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Terry's Take: Your Drive for Excellence is Inspiring

In Terry Capuano's latest blog post, she talks about the things that impressed her most regarding colleagues' focus on quality.

Behind-the-Scenes: Epic Go-Live – VIDEO

Wish you knew what the LVHN Epic command center was all about? Or how practices were supported during Wave 1 Go-Live? We have just the video for you.

Watch March's Leader-to-Leader Video

Watch March's Leader-to-Leader meeting to learn about the retail revolution in health care and LVHN's strategic plan.

Wave 2 Managers' Fair Recap and Pilot Training

We're on the cusp of Wave 2 Epic training and inpatient managers are actively gathering "intel" on the next phase of our Epic transformation.

What Are We Doing To Make It Easier to Get Prescriptions Filled?

This question was raised at a recent Casual Conversations session. Learn about a new service that makes it easy to get your prescription refilled at Health Spectrum Pharmacy.

SELECT Medical Students Learn Where They Will Do Residency Training During LVHN's First-Ever 'Match Day' Celebration

See what happened at our Match Day celebration and learn which SELECT students will stay at LVHN for their residency training.

Service Stars of the Month – February and March 2015

Congratulate the winners and nominees and find out how you can nominate a service star.

Meet LVHN Providers by Watching Their Videos; 21 Just Added

Mission Central is now
LVHNDAILY

Read LVHN's
Special Announcements

 **Lehigh Valley
Physician Group**
LEHIGH VALLEY HEALTH NETWORK
Visit the new LVPG website


Attend a Colleague Forum
Thursday, April 2 at 2 p.m.

 **Lehigh Valley
Health Network**

There's a new way to watch the videos about our LVHN providers - and 21 new videos to check out too.

Use Your Culture of Wellness Dollars for a Membership to the Health & Wellness Center at Hazleton's Fitness Center

Learn how you can utilize the fitness center at the Health & Wellness Center at Hazleton.

Terry's Take: Your Drive for Excellence is Inspiring

BY [TERRY CAPUANO](#) · MARCH 16, 2015



Thank you! Starting this month's blog with a hearty thank you is in order to all who read the [January blog](#) and responded. We had a healthy discussion about our [Culture of Wellness benefit program](#), investigated a few questions, altered some practices and increased our dialogue. I appreciate you taking the time to do so because we only improve when we have open communication.

Speaking of improvement, I have to tell you how impressed I am when I round in your departments. I see how you are infusing quality practices into your everyday work and experiencing significant outcomes that affect quality of care, service and efficiency.

Four recent examples include:

- **LVHN-Tilghman** – Adherence to the patient post-operative pathway, which details the clinical course of the patient after surgery, by every provider and clinician is impressive. Issues are quickly identified if the patient did not adhere to the pathway. This is so important because quality and length of stay improve with attention to detail.
- **LVH-Hazleton** – The health information management, financial and supply chain departments articulated their processes, knew their outcomes and identified areas for continued success. In the finance area, revenue into the system was posted every few hours. I left rounds that day thinking that these departments run a “tight ship.”
- **LVH-Muhlenberg** – The implementation of a pilot in 5T to use iPads to communicate information to patients and families is an extension of the focus on quality, safety and service apparent on that clinical unit.
- **LVH-Cedar Crest** – In the medical-surgical intensive care unit, every nurse I spoke with understood and practiced early Foley catheter removal to decrease urinary tract infections (UTIs) and early mobility to prevent complications of bed rest. The results were so impressive in terms of decreased catheter-associated UTIs, pressure ulcers and venous thromboembolisms (VTEs). They knew the standards and implemented them, assuring quality care to our patients.



I was impressed visiting LVH-Hazleton's financial department and enjoyed meeting colleagues like Lori Trout, (left) director of patient financial services and Kellie Riccio, assistant director of patient financial services.

