UPMC Western Maryland Real Well Magazine - *digital version*  
*“Wellness News You Can Use”* with news about events, workshops, coaching and classes being offered along with wellness articles and tasty recipes for a healthy lifestyle by the UPMC Western Maryland’s Community Wellness Team.  
  
Spring 2023 - *“Soak Up Spring Energy” page 4*  
<https://www.wmhs.com/wp-content/uploads/2023/03/UPMCWM-Real-Well-Newsletter-SPRING-2023_WEB.pdf>  
  
Winter 2022 - *“The Gift of Self Care” page 4*  
<https://www.wmhs.com/wp-content/uploads/2022/12/UPMCWM-Real-Well-Newsletter-WINTER-2022_WEB.pdf>

Fall 2022 - *“Active Meditation” page 5*<https://www.wmhs.com/wp-content/uploads/2022/09/Fall-2022-final.pdf>

Summer 2022 - *“Chair Yoga” page 5*<https://www.wmhs.com/wp-content/uploads/2022/06/Summer-2022-REAL-WELL-Final.pdf>  
  
Spring 2022 - *“Chair Yoga with Christina- a lifetime practice” page 5*  
 <https://www.wmhs.com/wp-content/uploads/2022/03/Real-Well-Spring-2022-1.pdf>

Winter 2021-2022 - *“Chair Yoga with Christina” page 5*  
<https://www.wmhs.com/wp-content/uploads/2021/12/Real-Well-Winter-Edition.pdf>

Fall 2021 – “Healing, Strength, Mobility – Chair Yoga with Christina” page 2

<https://www.wmhs.com/wp-content/uploads/2021/09/Real-Well-Fall-2021-compressed.pdf?fbclid=IwAR2Tp3whJQ8jwKuBJB8m4O6X7wIS43QcrXdTHaQ3myPjXOoipxQbTqFDIEs>