



Let's Celebrate American Heart Month All Year!

We may be past Valentine's Day and at the end of February, but don't let that stop you from thinking about your heart. Hear from a local doc about heart disease and ways to live a healthy life.

Be Heart Smart



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Welcome Commonwealth Primary Care to Penn State Health

We are pleased to welcome Commonwealth Primary Care to the medical and surgical practices of Penn State Health St. Joseph. Our continuing expansion adds to our growing capabilities to deliver high quality, comprehensive care to the region.

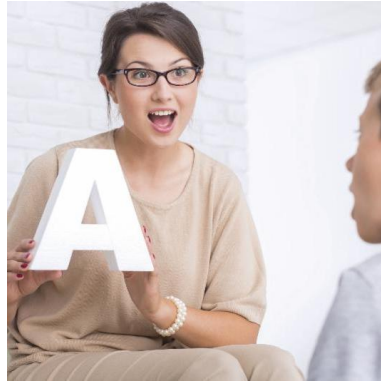
[See who we're welcoming](#)



Outpatient Speech Therapy Helps Adults with Communication and Swallowing Problems

Our Speech-Language Pathologists work with people who have trouble speaking, listening, reading, writing, thinking, and swallowing due to stroke, head injury, diseases, or illnesses.

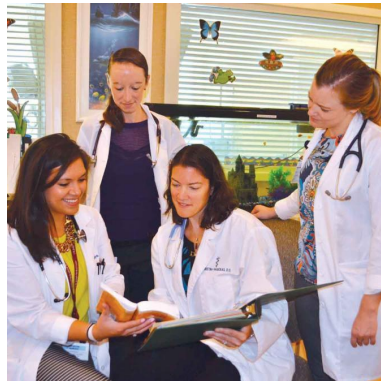
[Check out this program](#)



Hero Training via St. Joseph's Family Medicine Residency Program

St. Joe's is doing its part to combat the family physician shortage. The three-year Family Medicine Residency Program accepts 21 medical school graduates.

[See how we're training these hero docs](#)



Getting to Know Our Services The Vascular Institute

Did you know Peripheral Arterial Disease is the most common condition addressed in our Vascular Institute? Luckily, it's now treated through minimally invasive methods, which reduces hospital and recovery times for patients. Learn more about the disease that affects over 10 million patients and other vascular related diseases and disorders.

[Get to know The Vascular Institute](#)



Welcome OB/GYN Jessika Kissling, MD!

Jessika Kissling, MD, is board-certified in Obstetrics and Gynecology and joins Penn State Health St. Joseph's OB/GYN Associates. Dr. Kissling is accepting new patients!

[Learn more about Dr. Kissling](#)



PASSIONATE ABOUT HEALTH

St. Joe's is on TV!



Have you seen our HealthToday series on BCTV? We cover all topics health-related so you can get to know our excellent staff and programs. We're looking for suggestions for upcoming shows! Have something you'd like to see discussed? Share your ideas and you just might see it on the small screen.

[Email your ideas here](#)

[Forward to a Friend](#)

STAY IN THE KNOW

