

OSF HEALTHCARE SAINT ANTHONY MEDICAL CENTER

HEALTH & WELLNESS

CLASSES AND SERVICES | WINTER/SPRING
2017/2018



OSF[®]
HEALTHCARE

THE MISSION

of the Center for Wellness is to help community members adopt healthier behaviors and make informed health care decisions by providing comprehensive prevention, education, counseling and diagnostic services.

CLASS LOCATIONS

OSF HealthCare Saint Anthony Medical Center
5666 E. State St., Rockford, IL 61108

**OSF HealthCare Center for Sports Medicine
and Health Fitness**
5510 E. State St., Rockford, IL 61108

OSF HealthCare Center for Health – Parkview
1502 Parkview Ave., Rockford, IL 61107

**OSF HealthCare Cardiovascular Institute –
Rockford**
444 Roxbury Road, Rockford, IL 61107

HEALTHY COOKING

Call (815) 227-2274 to register. | \$15 per person
All classes run from 5-6:30 p.m. unless otherwise noted.

NEW Demonstration Kitchen coming to the North Tower. Opening April 2018

Have you always wanted to learn how to cook? Are you tired of cooking the same boring meals? Do you need to modify your recipes for a specific medical condition? Our registered dietitian nutritionists and health coaches have a real passion for helping you cook better. Join us for one of our open houses this spring to see our beautiful new facility. You can even let us know what classes you would like to see us offer in the future.

Sweets for Your Sweetie that Won't Break Your Heart

Celebrate heart month with us and learn how to make desserts that are lower in fat and lower in sodium, but still taste decadent. We will also talk about how to make each recipe more diabetic friendly.

date Thursday, February 1

Green Eggs and Ham

It's Dr. Seuss' birthday! We'll make traditional green eggs and ham, plus more breakfast items that are sure to please. Believe it or not we will use the microwave so it's as fun as reading "Fox in Sox."

date Friday, March 2
time 7-8 a.m.

Pizza Pizza

Today is national deep dish pizza day, but we like other crust options, too. Come see all the interesting ways to make a pizza.

date Thursday, April 5

HEALTH AND WELLNESS

Rejuvenation Services – Coming in April 2018 to the new North Tower

When the new North Tower at OSF HealthCare Saint Anthony Medical Center opens, we will be offering various types of massage, facials, skin care and waxing services in a tranquil, spa-like environment. Service will also be available for packaged events with cooking classes and other wellness services.

Eating Disorders Awareness

This class is co-led by a dietitian and a marriage and family therapist. Explore the various types of eating disorders and how to recognize them in your loved ones. Pick up talking points so you can address this issue with those you care about. Learn about community resources for those who may need further support.

date Tuesday, February 27
time 5-6 p.m.
cost \$5 per person

Five-minute Stress Busting Techniques

Learn how your conscious and subconscious minds work, and how they control the body. We teach a few short stress-busting techniques to help you stay in control of your stress levels. **Call (815) 227-2274 to register.**

date Wednesday, March 21
time 11:30 a.m.-12:30 p.m.
cost \$10 per person

Massage Therapy

At OSF HealthCare, we believe massage is more than just a luxury. We customize each massage to your body's needs. Our licensed and board certified massage therapists are trained in several techniques to address a variety of ailments or concerns.

Call (815) 395-4505 to schedule an appointment.



Call (815) 227-2274 to register.

Grocery Store tour

Come for a guided tour with a registered dietitian through a local grocery store. The focus will be on label reading, making healthy options, what aisles to focus on and which aisles to avoid.

dates Tuesdays, February 20 and March 20
time 5-6 p.m.
cost \$10 per person

Mindful Eating Class

In today's culture, food is abundant and convenient, which can often lead to the guilt and weight gain that results from mindlessly eating large portions of foods. Mindful eating techniques can help you develop a healthier relationship with food, reduce portion sizes and enjoy your favorite foods again without the guilt.

dates Mondays, February 12 and March 12
time 5-6 p.m.
cost \$10 per person

Help! I have a Sugar Addiction

Sugar, you can't get it off your mind, and you keep coming back for more. The more you have it, the more you want it. In this class we discuss the cycle of sugar addiction and ways to overcome it!

