

CENTER FOR

# HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES  
SUMMER 2019



OSF<sup>®</sup>  
HEALTHCARE

# THE MISSION

of the Center for Healthy Lifestyles is to help the community attain healthier behaviors and make informed health care decisions. This is achieved through comprehensive prevention, education, counseling and diagnostic services.

## CLASS LOCATIONS

**OSF HealthCare St. Joseph Medical Center**  
2200 E. Washington St., Bloomington

**Center for Healthy Lifestyles**  
OSF HealthCare St. Joseph Medical Center  
2200 E. Washington St. (Entrance D)  
Bloomington

**OSF HealthCare  
Center for Health at Fort Jesse**  
2200 Fort Jesse Road, Normal

**OSF Medical Group – College Avenue**  
1701 E. College Ave., Bloomington

## CORPORATE WELLNESS

The Center for Healthy Lifestyles is committed to working in partnership with the business community to offer quality health services and programs for their employees. Our staff of physicians, dietitians, exercise specialists and health educators provide preventive care, screening services and health seminars at your business or at the Center for Healthy Lifestyles.

**For more information on how we can partner with you, call (309) 661-5153.**

### Health Seminars

- Customized wellness retreats
- Six-week cholesterol management program
- Six-week diabetes management program
- Eight-week weight control program
- Exercise and nutrition consultations
- Health fairs
- Private cooking classes at the Center for Healthy Lifestyles

### Health Screenings

- Blood pressure screenings
- Cholesterol/glucose blood tests
- Personal wellness profile/health risk assessment

### Health Assessments

- Body composition analysis
- Online health risk assessment
- Body mass index
- Waist-hip ratio
- Peripheral Artery Disease

### Business Presentations

*(more options available upon request)*

- CPR/AED certification
- Diabetes
- Ergonomics
- Exercise
- Family health
- Foot health
- Heart disease
- Hypertension
- Joint disorders
- Men's health
- Mental health
- Nutrition
- Pain management
- Sleep disorders
- Smoking cessation
- Stress management
- Weight management
- Women's health
- First aid



Join us for a healthy cooking demonstration! Sample the recipes shared in each class, and take home additional recipes and ideas to complete your healthy meal.

**All classes are from 5:30-7 p.m. in the Center for Healthy Lifestyles kitchen and cost \$20 per person, unless otherwise indicated.**

Payment is due 48 hours in advance. Cancellations must be made within 48 hours before the class to receive a refund. A minimum number of participants is required for classes. Waiting lists are available. Gift certificates are available.

### Private Cooking Classes

Private cooking classes are available for birthdays, clubs, teams, meetings and so much more! Our registered dietitian, Kim McClintic, can tailor a program to fit your needs from nutrition to overall wellness. Classes can be held for 15 to 20 people.

**For more information, please call the Center for Healthy Lifestyles at (309) 661-5151.**

### DASH-Friendly Eats

As we celebrate National Stroke and Blood Pressure Awareness Months, the Dietary Approaches to Stop Hypertension (DASH) diet fits perfectly. Originally designed to lower blood pressure, the DASH diet is also very effective for weight loss, lowering cholesterol and managing or preventing diabetes. Join us as we discuss this easy-to-follow meal plans and sample some tasty recipes. *Menu includes: Rainbow Slaw, Crunchy Tuna Salad on Whole Grains, Chicken and Spanish Rice and Very Berry Chia pudding.*

**date** Tuesday, May 21  
**presenter** Kim McClintic, MS, RD, LDN

### Light and Lean Summer Cuisine

A healthy diet can be a powerful weapon to ward off disease and keep you energized. Want some ideas for fast, fresh and colorful dishes that are light and lean? Join us and fill up on some super simple recipes you can whip up in no time. *Menu includes: Avocado Egg Salad, Chicken Pasta Salad with Creamy Dressing, Tuna Melt with Oven Baked Sweet Potatoes and Cherry Fluff Phyllo Cups.*

