



PennState Health
St. Joseph

Our Passion. Your Health.



Physician, Residents Provide Care to Patients in Haiti

A recent trip to Haiti left a trio of Penn State Health St. Joseph physicians humbled to have been able to help many patients, but also frustrated by what they were unable to accomplish.

Dr. Jeffrey Zlotnick, a Family Practice Specialist, traveled with Dr. Riley Manion and Dr. Elizabeth Herrman, both residents in St. Joseph's Family Medicine Residency Program, to the impoverished nation late last year on a week-long medical mission trip in partnership with St. Ignatius Loyola Roman Catholic Church.

[See what they're sharing about their trip](#)



The Body: A Detox Machine

While the endless consumption of large amounts of food, sweets and, maybe, too much alcohol over the holidays is barely a thing of the past here comes the Philadelphia Eagles and the Super Bowl! So, to keep from feeling sluggish and tired after what likely be a day-long Super Bowl festivities, you might feel the need to detox to recover from all of the overindulgence.

[Learn about your body's natural detox process + 3 ways to boost it.](#)



Community Health Workers Complete Training for Potential Careers in Medicine

Are you familiar with the role of a Community Health Worker? A Community Health Worker is defined as a "trusted member of the community with a gift for helping people prevent or manage disease or other physical or mental health issues." This 100-hour training program, a collaborative of Penn State Health St. Joseph, the East Central Pennsylvania Area Health Education Center, the Literary Council of Reading-Berks and other local partners, just graduated its 10th class.

[Take a look at how these graduates will make a difference](#)



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HEALTH4cast

4 Critical Numbers That Predict Your Health



Tuesday, February 27 | 10AM-2PM

Lobby | 2500 Bernville Road

Mark your calendar for February 27th! Our pro-wellness experience will be popping up in the hospital lobby every 4th Tuesday of the month! In less than 20 minutes, you'll experience a real-time screening of 4 critical numbers that predict your health + 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. And best of all...it's FREE! No need for an appointment, walk-ins welcome.

[Get to Know the 4 Critical Numbers](#)

Getting to Know Our Services: Prenatal Care Options



If your gearing up to hear "congratulations, you're expecting!" or say "I'm ready to start a family", we'd like to join in your exciting journey! We have lots of options from group & private prenatal sessions, physician & mid-wife care, and city & suburban locations. Get to know us today by browsing StJoesSpecialDeliveries.org and [signing up](#) for the weekly e-news designed to keep you "in the know" throughout your pregnancy in a fun and compassionate way.

Missed the Prenatal Open House? See the recap here!

Passionate About Health:
New Year, New You in Strausstown Event



In the Strausstown area and free on February 11th? Stop by the free and fun event at Penn State Health St. Joseph Strausstown! Meet family physician, Dr. Krista Schenkel, and Rachel Ehrhart, CRNP, have your health questions answered, tour the family practice, get a health screening, and leave with some goodies.

[Tell me more about this event!](#)

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