date Monday, January 29
time 5-6 p.m.
cost \$10 per person

Sports Nutrition

Athlete needs are different from those of the average individual. Learn from a registered dietitian what the nutritional needs are for various types of athletes, as well as the most effective methods for pre- and post-competition eating.

date Thursday, April 5
time 5-6 p.m.
cost \$10 per person

Registered Dietitian Day

March 14 is National Registered Dietitian Day. Ever wonder what a dietitian does? What makes them different from a nutritionist? Have burning nutrition questions you would like the answer to? Come meet some of the OSF registered dietitians in this open forum meet-and-greet style session.

date Wednesday, March 14
time 11:30 a.m.-1 p.m.
cost FREE

Heart Healthy Eating

Learn about eating right for your heart. Topics rotate from month to month and include a low-sodium diet, DASH (Dietary Approaches to stop Hypertension), label reading, and heart smart fats. **Call (815) 227-2274 to sign up or for more information.**

date Last Tuesday or last Friday of every month
time 12-1 p.m.
cost \$10 per person

Prediabetes Class

Prediabetes occurs when your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Come and learn what prediabetes is and how it is diagnosed. Find out how to delay or prevent the onset of type 2 diabetes. Taught by OSF certified diabetes educators, this class introduces healthy eating and healthy lifestyle essentials. **Call (815) 381-7790 to reserve your seat.**

date Mondays, January 15 and March 19
time 3-4:30 p.m.
cost \$20 per person

Healthy Eating for Healthy Kids

Having a hard time getting your kids active or dealing with a picky eater? Healthy Eating for Healthy Kids provides tips for getting your children more active, eating better and engaged in healthy lifestyle.

Call (815) 227-2274 to reserve your spot!

date Monday, March 12
time 4-5 p.m.
cost \$10 per person

Parent and Me “Hula Hoop Fun”

Enjoy a fun-filled class with your child using the hula hoop. Who knew the hula hoop could be used for so many different things?

Call (815) 395-4591 to pre-register.

date Friday, March 16
(preschool ages 2-5)
Friday, March 30
(kindergarden-3rd grade)
time 9:15-10 a.m.
cost \$5 per person

Sibling Class

This free class is designed to help children ages 3 to 10 prepare for a new baby’s arrival. Siblings may be excited about the new baby, but they are also apprehensive and uncertain. Parents are asked to join their children as they learn how to diaper, hold and burp a baby.

Call (815) 227-2695 to register.

date Saturdays, January 20 and
March 10
cost FREE

Prepared Child Birth

This free multiple-session prenatal class covers topics like the signs and symptoms of true labor versus false labor, breathing and relaxation techniques, and both medical and non-medical options for pain management. All four weeks need to be attended to cover all the details. **Call (815) 227-2695 to register.**

dates Thursdays, January 4, 11, 18 and 25
March 1, 8, 15 and 22
time 7-9 p.m.
cost FREE

Breastfeeding Class

Expectant mothers who are planning to breastfeed their babies are encouraged to attend a free class. Fathers are encouraged to attend, too. This class covers topics like how to breastfeed your baby, milk supply, pumping and storage. **Call (815) 227-2695 to register.**

dates Wednesdays, January 10,
February 21, March 14,
and April 11
time 7-9 p.m.





HEALTH SCREENINGS

Call (815) 227-2274 to register.
Ambulatory Care Center at OSF HealthCare Saint Anthony

Cholesterol/Blood Glucose Screening

Screening includes a finger stick blood sample measuring: total cholesterol, HDL, LDL, triglycerides and blood glucose. Blood pressure screening and lifestyle counseling is also given with immediate results. **Twelve hour fasting is recommended.**

date Thursday, March 1
time 7:30-10 a.m.
cost \$25 per person

Bone Density Heel Screening

Osteoporosis is often called the silent disease because it doesn't produce symptoms until a fracture occurs. Receive a bone density heel screening and learn your risk of having osteoporosis.

date Thursday, March 1
time 7:30-10 a.m.
cost \$10 per person

Body Composition Analysis – Coming Soon!