**date** Tuesday, June 11  
**presenter** Kim McClintic, MS, RD, LDN

### Healthy Grain Bowls

Research shows eating more whole grains and vegetables may help you live longer and reduce the risk of heart disease and cancer. Plant-based grain bowls are a tasty way to get more whole grains and veggies in your diet. Registered dietitian Angela Vale will share her strategies for creating delicious, one-bowl meals that can be customized to meet your dietary needs or preferences. *Menu includes: Asian Salmon Bowl with Lime Drizzle, Southern Barbecue Bowl and Tex Mex Veggie Burrito Bowl.*

**date** Thursday, June 20  
**presenter** Angela Vale, MS, RD, LDN

### Meatless Meals

There are many reasons for reducing the amount of meat in your diet, and there are even more delicious dishes to try. These meatless meals are full of flavor and are sure to satisfy the meat lovers in the family. *Menu includes: Sweet Potato Black Bean Tacos, Lemony Pasta with Cauliflower, Chickpeas and Arugula, and Summer Garden Ratatouille with Cheesy Polenta.*

**date** Tuesday, July 9  
**presenter** Angela Vale, MS, RD, LDN

### Back to School – Bump Up Your Breakfast

Join us for lunch and find out why breakfast is the most important meal of the day whether it's for our kids or ourselves. A little planning on your part can help the entire family start the day off the right way! *Menu includes: Mini Burrito Bites, Simple and Savory Scones and Avocado Mango Smoothies.*

**date** Wednesday, August 7  
**time** Noon-1 p.m.  
**presenter** Monica Nyman, MS, RD, LDN,  
St. Louis Dairy Council

### Feeding a Fit Immune System

We know a healthy diet can help reduce the risk of disease, enhance well-being and, yes, power up our immune system. We'll not only highlight foods known to boost immunity, but we'll also sample them in some tasty recipes. *Menu includes: Spiced Bean Dip on Whole Grains, Mustard Glazed Salmon with Creamed Greens and Chocolate Avocado Pudding.*

**date** Tuesday, August 13  
**presenter** Kim McClintic, MS, RD, LDN

## HEALTHY HEARTS AND LUNGS

### PAD Walking Program

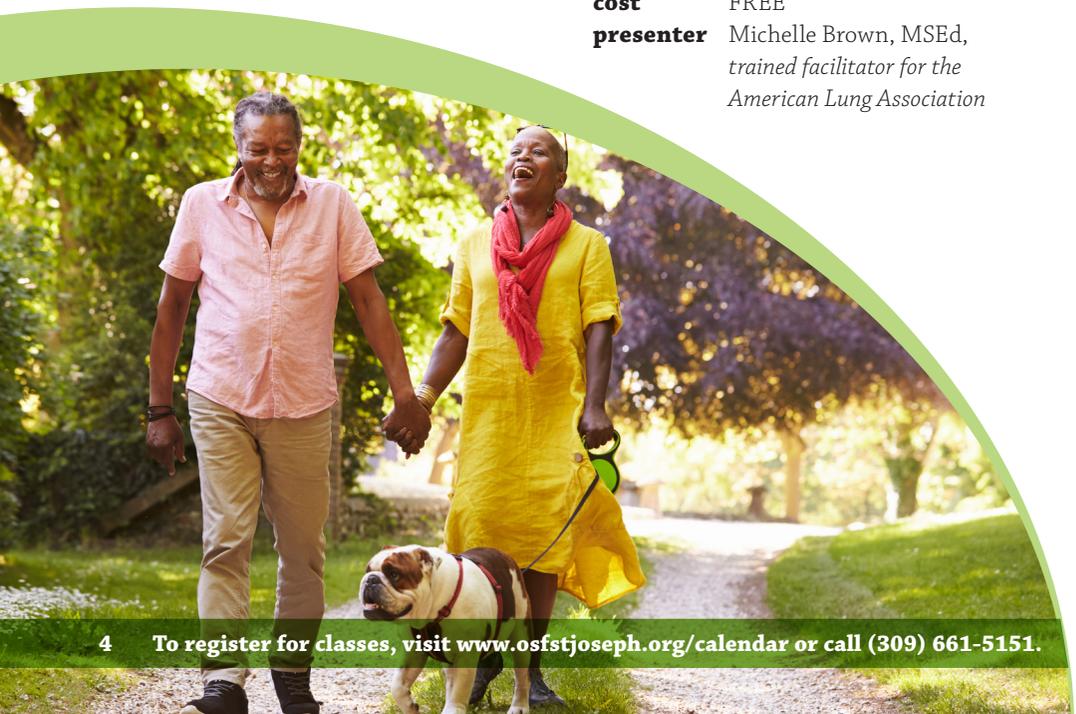
Ease the pain of living with peripheral artery disease (PAD), and let us help you improve your symptoms and overall health with a personalized walking program. Training will be provided to help ease leg pain and increase your health through the use of treadmills. A physician referral is required.