What each area demonstrated was adherence to standard processes, a passion for excellence, a desire to improve and attention to detail. These are just some examples of what I see when I round. Because I cannot be all places, please share with me and your colleagues what you are doing in support areas and clinical areas to improve processes and enhance outcomes. I appreciate hearing about your struggles because it tells me you are tackling difficult issues. I welcome the stories and delight, with you, in your results.



Terry Ann Capuano

ABOUT ME: My name is Terry Capuano, RN and I am the chief operating officer (COO) at Lehigh Valley Health Network (LVHN). I have worked at LVHN for 30 years, serving as COO for the last five years. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the network. [Learn More](#)

Tags: [LVH-Cedar Crest Medical Surgical Intensive Care Unit](#) [LVH-Cedar Crest MSICU](#) [LVH-Hazleton](#) [LVH-Muhlenberg 5T](#)
[LVHN-Tilghman](#) [Quality](#) [Terry Capuano](#)

Behind-the-Scenes: Epic Go-Live – VIDEO

BY [JENN FISHER](#) · MARCH 19, 2015

Do you remember what you were doing a month ago (besides bracing for more snow and record-setting cold?) For colleagues involved with the Epic Wave 1 Go-Live, it was just Day 2 with our new electronic medical record system. While each ambulatory practice was busy getting accustomed to Epic during those early days, one aspect of Go-Live went mostly unseen: the numerous activities happening at the [LVHN Epic command center](#). Located in the 1247 Cedar Crest building, the command center was the hub for all issues, support deployment and over-the-phone problem-resolution associated with Wave 1 Go-Live.

During an on-site visit to the command center, LVHN CEO and president, Brian Nester, DO, MBA, FACOEP, commented that our colleagues needed to see what was happening behind the scenes to support them during Wave 1 – and eventually during Wave 2 Go-Live. To help do just that, a video team shot footage and interviews during the second week of Go-Live to show you views of the command center and gather insights from command center staff members, as well as, provide a look at how one practice, LVPG Family Medicine–Easton Avenue in Bethlehem, built team spirit and helped each other while Epic was still fresh.

See where our Epic journey started, where we've been and what's coming next in this Epic Go-Live video:



Watch March's Leader-to-Leader Video

BY [ASHLEY MILLER](#) · MARCH 20, 2015

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg, Lehigh Valley Hospital-Hazleton and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

Scroll down to view videos of each of the speakers.

(PLEASE NOTE YOU MUST BE LOGGED ON TO OUR INTRANET WITH INTERNET EXPLORER IN ORDER TO ACCESS THE VIDEOS. YOU ALSO NEED TO HAVE MICROSOFT SILVERLIGHT INSTALLED ON YOUR COMPUTER. IF THE LINKS DO NOT OPEN PROPERLY, TRY REFRESHING YOUR BROWSER. IF YOU HAVE QUESTIONS OR NEED ASSISTANCE, PLEASE CONTACT INFORMATION SERVICES AT 610-402-8303.)

[Service Star](#)

[Epic Update](#)

Introductions and Honor Roll

The Coming Retail Revolution

The Regional Perspective

LVHN Strategic Plan

Wave 2 Managers' Fair Recap and Pilot Training

BY [JENN FISHER](#) · MARCH 20, 2015

Nearly 400 Wave 2 (inpatient) managers and super users attended last week's Wave 2 Managers' Fair. The event was held on the fifth floor of LVHN–One City Center at our state-of-the-art Epic training facility in downtown Allentown. Not only did Wave 2 managers learn about applications specific to inpatient settings, they also had a chance to see exactly where LVHN Epic training takes place and experience parking logistics.

Anne Panik, RN, senior vice president for patient care services and chief nursing officer at LVHN was one of the attendees and knows our colleagues are ready to take on the Wave 2 Epic transformation in our hospitals. “The Manager's Fair was well attended and offered our colleagues an opportunity to check out the training areas in One City Center. It was also great to see them interacting



Pictured from left to right: Jackie Fenicle, RN, vice president patient care services at LVH-Muhlenberg (LVH-M), Michael Goldner, DO, vice chair, Department of Medicine, LVH-M and Anne Panik, RN, senior vice

with the Epic training staff to begin having questions answered prior to training.”

