



Penn State St. Joseph Pediatrician Returns from Second Trip to Ghana

Dr. Haley Spagnola, a Penn State Health St. Joseph pediatric hospitalist, returned from her second trip to Ghana in March with an increased appreciation for its people and the hardships they face on a daily basis.



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Hydrate to Feel Great!

Dehydrating your body is an easy thing to do during these warmer days. We have 7 easy ways to increase your fluid intake (food hydrates too!) plus 1 yummy Frozen Fruit Sparkling Water recipe

[LET'S HYDRATE](#)



10 Reasons to Deliver With Us!

Want to know what sets our Birthing Center apart from others? We'll give you 10 things that'll make your delivery a Special Delivery!

[SHOW ME THE LIST](#)



Getting to Know our Services

If you've ever had to use an Emergency Room as a "walk-in", maybe your experience was well....not what you would've expected. We've been working hard to provide a better experience for all through our innovative Fast(ER) Track. With Fast(ER)Track, our focus is on improving your experience, and next to receiving quality care, that means speeding up care delivery.



[SEE OUR AD](#)

Passionate About Health

Our newest pro-wellness experience gives you real-time results of 4 Critical Numbers that Predict Your Health. The results are coupled with personalized education and health recommendations by a nurse navigator. Health4Cast can reduce your chances of developing a major life-threatening or quality-of-life altering illness.

Stop by our hospital lobby on June 13th between 10AM-2PM, and in less than 10 minutes you'll have your Health4cast!



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