



A Core Program of  
**MCC**

Empowerment through  
**education**, support and advocacy

# Philadelphia Coordinated Health Care

## LIVE WEBINAR

**Presenter:** Jan Shea, BSN, RN  
Community Based Nurse

### Auto-Immune Disorders

**Date/Time:**  
October 29, 2020  
10:00 AM– 11:30 AM

**Description:** This presentation will provide an overview of the immune system, how it functions normally, and what occurs when it becomes overactive, causing an auto-immune disorder. Information will be shared regarding symptoms, potential risk factors and behaviors that can help keep your immune system healthy. There will also be a discussion about the relationship between autoimmune disorders, Down syndrome, and COVID-19. The presentation will end with a look at several of the more common autoimmune disorders such as rheumatoid arthritis, type 1 diabetes, lupus, and multiple sclerosis (MS).

**Presenter:**  
Christine Sides, LPC  
Behavioral Health Specialist

### Grief & Loss

**Date/Time:**  
October 29, 2020  
1:00 PM- 2:30 PM

**Description:** Individuals experience grief after a loss in different ways. Learn about the stages of grief and behaviors associated with each stage. Explore coping skills for both individuals you serve and yourself.

## Once you register with PCHC you will be sent a link to register for the Zoom Webinar

To register for the above training, please fill out the form below and fax it to PCHC 215-599-5180, or register on our website at [www.pchc.org](http://www.pchc.org).

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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Address: \_\_\_\_\_

Email Address **REQUIRED!!** \_\_\_\_\_

- Provider Admin/Supv.
- AE/County Administration
- Behavioral Specialist
- Provider Staff
- Clinical/Medical Staff
- Individual
- Program Specialist
- Provider/Executive Staff
- Prof. Law Enforcement
- Supports Coordinator
- Family Member
- Other: specify below: \_\_\_\_\_
- Supports Coord/Admin.
- Professional Education

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