*president patient care services and chief nursing officer for
LVHN.*

Susan Shutt, Epic super user program manager, says the Managers' Fair was an ideal forum for just that sort of Q&A. “We hope after asking the questions they were concerned with that they had a feeling of confidence about the training their department will receive in preparation for inpatient Go-Live on August 1,” Shutt says. “The entire training program is organized and thought-out. It's exactly the type of approach you would hope is in place to implement a change as important as this.”

Epic Inpatient Apps

Throughout the fifth floor training area, each Wave 2 application was represented, including:

- **Willow** – the inpatient pharmacy application
- **OpTime** – the operating room application
- **ASAP** – the emergency department application

Hospital billing, scheduling, registration, bed management and more were also represented at the event. In addition, instructional designers were on-hand to answer questions about the applications and the training that will take place.

“I enjoyed the opportunity to see all of the applications,” Carolyn Davidson, PhD, RN says. “In the training rooms, you could take as much time as needed to review the slide demonstrations which was very helpful.”

Coming Soon: Wave 2 Training

During the fair, Shutt heard a number of questions about upcoming training. “As the Wave 2 managers circulated, we heard from several who wanted to know how many hours of training will be required for each role in their department and what hours will training be offered,” she says.

This week, the [Wave 2 Training Manual](#) became available on the LVHN intranet which helps answer many of those specific questions. The guide is organized by role and lists all prerequisite and training courses each colleague will need to become proficient in their new workflows.

“Wave 2 managers need to first schedule their super users for training. Those assignments have been populated on The Learning Curve (TLC), but colleagues **should not** sign-up on their own. Their manager needs to coordinate training to determine **when** the super user will train as well as **which training track** they should follow,” Shutt says.

And right around the corner, it will be time to register Wave 2 end users for training. “Beginning Monday March 30, managers will be able to schedule their end user colleagues for the course track that fits each colleague's role,” Shutt says. “Those assignments will appear on each colleague's TLC, and as with super users, the manager will sign-up people according to the role and scheduling needs of the department.”

Wave 2 Pilot Training

Next week, selected Wave 2 colleagues will have a chance to attend Wave 2 Pilot Training sessions at LVHN—One City Center. “Pilot training is an opportunity for Epic team members and departmental subject matter experts (SMEs) to see some of the courses in action,” says Susan Shutt, Epic super user program manager. “It will provide

them with a better understanding of the format for training as well as content.”

Not only will they get to “see” how training works, they will also experience it by sitting at one of the training room computers and going through portions of the training exercises. “It’s beneficial for our trainers and the end users. We learn from them and they get a preview of what’s to come,” Shutt says.

Epic Sparks

Super User Questions or Changes –Wave 2 Managers, if you have a question about the Wave 2 super user program or need to replace one super user with another, please go to the LVHN Epic Sharepoint and submit an entry on the [Super User Question/Change form](#).

<http://lvhsharepoint4/etrp/Lists/Super%20User%20Staff%20Change/AllItems.aspx>

Epic Parking Flyer – If you are headed to LVHN–One City Center for Wave 2 Pilot Training, be sure to [review the updated parking flyer](#). We list downtown events that may impact travel or parking, and inform you about the ONLY garages you may use. Hint: The most abundant parking is available at the Allentown Transportation Center deck located at the corner of 6th and Linden Streets.