A Dexa scan is considered the gold standard in body fat testing. This is a great way to see the results of your diet and exercise program. The detailed scan will give you a report of your percentage body fat, lean muscle and bone mass for your overall body, as well as for body segments such as arms, legs and torso. May be combined with a visit with a registered dietitian. **Call (815) 227-2761 for more information.**

FITNESS CLASSES



Call (815) 395-4591 or (815) 395-4505 for more information.

Underwater Treadmill

The OSF HealthCare Water Walking/Running Program uses an underwater treadmill to increase flexibility, strength and stamina. It is beneficial for anyone dealing with arthritis, fibromyalgia, joint problems, back pain or other conditions that limit movement. Because water helps support weight, water exercise places minimal stress on joints and muscles. We have a warm water treadmill to help soothe aching joints and muscles and a cold water treadmill to help pregnant women exercise in a safe environment. An exercise physiologist works one-on-one with participants to help with technique, strength and cardiovascular endurance.

Personal Training

Work one-on-one with an exercise physiologist to help guide you on your fitness journey. A trainer can help with individualized instruction, effective workouts, safe and proper techniques, special-needs training and consistency to help you achieve your goals. Just choose the number of sessions that work for you and you're on the way to a healthier lifestyle.

Posture Improvement

Learn proper exercises to improve your posture and restore your range of motion. Exercises will focus on alleviating joint pain and posture alignment.

Call (815) 395-4591 to pre-register.

date Friday, February 9
time 9-10 a.m.
cost \$5 per person

SILVER SNEAKERS now at OSF

Silver Sneakers is now accepted at both our fitness center locations on State Street and Parkview Ave. Depending on your supplemental package through your Medicare, you may be eligible for a free fitness center membership. Call us or your insurance provider for more information.

Fitness Center

The OSF HealthCare Saint Anthony Center for Health Fitness offers a number of group fitness classes. The fee for any of the classes is \$5 for an all-day pass to attend any or all of the classes offered that day. There is a one-time fee to join the fitness center, which includes a fitness evaluation. There is a monthly membership fee of \$26 for seniors, \$32 for members using automatic withdrawal on a credit card or \$37 with cash or check. Membership includes unlimited classes and use of the facility.

Call (815) 395-4591 for more information.

hours

State Street Location

New Equipment Coming Soon!

Monday-Thursday,

5:30 a.m.-7 p.m.

Friday, 5:30 a.m.-6:30 p.m.

Saturday, 7:30 a.m.-1:30 p.m.

Sunday, Closed

Parkview Location

Monday-Friday, 6 a.m.-7 p.m.

Saturday and Sunday Closed

WEIGHT MANAGEMENT



Call (815) 227-2274 to register.

LAP-BAND® Information Seminar

The LAP-BAND® System, the most advanced gastric banding system, is a minimally invasive, safe and effective way to lose weight and keep it off. Join the weight management team as they discuss the Lap Band procedure and whether this weight management approach is right for you.

dates Second Monday every month
time 6-7 p.m.

Health Management Resources Seminars (HMR®)

Our HMR® programs offer a highly structured, easy-to-follow diet that emphasizes healthy eating habits and long-lasting weight loss. They are ideal for anyone wanting to lose weight and become healthier, including those with diabetes, hypertension and high cholesterol. Learn which program is right for you.

dates Second and Fourth Monday every month
time 5-6 p.m.

Surgical Weight Loss Support Group

Willpower alone is often not enough to guarantee weight loss. However, adding the accountability of a monthly weigh-in and surrounding yourself with others who understand your weight loss journey can help keep you motivated to reach your goals. Whether you are considering Lap-Band® surgery, are in the pre-op stages, or have had varying success so far, join us for our Bariatric Support Group.

dates Fourth Monday every month
time 6-7 p.m.