**Call (309) 661-5151 to set up your appointment.**

### Smoking Cessation 101

It is not easy to quit smoking. Attend an information session to learn more about local and nationally based programs to help you quit! One-on-one counseling and self-help guides are available for an additional fee.

**dates** May 7, June 4, July 9, or August 13  
**time** 11 a.m.-noon  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Michelle Brown, MSEd,  
*trained facilitator for the American Lung Association*



### COPD Harmonica Therapy

People suffering from COPD have a hard time breathing. It turns out that playing the harmonica can be great therapy. The repeated pattern of breathing in and out through the instrument can help you become aware of your breathing patterns. During the hour, we will play a variety of songs using breathing techniques to improve symptoms in a fun musical environment. Harmonicas provided. **Call (309) 661-5151 for more information.**

**dates** Tuesdays, May 21, June 18, July 16 and August 20  
**time** 2-3 p.m.  
**location** Cardiopulmonary Rehabilitation Classroom (*Entrance D*)  
**cost** FREE

### Inspirations: Support group for patients, families and caregivers living with chronic lung disease

Learn new ways to cope with chronic lung disease while getting support of others in similar situations. This support group will give you the tools you need to live the best quality of life you can. **Call (309) 661-5151 for more information and to register for this FREE program.**

**date** Tuesday, June 25  
**time** 2-3 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE (*light refreshments provided*)  
**topic** "Mindful Meditation"  
Jill Ascher Mohr, MS, ACSM-CEP, exercise physiologist, will discuss how mindful meditation may relieve symptoms from depression and anxiety in persons with COPD. Breathing techniques and mind based stress reduction strategies will be discussed, along with mindful meditative practices. See how these techniques can improve breathing and help reduce stress and anxiety.

### Fit 4 Life: Supervised Exercise Maintenance Program

Fit 4 Life is open to the community and offers a cardiopulmonary exercise program with supervision by exercise physiologists and nurses. Workout sessions are conducted in the Cardiopulmonary Rehabilitation Center. The program is for those living with hypertension, obesity, high cholesterol, heart disease, lung disease, diabetes or an overall stressful life. A physician referral is required. **For more information, call (309) 661-5134.**

### Living Well with Heart Failure: Inspiring hope and improving the quality of life for heart patients and their families

Nearly 6 million Americans are living with heart failure. You are not alone on your journey to recovery. This support group is designed to provide the latest information in heart failure therapies, along with a reassuring atmosphere to provide support and inspire hope to those with heart failure diagnosis. **Call (309) 661-5151 for more information and to register for this FREE program.**

**date** Tuesday, June 25  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE (*light refreshments provided*)  
**topic** "Mindful Meditation"  
Jill Ascher Mohr, MS, ACSM-CEP, exercise physiologist, will take you through mindful meditation, transcendental meditation and breathing techniques that have been studied by the American Heart Association to help reduce blood pressure, stress and symptoms of heart failure. Please join us to learn new methods to live well with heart disease and heart failure.