Your Epic Calendars

Wave 2 Inpatient

Now: Wave 2 inpatient equipment delivery and set-up

Now through May 1, 2015: Wave 2 testing

March 23–27: Wave 2 pilot training

May 11–31: Wave 2 super user training

June 1–July 26: Wave 2 end user training

July 20, 2015–Aug. 14, 2015: PTO restrictions in effect for Wave 2 (inpatient) colleagues

Aug. 1, 2015: [Go-live for Wave 2, inpatient settings](#)

Wave 1 Ambulatory

Mid-2015 and beyond: [Optimization](#)

Keep up with news about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

Tags: [Epic](#)

What Are We Doing To Make It Easier to Get Prescriptions Filled?

BY [RICK MARTUSCELLI](#) · MARCH 18, 2015

A green square logo with the text "Q & A Pharmacy Services" in white. The "Q & A" is in a larger font size than "Pharmacy Services".

Q & A
Pharmacy
Services

This question was recently asked at a Casual Conversations session with LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP. Here is a response from Brian Lenich, pharmacy services administrator.

Customers of Health Spectrum Pharmacy Services now may [get prescription refills mailed to their home for free](#). Prescription refill requests received before 2 p.m. Monday through Friday are processed and mailed the same day.

To sign up:

- [Print a registration form at LVHN.org/pharmacy](#)
- Drop off the completed form at any of our pharmacies, which are located at LVH-Cedar Crest, LVH-Muhlenberg and LVH-17th Street

You will need to provide:

- Credit card and flexible spending account (FSA) information

- Email address
- Phone number
- Shipping address

We've also been exploring opportunities to provide pharmacy services outside the Lehigh Valley, but none have been economically feasible. We will continue to explore potential opportunities.

Tags: [Health Spectrum Pharmacy](#) [Pharmacy](#) [Q and A](#) [Q&A](#) [QandA](#)

SELECT Medical Students Learn Where They Will Do Residency Training During LVHN's First-Ever 'Match Day' Celebration

BY [ASHLEY MILLER](#) · MARCH 20, 2015



Eight SELECT medical school students in the inaugural class of University of South Florida (USF) Health Morsani College of Medicine, a partnership with Lehigh Valley Health Network (LVHN), today opened their Match Day envelopes at LVHN-Mack Boulevard, learning where they will complete their four-year residency programs.

They came out in a driving snowstorm wearing “Match Madness” T-shirts, visibly revealing the nervous energy they felt on one of the most important days in their medical careers. A total of eight SELECT medical school students waited anxiously alongside family, friends and faculty while watching a digital clock count down to noon.

The eight, all fourth-year medical school students of the inaugural class of University of South Florida (USF) Health Morsani College of Medicine, a partnership with Lehigh Valley Health Network (LVHN), were awaiting their “Match” envelopes – the moment they would learn where they would spend the next four years during residency training.

LVHN chief medical officer Thomas Whalen, MD, joked, “I remember my Match Day well. Our matches were inscribed in tablets and delivered by carrier pigeons.” The lighthearted comment added some levity to tense moments leading up to noon. That’s when tens of thousands of graduating medical students nationwide started opening their Match envelopes.

Schnecksville native and Central Catholic graduate Christian Pothering brought his wife, parents and grandmother to the event held in LVHN’s auditorium at LVHN–Mack Boulevard – a building where his father worked for more than 30 years as an employee of Mack Trucks. It was a lucky omen for Pothering, who opened his envelope to learn he would do his general surgery residency at LVHN, his first choice.

“I’m thrilled to be staying at LVHN,” he said. “There’s a lot of angst leading up to this day, as with any life-changing event. I was hopeful it would turn out OK because I have



Christian Pothering

good relationships with the folks at LVHN.”

Pothering’s Lehigh Valley ties run deep. As a graduate of Central Catholic, Muhlenberg College and soon from the SELECT medical program, he’s completed most of his education just off Chew Street in Allentown. After receiving his undergraduate degree, he taught biology for a time at his alma mater, Central Catholic, and at Lehigh Carbon Community College and Northampton Community College.

“Going to medical school and becoming a doctor was the hardest thing I could think of – the most challenging thing I could do,” Pothering said. “During grad school at Penn State Hershey I studied anatomy because I love doing things with my hands. The decision to go into surgery was a natural fit.”