New Year, New You

Start off 2018 on the path to becoming the healthiest you can be. Join us for our “New Year, New You” Weight Loss Program starting January 8. You will meet weekly in a group setting where registered dietitians help you navigate your busy lifestyle to make healthy eating and exercise a reality. Classes provide realistic tips to overcome common physical, emotional and social barriers to achieve both short-term and long-term weight management.

date Mondays, January 8, 15, 22 and 28
time 1-1:30 p.m. or 5-5:30 p.m.
cost \$30 per person



CORPORATE WELLNESS

Healthy employees are vital to the success of your business. OSF Healthcare Saint Anthony Medical Center is committed to partnering with our business community to provide quality health services and programs. Our nurses, dietitians, exercise physiologists and health educators provide preventative care and screening services. Presentations, health screenings and seminars are offered at your business site or at the medical center.

For more information, call Nathan Hamman at (815) 227-2761.

General Health Screenings and Assessments

- Blood pressure
- Cholesterol/glucose
- Bone density
- Personal wellness profile/health risk assessment (online)
- Body mass index
- Waist measurement

Occupational Health Screenings and Evaluations

- Pre-employment / Post-offer physicals
- Urine Drug Screening, Breath Alcohol Testing, MRO services
- Vision screening
- DOT physicals
- Return to work evaluations
- Fit for duty exams
- Executive physicals
- Independent Medical Evaluations (IME)
- Disability evaluation

Compliance-Services Mandated by Law

- Full range of medical surveillance services
- Respiratory protection – medical evaluation and respirator fit testing
- Audiology screening
- Pulmonary Function Testing (PFT)
- Vaccinations – Influenza, Hepatitis B, Tdap, Varicella, MMR
- Titers – Hepatitis B, Varicella, Measles, Mumps, Rubella
- TB testing
- OSHA record keeping

Injury Care

- Initial and follow-up injury care
- Work injury management
- Blood borne pathogen post-exposure follow-up services
- Medical and worker compensation case management

Presentation Topics Include:

- Exercise
- Weight loss
- Hypertension
- Nutrition
- Stress management
- Men's health
- Women's health
- Ergonomics
- Diabetes
- Sleep health

Contact

OSF Saint Anthony Occupational Health
5666 E. State St.
Rockford, Illinois
(815) 395-5354

GROUP FITNESS SCHEDULE

Monday

7:45-8:15 a.m.	Tabata (Matt)
8:20-8:50 a.m.	Golden motion (Janelle)
9-10 a.m.	*Adv. Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
10:30-11:10 a.m.	Loosen Up (Janelle)
11:15-11:45 a.m.	Tabata (Stef)
12-12:55 p.m.	Piloxing (Stef)
1:15-2:15 p.m.	*Balance* (Lori/Jan)
2:30-3:30 p.m.	*Balance* (Lori/Jan)
6-7 p.m.	Dancefitness (Suzy T.)

Tuesday

8-8:45 a.m.	Line Dancing (Stef)
9-10 a.m.	*Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
11:15-11:45 a.m.	Hula Hoop Strength (Stef)
12-12:55 p.m.	Power 30 (Stef)
1:05-2:05 p.m.	*Balance (Jan)
2:15-3 p.m.	SilverSneakers Classic (Stef)
3:30-4:30 p.m.	*Power Up for Parkinson's
6-7 p.m.	Cheerfit (Suzy T.)

Wednesday

7:30-8:15 a.m.	Stretch & Stability (Janelle)
8:20-8:50 a.m.	Golden motion (Janelle)
9-10 a.m.	*Adv. Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
10:30-11:10 a.m.	Loosen Up (Matt)
11:15-11:45 a.m.	Piloxing (Stef)
11:50-12:30 p.m.	Piloxing Barre (Stef)
1:15-2:15 p.m.	*Balance* (Lori/Jan)
2:30-3:30 p.m.	*Balance* (Lori/Jan)

Thursday

7:30-8 a.m.	Functional Movement (Matt)
8-8:45 a.m.	Line Dancing (Stef)
9-10 a.m.	*Balance* (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
11-11:40 a.m.	Stretch and Relax (Matt)
1:05-2:05 p.m.	*Balance (Jan)
2:15-3 p.m.	SilverSneakers Classic (Stef)
3:30-4:30 p.m.	*Power Up for Parkinson's
6-7 p.m.	Ballroomfit (Suzy T.)