## HEALTH AND WELLNESS

### Free Living with Diabetes Support Group

Developed in 2005, this ongoing support group offers information, education, and support for those with diabetes. The meetings are held on the second Tuesday of every month and includes a guest presenter. All are welcome. **For more information, contact [www.flwd.net](http://www.flwd.net).**

**dates** Tuesdays, May 14, June 11, July 9 and August 13  
**time** 6:30 p.m.  
**location** OSF Medical Group – College Avenue  
Lower Level Conference Room  
**cost** FREE

### Blood Pressure: What's shaking?

May celebrates National Stroke and Blood Pressure Awareness Month. It is estimated that 77.9 million American adults have high blood pressure. Along with other lifestyle habits, following a diet lower in sodium can help manage blood pressure. Join our registered dietitian and learn how to change your sodium palate with tips on seasoning foods, reading food labels, modifying recipes and dining out without excess sodium.

**date** Thursday, May 16  
**time** Noon-1 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Kim McClintic, MS, RD, LDN

### Medicare Classes

Are you turning 65 or retiring soon? This presentation will offer an overview of what Medicare covers, help you better understand your health plan and inform you on how to protect your savings from out-of-pocket expenses.

**dates** May 21 or 30, June 13 or 25, July 11 or 23, August 15 or 29  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Margaret Marcus,  
*Licensed Insurance Consultant*

### 5-Minute Stress Busting Techniques

In this class you will start to learn how your conscious and subconscious minds work and how they control the body. We will teach a few different short stress busting techniques to help you stay in control.

**dates** May 23 or August 1  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Rick Longstreth,  
*Inspiring Enterprises*

## A Caretaker's Support Group

Join Rose Stadel for a discussion about resources and support available to you on your caregiver journey with an aging loved one. A Caretaker's Support Group meets on the last Wednesday of every month. Registration is not required and refreshments will be served.

**For more information, email**  
**Rstadel@pathcrisis.org.**

**dates** Wednesdays, May 29, June 26,  
July 31 and August 28  
**time** 5:30-6:30 p.m.  
**location** OSF Medical Group –  
College Avenue  
Lower Level Conference Room  
**cost** FREE  
**presenter** Rose Stadel

## Baby Sleep Class

This class is taught by a pediatric sleep consultant and focuses on laying the foundation for healthy sleep habits for infants up to 12 weeks old. This class is NOT intended to be sleep training of any form. This class is designed to go over how to calm your crying baby and prepare them for sleep, how to navigate naps during the day and night waking, how to gently encourage self-settling, and ultimately how to guide your newborn towards independent sleep. The goal of this course is to help you enjoy the newborn phase instead of merely surviving it!

**dates & times** Thursday, May 30,  
6:15-8:15 p.m.  
*Newborn Sleep Class*  
Thursday, June 27, 6-8 p.m.  
*Baby Sleep Class*  
Thursday, July 25, 6-8 p.m.  
*Newborn Sleep Class*  
Thursday, August 29, 6-8 p.m.  
*Baby Sleep Class*  
**location** OSF HealthCare St. Joseph  
Medical Center Business and  
Conference Center  
**cost** \$25  
**presenter** Carianna Gibb,  
*Certified Pediatric Sleep  
Consultant*

## Mindfulness Training

This program will explore the non-judgmental and personal definition of mindfulness and how it applies to your life. Distracting thoughts and feelings are acknowledged, not ignored, as we practice staying in the present moment. Half of the class will be actual mindful practice through prayer, diaphragmatic breathing and other relaxation techniques.

**date** Tuesday, June 4  
**time** 3-4 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Jill Asher Mohr, MS,  
ACSM-CEP

## Tax Code Changes and Strategies

Learn methods of tax avoidance and options of tax-free savings that are available to you. Discuss tax-deferral vs. tax-deductible vs. tax-free and the impact of each. Explore why you should or shouldn't have a tax advisor and how using charitable tax strategies could be a secure choice for planned giving. Learn tax considerations – the ultimate loophole.