Yasir Abunamous

SELECT student Yasir Abunamous is a native of Tampa, Fla., but is looking forward to making the Lehigh Valley his new home.

“I was extremely nervous about today,” said Abunamous, holding his 3-month-old infant son, Malik. “I almost missed it because my wife, Sumaya, and I were up all night with Malik. I feel so relieved now. I am extremely fortunate and feel really blessed to be staying at LVHN.”

Abunamous will do his residency in family medicine. He chose the specialty because it focuses on the full person, enabling him to develop relationships for a lifetime.

“Practicing family medicine means you impact people’s lives and they impact yours,” Abunamous says. “It embodies everything I went into medicine to do.”

Nazareth Area High School graduate Aresh Ramin will be heading for the Bronx to do his residency in emergency medicine at Albert Einstein/Jacobi Medical Center. “I was born in Brooklyn, so it feels like going home in a way,” said Ramin.



Aresh Ramin

The inaugural class of the SELECT program includes 16 students, some of whom elected to open their envelopes on the Tampa campus of USF Health. Emma Qureshey of Macungie was unable to attend because she is recovering from the birth of her second child at Lehigh Valley Hospital–Cedar Crest. Obstetrician-gynecologist Kristin Friel, MD, with LVPG Obstetrics and Gynecology–1245 Cedar Crest came to the event to open her Match Day envelope for her.

“Emma will do her ob/gyn residency at LVHN,” Friel said as she gleefully pumped her arms in the air.

Last year, more than 25,000 fourth-year U.S. medical students participated in the match

process. Medical school graduates apply and interview for residency programs. Students then rank their institutional choices and submit their rank order lists (ROL) to a third-party who aggregates the results. The binding results are revealed at noon on Match Day.

“Match Day is the culmination of four years of hard work,” says Michael La Rock, MD, assistant dean of student affairs, SELECT. “All our students matched today with nationally recognized programs. That’s a testament to our program with USF Health and the innovative way we are approaching medical education.”

The SELECT programs pairs two years of classroom learning at USF Health College of Morsani Medicine in Tampa, Fla., with two years of clinical education at LVHN. This year’s graduating class matched with some of the top institutions in the country including LVHN, the Cleveland Clinic, Kaiser Permanente and Mayo schools in Rochester Minn., and Jacksonville, Fla.

Tags: [Medical Students](#) [SELECT](#) [University of South Florida](#) [USF](#)

Service Stars of the Month – February and March 2015

BY [SHEILA CABALLERO](#) · MARCH 19, 2015

February 2015 – Stephanie Flamisch, RN, Lindsay Balitza, RN and Leslie Gnaegy Dixon



LVHN is proud to present the Service Star award to Stephanie Flamisch, RN, Lindsay Balitza, RN, and Leslie Gnaegy Dixon for exceptional and compassionate care delivered on behalf of LVH-Muhlenberg 4T patients for the month of February 2015. The colleagues demonstrated PRIDE behaviors through Involvement, Dignity and Empathy. We are proud to have them as part of the LVHN team.

March 2015 – Neuroscience Intensive Care Unit



It's not often that a wedding takes place in a hospital. But that's what happened at LVH-Cedar Crest when a man was admitted into the neuroscience intensive care unit (NSICU) a few days before his wedding.

The man was a cancer survivor, whose disease was finally in remission. With his health seemingly restored, the man and his partner of 26 years decided the time was right to get married. With less than 24 hours before the big day, the man started to exhibit troubling symptoms. Tests revealed the worst news possible: The cancer was back and had metastasized in his brain. He needed surgery to remove the brain tumors.

Clearly devastated, the couple didn't want to wait until after surgery to get married. With the marriage license already in the bride's possession, the couple decided to get married in the hospital that very night.

