had a clear treatment path, I was at peace emotionally and everything came out fine,” he says.

Anthony is now a pastor, enjoying time with his wife and two grown children—when he can. “My plans for the future are to keep trying to welcome the gifts that God has given me and use them to serve God.”

Prostate cancer is the second most common cancer in American men, according to the Centers for Disease Control and Prevention. Risk increases as a man ages, and if a close family member has had the disease. The most common test for prostate cancer is a digital rectal examination.

“The only thing I can offer is my own example,” says Anthony. “A tiny bit of discomfort during the exam is a small price to pay to see your kids or grandkids grow up—or to do your bucket list, whatever may be on it.”

SHOULD YOU BE SCREENED?

THE AMERICAN CANCER SOCIETY advises men to talk to their doctors about whether prostate-cancer screening makes sense for them based on family history and other risk factors. This discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer
- Age 45 for men at high risk, including African-Americans and men who have a first-degree relative (father, brother, or son) who was diagnosed before age 65
- Age 40 for men at even higher risk, including men with more than one first-degree relative diagnosed before age 65

PROSTATE CANCER SYMPTOMS

SOME MEN HAVE no symptoms. Others might experience:

- Difficulty starting urination
- Difficulty emptying bladder completely
- Blood in urine or semen
- Pain in the back, hips or pelvis
- Painful ejaculation
How to Avoid ‘STEALTH SODIUM’

Knowing where sodium hides will help you make food choices that help to protect your heart.
One of the biggest risk factors for heart disease and stroke is high blood pressure, or hypertension, a condition that can also lead to vision loss, osteoporosis, and kidney disease. While there are many things that contribute to hypertension, too much sodium in the diet is a major culprit.

Salt, a mineral, is made up of sodium and chloride. The sodium in salt is what’s bad for your health, and what you’ll see listed on food labels. The average American adult eats more than 3,400 milligrams of sodium each day—well above the 2,300 milligrams recommended in the 2015–2020 Dietary Guidelines for Americans.

While you might think that simply not adding salt at the table will make the needed difference, that’s likely not the case: More than 70 percent of the sodium Americans consume comes from packaged foods and restaurant meals. The unfortunate fact is that sodium is hidden in many everyday foods.

The American Heart Association calls the foods that contain the most hidden sodium the “salty six.” They are: bread, pizza, soup, cold cuts and cured meats, poultry, and sandwiches. Other sodium-loaded foods include cheeses, salty snacks, nuts and seeds, frozen dinners, packaged meals, condiments, seasoned salts, and store-bought sauces. To reduce sodium in your diet, avoid those pitfall foods when you’re shopping. Instead, choose low-salt or salt-free varieties—or make your own low-salt versions from scratch.

The grocery store isn’t the only place to be wary. Foods prepared in restaurants tend to be high in sodium, which improves taste and can mask poor-quality ingredients. When you do eat out, ask for your meal to be prepared with no added salt. Better yet, choose to cook at home more often and flavor foods with herbs, spices, and salt-free seasoning blends. By preparing meals with fresh ingredients you select yourself, food will taste better without having to add extra salt.

When cooking at home, skip canned, smoked, or processed ingredients in favor of fresh foods whenever possible. Choose unsalted or low-sodium broths and canned ingredients, and use dried peas and beans instead of canned.

The bottom line: While our bodies need sodium, the modern Western diet contains much more than necessary. By avoiding the hidden sources of sodium in everyday foods, you can lower your risk for hypertension and the health problems it causes.

**HEART-HEALTHY GROCERY STORE TOURS**

SUMMIT HEALTH OFFERS tours led by nutrition experts to help you fill your grocery cart with healthy food choices.

**Date:** Feb. 22, 2018  
**Time:** 5:30–7:30 p.m.  
**Location:** Giant Food Store  
925 Norland Avenue, Chambersburg

**Date:** Feb. 27, 2018  
**Time:** 5:30–7:30 p.m.  
**Location:** Martin’s Food Market  
708 East Main Street, Waynesboro

**FOR MORE INFORMATION AND TO REGISTER,** VISIT: SummitHealth.org/ShopHealthy.

**BLOOD PRESSURE: HOW HIGH IS TOO HIGH?**

Nearly half of Americans now have blood pressure above the normal range, based on new guidelines from the American College of Cardiology and 10 other groups. With the revised standards, which define high blood pressure as 130 over 80 (down from 140 over 90), doctors aim to identify affected patients earlier to help reduce their risk of future complications. If you know your blood pressure, check the chart below to see whether you may need to review your situation with your physician.