**date** Tuesday, June 4  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** *Foundation for Financial  
Education*

## Stroke: The Importance of Early Detection and Treatment

Learn about the most common symptoms of stroke, the long-term effects of stroke and how early treatment and rehabilitation can improve stroke recovery.

**date** Thursday, June 6  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Barbara Weis, *an advanced  
practice provider with OSF  
HealthCare Illinois Neurological  
Institute and OSF Rehabilitation*

## Aging: We All Do it

Aging happens to all of us but it doesn't have to be difficult with careful planning and preparation. Prepare and plan for the change and understand what is "normal" to help guide your decisions for healthy aging.

**date** Thursday, June 13  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Rose Stadel

## Diabetes and Carbohydrate Counting

If you have diabetes, prediabetes, or insulin resistance, it's important to balance your carbohydrate intake at each meal and snack. Carbohydrate counting is a meal planning technique proven to help manage and control blood sugar levels. Join registered dietitian Kim McClintic as she presents easy ways to balance your carbohydrate intake and keep your blood sugar levels in check.

**dates & times** Tuesday, June 18, noon-1 p.m.  
Thursday, August 1, 5-6 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Kim McClintic, MS, RD, LDN

## Improving Joint Health with Exercise

This class will focus on exercise techniques for restoring range of motion and alleviating shoulder and hip pain.

**date** June 25 and July 25  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$15  
**presenters** Matt Hanks, MS,  
*Exercise Physiologist*

## The Subconscious Mind

Learn how hypnotherapy can positively change your life in this two-part series! Discover how your mind and body work together and how hypnosis works. You will also learn a couple different tools to make positive changes in your subconscious mind. Must attend both sessions if interested in attending this series.

**date** Thursdays, July 11 and 18  
**time** 5:30-7:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Rick Longstreth,  
*Inspiring Enterprises*

## Medicare Basics: What You Need To Know

In this class, learn about Medicare Parts A and B and what each individual part covers. Discover what your financial responsibility is under Medicare and gain insight into the different plans and supplements that are available to you and the pros and cons of each. Uncover hidden costs that can be prevented through proper planning and learn how to navigate Medicare Part D (drug coverage) and the "doughnut hole."

**date** Tuesday, August 27  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** *Foundation for Financial Education*





## New location, same support for your weight loss journey

OSF Weight Management Center recently moved to the Center for Healthy Lifestyles located at Entrance D at OSF HealthCare St. Joseph Medical Center.

Our approach at the OSF Weight Management Center combines medical, behavioral and lifestyle modifications to reach long-term weight loss. Our team of physicians, nurses, exercise physiologist and support team will provide education and emotional support with an individualized program.

The center's goal is to help every patient achieve their optimal health and weight through the following services:

- Customized program option
- Medical supervision
- Nutritional counseling
- Fitness and exercise guidance
- Educational classes
- Nutritious, pre-packaged food for purchase

Our partnership with Health Management Resources (HMR®) allows you to choose from several non-surgical weight loss options. The HMR Program focuses on the same healthy lifestyle changes that research shows is the most effective way to lose weight and keep it off.

## Healthy Weight, Healthy You: Part I

This eight-week course is packed with the health information needed to help you lose weight and keep it off, the healthy way! This program will track your pre- and post-body composition, hip and waist measurements and weekly weigh-ins.

### Sessions include:

<i>Session 1</i>	Introduction
<i>Session 2</i>	Boosting Metabolism
<i>Session 3</i>	Get Ready, Set, Move
<i>Session 4</i>	Smart Shopping
<i>Session 5</i>	Weighty Issues
<i>Session 6</i>	Emotional Eating
<i>Session 7</i>	Exercise with Therabands
<i>Session 8</i>	Wrap-Up

**dates** Tuesdays, July 2-August 27  
**time** 5:15-5:45 p.m.  
*(weigh-in at 5 p.m.)*

**location** Center for Healthy Lifestyles  
**cost** \$50

**presenters** Kim McClintic, MS, RD, LDN,  
 and Erin Kennedy, MS,  
*exercise physiologist*

## HMR® Seminars

Our HMR programs offer a highly structured, easy to follow diet that emphasizes healthy eating habits and fast, long-lasting weight loss, HMR programs are ideal for anyone wanting to lose weight and become healthier, including those with diabetes, hypertension, high cholesterol and other medical conditions.

