



April Showers Have Us Bursting with Events

We're celebrating Spring all month long with a mega-blast of events. We hope you'll join us for one - or all - of these exciting offerings.



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May 11th | Wine Women & Shoes Benefiting Opportunity House

As the presenting sponsor of this fabulous event, we'll be featuring **Health4Cast**. Health4Cast is a new pro-wellness program that in 10 minutes or less, we'll test your 4 critical numbers that help predict your health and provide a quick analysis and recommendations to make healthy improvements. If you're attending this event, stop by and get your **Health4Cast**!

[Get the Event Details.](#)



May 13th | Penn State Health St. Joseph Robesonia Open House

Spring your health forward at our new Robesonia location! Attend the Open House from 10AM-12PM. Tour the facility, learn about our services, meet our physicians Drs. LaManna-Gable, Newman, and Mandel, groove to live music by Charlie Wayno, enjoy delectable food from Gourmond Café, and have a chance to win great prizes.

[Register here.](#)



May 17th | Aging Parent Fair

How will you care for your aging parent? Attend the Aging Parent Fair at St. Joseph Medical Center where you'll get connected with a diverse group of readily available resources to help you navigate caregiving. Our goal is to have all your questions answered at this event.

[Learn more here.](#)



May 22nd | The ABC's of Women's Health

Meet the physicians of Women's Services - Drs. Ganas, Gurski, Hasson, and Sweeney - at 7PM at the Exeter Community Library as they engage in a variety of discussions around women's health including breast health, cervical screenings, and more.

[Register Here.](#)



May 23rd | Quit Smoking Support Group

Quitting smoking is the single most important step you can take to improve the length and quality of your life. Quitting smoking can be tough, but you don't have to quit alone. We are here to help you quit and be your circle of support. The Group Sessions are FREE, led by a Certified Tobacco Treatment Specialist, and offered for SIX consecutive weeks.

[Learn more here.](#)



May 30th | Breidegam Family Birthing Center Open House

Thinking about starting a family or expecting a delivery? Attend the Open House at St. Joseph Medical Center from 5-7PM and let us show you how every delivery is a Special Delivery! Sip mock-tails, enjoy hor d'oeuvres, tour our spacious and luxurious birthing rooms, and meet the staff and docs.

[Register here.](#)



We're Working to Raise Awareness of Sexual Abuse

A case of sexual assault occurs every 98 seconds in America, according to Rape, Abuse & Incest National Network (RAINN), the nation's largest anti-sexual violence organization. **Tina Roman-Rios**, a community health worker in the OB/GYN Department at Penn State Health St. Joseph's downtown campus, is working to change that.

[Read about Tina and her important work.](#)



Welcome Family Physician Lisa Medina, MD!

Lisa H. Medina, MD has a wide range of experiences in working as a family practice physician over the past 30 years. She completed residencies at Reading Hospital and Medical Center, West Reading, and at Sheffield University Medical School, Sheffield, United Kingdom. She joins Penn State St. Joseph Muhlenberg. Dr. Medina is accepting new patients!

[Learn more about Dr. Medina.](#)



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