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mmHg (upper number)</th>
<th>DIASTOLIC mmHg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>AND</td>
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<tr>
<td>ELEVATED</td>
<td>120–129</td>
<td>AND</td>
</tr>
<tr>
<td>HIGH BLOOD PRESS (HYPERTENSION) STAGE 1</td>
<td>130–139</td>
<td>OR</td>
</tr>
<tr>
<td>HIGH BLOOD PRESS (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>OR</td>
</tr>
</tbody>
</table>
The word “sweet” is deeply woven into our vocabulary as a descriptor of satisfaction and pleasure: Sweet as pie, sweet as honey, sweet natured.

But when it’s linked with sugar, sweet also can be a culprit, as Doris Oberholzer, 71, discovered.

Doris had been employed at her local bank for more than 43 years as a customer-service representative and teller.

At her retirement, she finally had a chance to relax and do what she’d always wanted—and that included indulging her sweet tooth, especially a love for sugary snacks and soft drinks.

Doris had been retired for five years when she noticed a few suspicious symptoms. “I had dry mouth, which I’d heard could be a sign of diabetes, and my energy levels were low,” she says. “Still, I wasn’t one to run to the doctor for every little thing.”

A FRIENDLY PUSH
But then her daughter, Sherry, called and urged her to have her blood-sugar levels checked at the Waynesboro Hospital Health Fair.

An affiliate of Summit Health, Waynesboro Hospital has hosted this free annual clinic to serve the Franklin County, Pennsylvania, community for more than 30 years. The fair provides lab screenings for blood sugar and cholesterol levels, as well as tests for blood pressure, bone density, and vision health.

Her daughter’s family was planning to attend, and Sherry wanted her mother to accompany them. “You need to go, Mom,” she’d said.

Doris finally conceded. For 12 hours prior to the event she fasted, eating and drinking nothing except water to be ready for a blood-sugar screening.

The fair was crowded with families, and Doris found the exhibits beautiful and informative. One of her favorite events at the fair was a fly-in of the LifeNet81 Medical Helicopter.

SURPRISE DISCOVERY
But the most remarkable discovery of Doris’s visit was her own blood-glucose numbers.

“I was surprised by how high they were,” she says. “I was told I had type 2 diabetes and should follow up with my doctor.”

Once Doris accepted this shocking news, she visited her physician, who validated the numbers and started her on a diabetes-treatment plan that included both medication and lifestyle changes. “Now, every four months I go in for follow-up and monitoring,” she says.

Doris is working currently on moderating her glucose levels by watching her diet, especially carbohydrates. “I don’t know what would have happened to me if I hadn’t gone to the fair,” she says. “Diabetes can have so many terrible effects, with vision and so on. I’m trying hard to keep it under control.”

HEADING OFF ILLNESS
And that’s one of the prime purposes of the health fair, as Summit Health Vice President for Community Relations Barb Rossini notes: “The fair is important because it is just one of many ways Summit Health makes it a priority to be here for the health and well-being of community members, not only when they are sick, but before they become ill.”

DIABETES SYMPTOMS
• Excessive thirst and increased urination
• Dry mouth
• Hunger and fatigue
• Blurred vision
• Tingling or numbness in hands and feet

PREVENTING TYPE 2 DIABETES
THE PREVENT T2 program provides education and support to help those at greatest risk of diabetes avoid developing the disease. Summit Health is offering two new sessions: one starting Feb. 22 (in Chambersburg) and the other starting April 10 (in Waynesboro). Both sessions are from 5–6 p.m. To learn more, call 717-262-4472.
WAYNESBORO HOSPITAL
HEALTH FAIR—JOIN US!