At this seminar, you will learn what program option is right for you, class times and costs. Come prepared to ask any questions you may have. **Registration is required for HMR seminars. Please call (309) 661-5151 to reserve your space.**

**dates & times** Information sessions are held every Wednesday from noon-1 p.m. or Thursday 4-5 p.m.

**location** Center for Healthy Lifestyles  
**cost** FREE

# FITNESS CLASSES



## Personal Training

Exercise Physiologist Matt Hanks, MS, NSCA-CPT, will develop a comprehensive, safe and effective individualized exercise program based on your needs. Train with Matt two days a week on the exercise equipment at OSF HealthCare St. Joseph Medical Center. Specialty areas include: Adult and childhood obesity, diabetes, general wellness, arthritis and disease prevention. **For more information, call (309) 661-5151. Available for training Monday through Friday. Call for hours.**

## Pilates

Use your body's own weight as resistance to stretch, strengthen and tone your body without the use of machines. Wear loose clothing and bring a non-slip mat. Participants may also bring 3- to 5- pound weights for a warm-up routine.

**dates & cost** Mondays and Wednesdays, April 22-May 22, (10 sessions \$65)  
May 29-June 26, (9 sessions \$58.50)  
July 1-July 31, (10 sessions \$65)  
August 5-September 4, no class September 2, (9 sessions \$58.50)

**time** 5:30-6:30 p.m.

**location** Center for Healthy Lifestyles

**presenter** Tracy Gallagher, certified Pilates instructor

## Dance Yourself Fit

This high energy workout will focus on cardio dance moves using upbeat music. All fitness levels can be accommodated through modified, low-impact dance routines. This fun fitness class will help burn calories and get your heart pumping!

**dates** Tuesdays and Thursdays, May 7-30, June 4-27 and August 6-29, (no July classes)

**time** 5:45-6:35 p.m.

**location** OSF Center for Health at Fort Jesse – Wesley Becker Room

**cost** \$48 for 8 sessions

**presenter** certified instructor

## Fit Together

(A partnership with Four Seasons for OSF patients 65 years or older.)

This program helps patients build healthier lifestyles, increase fitness levels through physical activity and get the benefits of social interactions that have been found to reduce stress. **A physician referral is required. For more information, please call (309) 661-5153 or (309) 661-8611.**

**cost** \$23/single, \$37/add-on per month

**Free monthly education sessions available for all members of Four Seasons Health Club the fourth Tuesday of the every month at 1 p.m.**

## FIT4BABY®

FIT4BABY® is designed specifically for moms-to-be. All exercises are carefully selected to prepare your body for the many changes you will experience during pregnancy. You can begin FIT4BABY® at any point during pregnancy as the workouts are scientifically-based, purposeful and designed to accommodate your changing body. The 60-minute workout includes cardio, strength, balance and flexibility training and ends with a relaxing meditation; everything you need during this precious time!

**dates & times** Every Monday 6-8 p.m. and Thursdays 7-8 p.m.

**location** OSF Center for Health at Fort Jesse – Wesley Becker Room

**presenter** Sarah Lutterbie, certified trainer

**To register, email Sarah at sarahlutterbie@fit4mom.com.**



# HEALTH SCREENINGS



## Cholesterol/Blood Glucose Test

*(with blood draw)*

Test requires blood sample obtained by venipuncture (blood drawn from the arm). Test includes: Total cholesterol, HDL, LDL, triglycerides and blood glucose. Blood pressure screening is also available. Results are mailed with educational materials to individuals. Twelve-hour fasting is recommended.