Christina Merrell, RN, a NSICU night-shift caregiver, witnessed the selflessness of colleagues who came together to make the couple's union possible with less than one hour's notice. One colleague ran to the store to purchase a cake, boutonniere, and red roses for the bride to hold and to decorate the room. Another colleague searched for wedding music, while another made a handmade card for colleagues to sign.

The couple didn't have their wedding rings with them, so a colleague found colored rubber bands that could be exchanged instead. Another colleague personalized the cake. Finally, a short time before midnight, the colleagues gathered for a few minutes outside the patient's room, as the hospital chaplain performed the marriage ceremony.

It was a challenging night due to staffing issues, patient care and three new admissions. Despite all the challenges, colleagues pulled together to help create a memory the couple can hold dear forever.

"Family involvement is really important when a patient is hospitalized," Merrell says. "The couple was overjoyed at how well everyone worked together to make their wedding happen."

It's true: Family involvement does make a difference in the healing process – community does too. NSICU

colleagues were a caring community that night, coming together to celebrate the loving commitment of a very special union.

Next Steps

[Nominate a Service Star.](#)

Congratulate these nominees:

- **Kelli Martin, RN** – health care research, LVH-Cedar Crest
- **Donna Williams-Wright** – nursing administration
- **Sandra Little** – bed management, LVH-Cedar Crest
- **Jennifer Snyder, RN** – float pool, LVH-Cedar Crest
- **Susan Steward, RN**, nursing administration, and **William Derbyshire and Clinical Engineering colleagues**
- **Joan Downes** – transitional skill unit, LVH-17th Street

Tags: [LVH-Muhlenberg 4T](#) [neuroscience intensive care](#) [NSICU](#) [Service Star](#)

Meet LVHN Providers by Watching Their Videos; 21 Just Added

BY [ALYSSA YOUNG](#) · MARCH 17, 2015

Lehigh Valley Physician Group

Lehigh Valley Physician Group (LVPG) is among the largest medical groups in the United States. More than 700 physicians and more than 300 advanced practice clinicians represent 45 medical specialties in more than 100 locations throughout the Lehigh Valley. We've been there, but now we're here. New names reflect our growth and the new names reflect our commitment to LVPG and Lehigh Valley Health Network.

- Family Medicine
- General Surgery
- Geriatrics
- Gynecology
- Hematology-Medical Oncology
- Hospital Medicine
- Infectious Diseases
- Internal Medicine
- Maternal-Fetal Medicine
- Neonatology
- Neurological Surgery
- Neurology
- Obstetrics
- Obstetrics and Gynecology
- Ophthalmology
- Orthopedic Surgery
- Pediatric Critical Care
- Pediatric Endocrinology
- Pediatric Gastroenterology
- Pediatric Neurology
- Orthopedic Surgery

Find a Doctor | Find a Practice | Learn about MyLVHN | Request

Get to know our providers. Watch their videos below.

Sort by specialty: Orthopedic Surgeons

- Peter W. Kozicky, MD
- Prodromos A. Ververeli, MD
- Neal A. Stansbury, MD
- Mitchell E. Cooper, MD
- Eric B. Lebby, MD
- Scott E. Sexton, MD

[See all doctor profiles available in this speciality.](#)

There's a new way to watch the videos about our Lehigh Valley Health Network (LVHN) providers – and there are 21 new videos to check out too.

Now you can meet our providers by visiting the [Lehigh Valley Physician Group \(LVPG\)](#) section of our website, where their videos are easy to sort by specialty. In the screen capture above, orthopedic surgeons' videos are displayed in the black box. The videos also are part of each provider's [Find a Doctor](#) profile page, where you also can learn about office location, education, training, clinical trials, personal interests and more.

The short videos share the providers' personality, passion and expertise. Among the 160 videos available here, 21 are new this week. They're listed below, with links to their Find a Doctor profiles.