Friday

7:30-8:15 a.m.	Stretch & Stability (Matt)
8:20-8:50 a.m.	Golden Motion (Matt)
10:30-11:10 a.m.	Loosen Up (Stef)
11:15-11:45 a.m.	Line Dancing (Stef)
12-12:55 p.m.	Power 30 (Stef)

Saturday

10-11 a.m.	Dancefitness (Suzy T.)
11-11:30 a.m.	Miracle Ball (Suzy T.)

Health Management Resources:

(this is a separate fee)

Monday: Orientation 5-6 p.m.

Tuesday: Class 6-7:30 p.m.

Wednesday: Class 5:30-7 p.m.

Call for Information: (815)227-2274

Classes are held at our State Street location only and are subject to change.

Silver Sneakers members can participate in any class and use either fitness facility free of charge, but must go through an evaluation and introduction to the machines.

cost	Includes Fitness Center and Unlimited Classes
	\$32 (automatic withdrawal with credit/debit card)
	\$37 (check per month)
	\$26 (Corporate Rate & Senior Citizens 65 years & older)
	Day Pass: \$5
	Joiner/Evaluation Fee \$27

*Balance and Power up for Parkinson's are the only classes that require pre-registration.

10 Visit our website at www.osfsaintanthony.org.

Class Descriptions

Ballroomfit: Dancing with the Stars meets fitness. No partners or difficult choreography. A fun, low-impact cardio and core workout: waltz, tango, cha cha cha, Paso, quickstep, foxtrot, jive, and more ballroom dances.

Cheerfit: A cheerleader-inspired dance fitness class with dynamic music that will make you want to move! Utilizes pompoms (optional) to tone and sculpt the arms.

Dancefitness: This fusion of dance styles (ballroom, hip hop, contemporary, jazz, etc.) set to popular music will have your heart beating. Tone muscles, burn calories and get an aerobic workout while having fun. Designed for all ages and levels of ability.

Functional Movement: Class designed to help improve quality of life by regaining functional movement.

Golden Motion: This 30-minute class has it all for seniors: upper/lower body weight training, core work, balance and flexibility.

Hula Hoop Strength: Fun and exciting class utilizes a 3-pound weighted hula hoop. From squats, shoulder presses and more: this hula hoop is used as a toning tool. Enjoy working out while toning muscles, strengthening your core and burning calories.

Loosen Up: Great class that leads participants through a full-body session designed to release muscle tension. Stretching and flexibility allows one to move with full range of motion.

Miracle Ball: Confront ailments that plague you every day. The ball helps release muscle tension and discover your body's ability to heal. Integrate all parts of the body to improve your shape and increase the health of your body.

Piloxing: A class that blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add exhilarating dance moves and you have a muscle-toning, fat-burning workout.

Piloxing Barre: A well-rounded workout that is low-impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class.

Power 30: This powerful class incorporates all the major muscle groups for a well-rounded strength program. Do three sets of 10 reps (30 reps total) for a total body workout.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing and a ball are offered for resistance. A chair is for seated/standing support.

Stretch & Relax: Great class improves flexibility by offering a relaxing stretch component with a little muscle toning. Class is performed on the ground.

Tabata(HIIT): Get in a quick workout if you're short on time, need to switch up your routine or need to improve endurance speed. This high-intensity interval training (HIIT) class provides noticeable results, whether your goal is muscle tone, weight loss or both.

Classes Requiring Pre-Registration

Balance: This class helps you focus on your balance and stability.

Advanced Balance: This 60-minute class will help you elevate your balance to the next level. Completion of the *Balance* class is required before registering for the advanced class.

Power Up for Parkinson's: For people with Parkinson's disease looking to improve and maintain their strength, flexibility, balance and walking. Class includes a stretching warm-up with educational discussion; movement explorations such as salsa or tango dancing, rhythmic stepping, and boxing moves; and guided stationary cycling. Participants are welcome to bring a friend for the first two-thirds of each class (number of cycles is limited).

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