- dates** Wednesdays, May 1, 15 and 29, June 12 and 26, July 10 and 24 and August 7 and 21
- time** 8-9 a.m.
- location** OSF HealthCare  
St. Joseph Medical Center  
Admitting and Registration
- cost** \$25

## Cholesterol/Blood Glucose Screening

*(with finger stick)*

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

- dates** Wednesdays, May 8, June 5 and 19, July 3, 17 and 31 and August 14 and 28
- time** 7:30-8:30 a.m.
- location** Center for Healthy Lifestyles
- cost** \$25

## A1C Blood Test

The A1C blood test is done by a finger stick and shows the average level of blood sugar during the past two to three months. People with diabetes should have this test done regularly to monitor blood sugar levels. Blood pressure screening and healthy lifestyles counseling is also given with immediate results.

- dates** Wednesdays, May 8, June 5 and 19, July 3, 17 and 31 and August 14 and 28
- time** 7:30-8:30 a.m.
- location** Center for Healthy Lifestyles
- cost** \$25 (\$20 fee with cholesterol/glucose screening with finger stick)

## Peripheral Artery Disease Screening

Peripheral Artery Disease (PAD), most common in people 50 years of age and older, is a medical condition in which the arteries in the legs are clogged or narrowed. To promote early detection and treatment, OSF HealthCare St. Joseph Medical Center offers PAD screenings with consultation.

- date** Wednesdays, June 5 and August 14
- time** 7:30-8:30 a.m.
- location** Center for Healthy Lifestyles
- cost** \$25

## Kids Can Cook! Series

Registered dietitian Kim McClintic will demonstrate how you can include your child in meal preparation. The importance of good nutrition for growing bodies will be discussed while the food is being prepared.

**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$20 per parent/child couple  
*(Additional children may be added for \$10, additional adults for \$5)*

**Please note — classes are appropriate for grades one to five. Please call (309) 661-5151 to make your reservation. Payment is due at the time of registration.**

May Munchies	date
Menu includes: <i>Pizza Pasta Salad, Inside-Out Wrap and Fruited Nut 'n Berry Tostadas.</i>	Thursday, May 30
Summertime Sensations	
Menu includes: <i>Fruited Cool-Slaw, Crunchy Veggie Pita and Apple-Pie Oatmeal Cups</i>	Thursday, June 27
Nutritious Nibbles	
Menu includes: <i>Fruited Pasta Toss, Easy-Cheesy Chicken Flatbread and Cherry-Fluff Phyllo Cups</i>	Thursday, July 18
Gobble Up Some Goodies	
Menu includes: <i>Waldorf Salad, Tex-Mex Tostadas and Banana-Pineapple Cream Pies</i>	Thursday, August 8

## Babysitters Safety Class

This is a perfect class for new or experienced babysitters. The morning session covers first aid, safety in the home and basic child care. In the afternoon, students will learn CPR and choking relief for children and infants. This course is designed for boys and girls, ages 10-13.

**date** Friday, June 7  
**time** 8:30 a.m.-2 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$40  
**presenters** Erin Kennedy, MS, and  
 Brittany Walleck,  
*certified instructor*



## FIRST AID/CPR/AED COURSES



*American Heart Association Curriculum*

### Heartsaver CPR/AED

This class is designed for those who want certification or respond to emergencies until EMS arrives. This class is appropriate for general public, day care and other workplace environments. The course teaches Adult, Child and Infant CPR, Automated External Defibrillator (AED) use, and how to respond to choking. Certification is awarded to participants who meet the course objectives.

**Pre-registration and payment is required 48 hours in advance of class.**

<b>dates</b>	Saturdays, May 4, June 15, July 20, or August 24
<b>time</b>	9 a.m.-1 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50 (includes book and training supplies)
<b>presenter</b>	Anita Embree, RN, certified instructor

### Basic Life Support – BLS renewal course

This class is designed for people who have a current American Heart Association BLS certification and need to renew their certification (AHA or equivalent).

