



**CONTACT:**

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## MEDIA ALERT

### Week 4: COVID-19 Weekly Briefings

*A Resource for Pocono Residents*

**WHAT:** Now in its fourth week, tomorrow's briefing (5/1) will include a Q&A session with a new panel of local professionals. As our region begins preparing for the next phase of re-opening amid [COVID-19](#), learn about important and timely updates related to the following topics –

- Coping with COVID-19: You & Your Mental Health
- The latest local healthcare updates & statistics from the presidents of St. Luke's Monroe Campus & Lehigh Valley Hospital-Pocono
- Sen. Mario Scavello discusses short term rental regulations & "line of liability" for businesses
- Updates from the Latino community
- Ways to "leave no trace" during outdoor recreation

**WHO:** Panelists include –  
Jason Boyko, LPC, Lehigh Valley Physician Group Psychiatry Practice  
Dr. Najma Khanani, St. Luke's Psychiatric Associates  
Kate Curry, Early Childhood Education Assistant Professor, NCC Monroe Campus  
Paul Bartoli PhD, Psychology Professor, ESU  
*\*panelists may change weekly\**

Moderator –  
Chris Barrett, President/CEO, Pocono Mountains Visitors Bureau

**WHEN:** Friday mornings at 10 a.m. Briefings last about a half hour.

Pocono Mountains visitor information is available online at [PoconoMountains.com](http://PoconoMountains.com) or by phone at [\(570\) 421-5791](tel:(570)421-5791). Follow [@PoconoTourismPR](https://twitter.com/PoconoTourismPR) on Twitter to stay current with up-to-date information. Established in 1934, the Pocono Mountains Visitors Bureau is a private, non-profit membership organization. The PMVB is the official destination marketing organization for the four counties of Wayne, Pike, Monroe, and Carbon in Northeastern Pennsylvania.

**WHERE:** Recorded at East Stroudsburg University's Television Studio  
Streaming live on Pocono Television Network (on-air and [online](#)) & Blue Ridge  
Communications TV13 (on-air and [online](#)).

*Video of this week's segment can be provided to media outlets upon request.*

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**About the Pocono Mountains**

With 2,400 square miles encompassing Pennsylvania's Wayne, Pike, Monroe, and Carbon counties, the Pocono Mountains region is home to rolling mountain terrain, breathtakingly beautiful waterfalls, thriving woodlands, and 170 miles of winding rivers. Winters offer guests the opportunity to ski, snowboard, snow tube, and even snowshoe their way through snowy wonderlands encompassing over 163 ski trails, while summers also cater to the active traveler allowing exploration of 261 miles of hiking and biking trails, over 30 golf courses, whitewater rafting, boating, fishing, and open access to nine state and two national parks.