DATE: March 10, 2018
TIME: 7:30–11 a.m.
LOCATION: Waynesboro Area Senior High School, 550 East Second Street, Waynesboro

This annual community event features health-education activities and information, children’s activities, prizes, and giveaways. Also offered are beneficial free screenings, including:

- Bone density
- Cholesterol
- Blood sugar
- Simple lung function
- Diabetic foot
- Blood pressure
- Range of motion
- Body composition
- Vision (children and adults)
Research shows that social support from family and friends can help you keep your fitness routine on track.

We’ve all been there—those days when your get-up-and-go went elsewhere, leaving you with a long list of possible excuses not to exercise. From “I have other more important things to get done today” to “It’s raining” or “Skipping one day won’t hurt.”

But getting off track on your fitness routine can impact your health. Regular exercise reduces your risk for a host of diseases, including diabetes, stroke, heart disease and cancer (see sidebar).

HOW MUCH IS ENOUGH?
The Centers for Disease Control and Prevention recommends two hours and 30 minutes of aerobic activity that’s of at least moderate intensity (for example, brisk walking) per week. That’s about the amount of time you might spend watching just one movie.

Another way to break it down is 30 minutes of activity five days a week. But you can exercise in increments as small as 10 minutes each, if that works better for you, and still reap health benefits.

Recommended in addition to aerobic activity: two or more days a week of muscle-strengthening activities that work all the major muscle groups.

TEAM UP FOR SUCCESS
Fortunately, research shows there’s a reliable way to help ensure that you exercise consistently: Get yourself some social and emotional support. When you exercise with a family member or close friend, you’re more likely to stick to your fitness commitment. If you can’t exercise together, just talking about your fitness activities, successes, and challenges can help you stay the course. Even having someone to complain to when you don’t feel like heading to the gym or out for a walk is beneficial.

Once you’ve started exercising consistently, practical support also can help. For example, teaming up with someone who is willing to give you a ride to the gym when you need it, or who remembers your fitness-accessory wish list when your birthday rolls around.

POTENTIAL PITFALLS
Studies have found that it’s equally important to avoid negative support—those friends or family members who repeatedly remind you that you may injure yourself, for example.

Another important caveat: Don’t let a spouse or anyone else take away your autonomy by telling you when to exercise or what you should be doing.

Studies show that when people feel pressured to be physically active, they avoid it. Instead, set a plan that will work for you and ask others to support your approach.
PHYSICAL ACTIVITY & HEALTH

REGULAR, MODERATE EXERCISE is one of the best things you can do to protect your health. The many benefits of consistent physical activity include reduced risk of:

- Obesity
- Cardiovascular disease
- Type 2 diabetes
- Cancer (some types)
- Osteoporosis
- Depression
- Falls as you age

COMMIT TO A CLASS

GET FIT NOW classes with Summit Health help you develop a healthier lifestyle using a combination of FitBit technology and supportive group sessions. Learn more or register at: SummitHealth.org/GetFitNow.

SUMMIT HEALTH CENTER
12 St. Paul Drive, Chambersburg
Building 2, 2nd floor conference room

- May 14, 21, June 4, 11 & 18
  Noon – 1 p.m.
- July 23, 30, Aug. 6, 13 & 20
  Noon – 1 p.m.
- July 23, 30, Aug. 6, 13 & 20
  5–6 p.m.

WAYNESBORO HOSPITAL
501 East Main Street, Waynesboro
Family Birthing Services classroom

- April 30, May 7, 14, 21, & June 4
  5–6 p.m.
- July 12, 19, Aug. 2, 9 & 16
  5–6 p.m.
- July 30, Aug. 6, 13, 20 & 27
  Noon – 1 p.m.

REGULAR, MODERATE EXERCISE is one of the best things you can do to protect your health. The many benefits of consistent physical activity include reduced risk of:

- Obesity
- Cardiovascular disease
- Type 2 diabetes
- Cancer (some types)
- Osteoporosis
- Depression
- Falls as you age
inspiring HOPE for a bright future

By inspiring a love of reading in our community, our medical experts are helping children prepare for a life of wellness – one book at a time.

To learn more about how we inspire hope in your care, visit us at SummitHealth.org/Inspire.