\*\*Certification card must be presented at time of class and cannot be expired more than 30 days. **Pre-registration is required 48 hours in advance of class.**

<b>dates</b>	Fridays or Saturdays, May 10, June 21, July 13, or August 2
<b>time</b>	9 a.m.-noon
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$40 (includes book and training supplies)
<b>presenter</b>	Michelle Brown, MEd, certified instructor

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**Classes may be canceled if minimum participation is not met.**

**Online first aid/CPR/AED courses and private classes for groups or business are available. For more information, please call (309) 661-5154.**

*Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials; do not represent income to the American Heart Association.*

### Heartcode BLS

This class is the American Heart Association's blended learning delivery method for the BLS course. Blended learning is a combination of a self-directed online learning portion, followed by a hands-on session. This structured presenter-led course provides skills practice, scenarios and skills testing. It reviews both single rescuer and team basic life support skills for both in-facility and pre-hospital settings. **Students must complete the AHA online course at [elearning.heart.org](http://elearning.heart.org) prior to attending.** Bring the certificate of completion to the course. **Pre-registration and payment is required 48 hours in advance of class.** *(This course may also be completed through a private appointment. For more information please call (309) 661-5154.)*

**dates** Tuesdays, May 14, June 11, July 16, or August 6  
**time** 2-4 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$25  
**presenter** Michelle Brown, MSED, certified instructor

### Heartsaver First Aid Basics

Learn critical skills needed to respond to and manage first aid emergencies until EMS arrives. It includes actions for bleeding, broken bones, burns and choking. It also includes environmental emergencies. This class is appropriate for the general public and workplace employees. It does not include CPR. Certification is awarded to participants who meet the course objectives.

**Pre-registration and payment is required 48 hours in advance of class.**

**dates** Wednesdays, May 15 or July 10  
**time** 8:30 a.m.-noon  
**location** Center for Healthy Lifestyles  
**cost** \$40 *(includes book and training supplies)*  
**presenter** Michelle Brown, MSED, certified instructor

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**Classes may be canceled if minimum participation is not met.**



## Basic Life Support - BLS

This class is designed for health care professionals who provide care to patients in a variety of settings, including hospital and non-hospital. Learn a more detailed version of Adult, Child and Infant CPR, Automated External Defibrillator (AED) use and how to respond to choking. Certification is awarded to participants who meet the course objectives. **Pre-registration and payment is required 48 hours in advance of class.**

<b>dates</b>	Fridays or Saturdays, May 18, June 1, July 26, or August 10
<b>time</b>	8:30 a.m.-1 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50 (includes book and training supplies)
<b>presenter</b>	Michelle Brown, MSEd, certified instructor

## Family and Friends CPR

This course teaches Adult, Child and Infant CPR and Automated External Defibrillator (AED) use. It also teaches how to respond to choking in an adult, child or infant. This class is ideal for parents, expectant parents, grandparents and other family members. This is a non-certification course.

**Pre-registration and payment is required 48 hours in advance of class.**

<b>dates</b>	Mondays, May 20, June 17, July 22, or August 19
<b>time</b>	3-5 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$25 (includes book and training supplies)
<b>presenter</b>	Michelle Brown, MSEd, certified instructor

## Heartsaver Practice and Skills Sessions

This session is the American Heart Association's blended learning delivery method for the Heartsaver CPR/AED and First Aid courses. This structured instructor-led course provides skills practice and skills testing.

**Students must complete the AHA online course at [elearning.heart.org](http://elearning.heart.org) prior to attending.** Certification is awarded to participants who meet the course objectives. Bring the certificate of completion to the course. **Pre-registration and payment is required 48 hours in advance of class.**

*(This course may also be completed through a private appointment. For more information please call (309) 661-5154.)*

<b>dates</b>	Thursdays, May 23, June 20, July 18, or August 15
<b>time</b>	2-3:30 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$25
<b>presenter</b>	Michelle Brown, MSEd, certified instructor

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**Classes may be canceled if minimum participation is not met.**



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