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MEDIA ALERT

Week 5: COVID-19 Weekly Briefings

A Resource for Pocono Residents

WHAT: Now in its fifth week, tomorrow's briefing (5/8) welcomes a new panel of professionals from the psychology field to continue discussing mental health during the [COVID-19](#) crisis. In addition, 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
- Introduction of the Operations Task Force
- Strokes and heart attacks: recognizing the signs & knowing how to seek treatment during a pandemic
- Reopening of doctors' offices & steps being taken to ensure safety

WHO: Panelists include –
Valerie Case, MS, Sales Manager, Pocono Mountains Visitors Bureau
Patrick McMunn, 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 a half hour.

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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Pocono Mountains visitor information is available online at 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.