Burn surgery

[Sigrid Blome-Eberwein, MD](#)

Cardiology

[William Combs, MD](#)

[Nghia Hoang, DO](#)

[Bryan Kluck, DO](#)

[Norman Marcus, MD](#)

[Dzanan Ramic, MD](#)

[James Sandberg, MD](#)

Family medicine

Michael Baba, DO

Cara Corpora, DO

Kimberly Olving, PA-C

Hematology oncology

Adam Kotkiewicz, DO

Dan Popescu, MD

Obstetrics and gynecology

Travis Dayon, MD

Reena Kanabar, MD

Orthopedic surgery

Mitchell Cooper, MD

Eric Leppy, MD

Scott Sexton, MD

Neal Stansbury, MD

Prodromos Ververeli, MD

Sports medicine

Faisal Al-Alim, MD

Surgery

Gregory Brusko, DO

Use Your Culture of Wellness Dollars for a Membership to the Health & Wellness Center at Hazleton's Fitness Center

BY [RICK MARTUSCELLI](#) · MARCH 16, 2015

In a recent ["Terry's Take,"](#) chief operating officer Terry Capuano, RN, asked colleagues to share how they use our \$700 [Culture of Wellness](#) benefit. One colleague suggested we expand the locations at which our Culture of Wellness dollars can be spent. It's a request colleagues commonly make, and we've taken a step to accommodate their wishes.

All colleagues and their dependents covered by Choice Plus now may use their Culture of Wellness dollars for a membership to the [Health & Wellness Center at Hazleton's Fitness Center](#). Here's how it works. You pay the membership fee up front. Then you take advantage of all the equipment, services, programs and specialists the fitness center has to offer. When you visit the facility a minimum of eight times per month, you'll be reimbursed at 100 percent of your monthly membership fee.

Here is information about the Health & Wellness Center at Hazleton's Fitness Center.



Hours: Monday-Thursday, 5 a.m.-9:30 p.m.; Friday 5 a.m.-8:30 p.m.; Saturday, 7 a.m.-3:30 p.m.; Sunday, 7 a.m.-2 p.m.

Address: 50 Moisey Drive, Hazleton (located just off the Airport Beltway)

Phone: 570-501-6750

Services:

- **Adult fitness** – The Health & Wellness Center at Hazleton’s Fitness Center is the only one in the area fully accredited by the Medical Fitness Association (MFA). Our exercise physiologists are fitness specialists who will work with you one-on-one to develop an individualized plan that is customized to meet your personal fitness needs.
- **Kid fitness** – We can help your children stay fit and healthy through evaluations, individualized personal training sessions with modern fitness equipment and a children’s weight management program.
- **Weight management program** – This program is designed to help adults of all ages and children ages 12-15 who want to lose weight. The program includes an initial evaluation by a fitness specialist, development of an individualized fitness and nutritional program, access to exercise equipment, personalized training sessions and two re-assessments to review your progress.
- **Fitness classes** – Numerous classes are held at varying times seven days a week. [Get a description of each class.](#)
- **Fitness camps** – This program benefits high school and collegiate athletes who want to remain physically fit in the offseason, adult athletes who want to improve their game, and people who want to get in shape for the summer swimsuit season.
- **Healthy Steps program** – People with lymphedema, multiple sclerosis, arthritis, fibromyalgia, Parkinson’s disease, frozen shoulder or other chronic illnesses can benefit from this program. Healthy Steps uses the Lebed Method, an international therapeutic exercise and movement program with music designed to help you thrive physically and emotionally.

Fees:

- Initial evaluation: \$50
- Fitness Center membership: \$29.58/month
- Fitness Center membership and unlimited classes: \$50.83/month
- Senior evaluation: \$35
- Senior Fitness Center membership (age 55 and older): \$17.50/month
- High school/college student evaluation: \$10
- High school/college student Fitness Center membership: \$25/month or \$100/five months

Other changes resulting from comments on Terry’s Take include [family pricing for LVHN Fitness Center memberships](#) and [extended hours at LVHN Fitness-Muhlenberg](#).