

OSF HEALTHCARE SAINT ANTHONY MEDICAL CENTER

HEALTH & WELLNESS

CLASSES AND SERVICES
SUMMER 2017



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

healthy cooking

Call (815) 227-2274 to register. | All classes run from 5-6:30 p.m.

MEDITERRANEAN COOKING

May is Mediterranean Diet Month! Come learn how to make a simple, heart healthy meal.

date Thursday, May 18
cost \$15 per person

SALAD SENSATIONS

Fresh fruit and veggies are in full swing in June. Salads make a well-rounded meal.

date Thursday, June 15
cost \$15 per person

DIABETIC COOKING

Prediabetes and diabetes are becoming more common. Learn how to manage your blood sugar with our diabetes educator.

date Thursday, July 20
cost \$15 per person

WONDERFUL WAFFLES

August 24 is National Waffle Day. Get ready by learning how the waffle iron can be used for all kinds of wonderful items beyond the basic waffle.

date Thursday, August 17
cost \$15 per person

nutrition

Call (815) 227-2274 to register.

GROCERY STORE TOUR

Take 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, May 23 and June 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, May 8 and July 24
time 5-6 p.m.
cost \$10 per person

EMOTIONAL EATING, WHAT DO I REALLY NEED?

Sometimes the urge to eat when we are not hungry may come from a need for something else. This class helps identify those other needs and offers advice to prevent using food to cope.

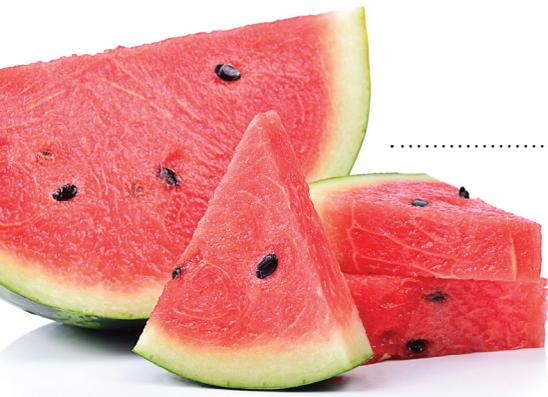
date Monday, June 12
time 5-6 p.m.
cost \$10 per person

MACRO NUTRIENTS

Walk through how to calculate the amount of protein, fat and carbohydrates you need and how to apply that to your diet.

date Thursdays, June 7 and July 20
time 5-6 p.m.
cost \$10 per person

Visit our website at www.osfsaintanthony.org.



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. Learn about the cycle of sugar addiction and ways to overcome it.

date Monday, August 14
time 5-6 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 Monday, July 17
time 3-4:30 p.m.
cost \$20 per person

health and wellness

HOW PSYCHOLOGY CAN ASSIST IN YOUR WEIGHT LOSS PROCESS

Please join us to learn how psychology terminology can be transformed into tools to help achieve a healthier lifestyle. We will examine several well-known psychology concepts and show how they can assist in reframing the way you think about your health and how they can help uncover why motivation begins to diminish.

Call (815) 227-2274 to register

date Monday, May 15
time 5:30-6:30 p.m.
cost \$10 per person

SELF-ESTEEM

Narrative family therapy can help you improve your self-esteem. Join us to learn how to deconstruct unproductive "stories" about ourselves and reconstruct new and more productive ones in an attempt to make us feel positive about who we are and of what we are capable.

Call (815) 227-2274 to register

date Monday, August 7
time 5:30-6:30 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 massage therapists are trained in several techniques to address a variety of ailments or concerns.

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



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.

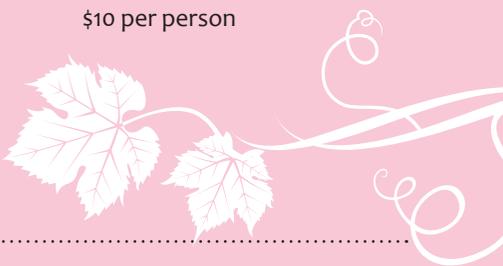
Twelve hour fasting is recommended.

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



healthy kids

FIT FAMILIES

Gain new ideas for healthy lifestyle choices while having fun together as a family. Fit Families is intended for families with children ages 6-12 years old and consists of four sessions, two hours each, designed to increase family activity levels and improve eating habits.

Call (815) 395-4587 to register.

dates Saturdays, July 8, 15, 22, 29
time 9-11 a.m.
cost \$50 per family of four,
\$5 for each additional child

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, August 7
time 4-5 p.m.
cost \$10 per person

PREPARED CHILD BIRTH

This prenatal class covers such topics as the signs and symptoms of true labor versus false labor, breathing and relaxation techniques, and options for pain management. All four weeks need to be attended to cover all the details.

Call (815) 227-2695 to register.

dates Thursdays, April 6, 13, 20 and 27
time 7-9 p.m.
cost \$35 if baby delivered at OSF HealthCare or \$40 if baby is not to be delivered at OSF HealthCare

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 Wednesday, April 12
time 7-9 p.m.

Visit our website at www.osfsaintanthony.org.

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.

HOW TO BREAK YOUR WEIGHT LOSS PLATEAU

Has your weight loss slowed down to a snail's pace? Need some help getting your body summer ready? Learn and discuss how to break through and restart your weight loss journey.

date Monday, May 1
time 5-6 p.m.
cost \$10 per person

EAT MORE, WEIGH LESS

Based on the Volumetric eating plan, this class helps people who eat large portions fill up their plate and still drop the pounds.

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



fitness classes

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

UNDERWATER TREADMILL

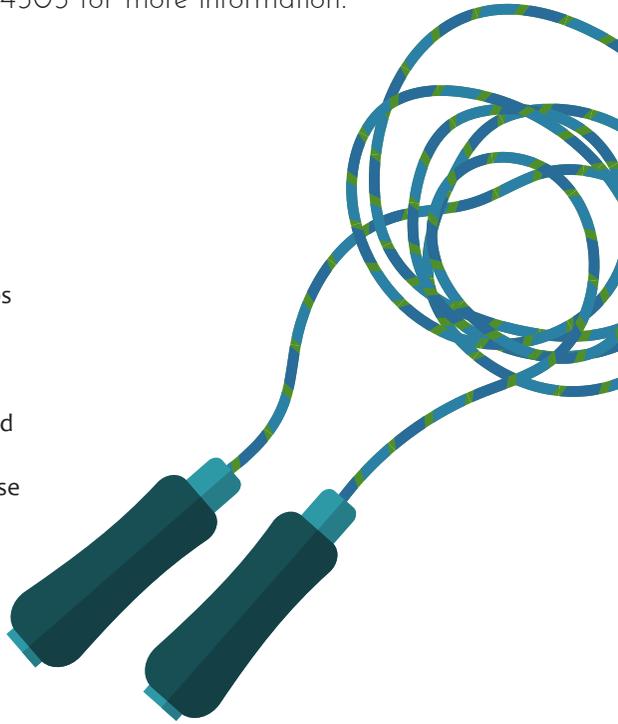
The OSF HealthCare Water Walking/Running Program uses an underwater treadmill to increase flexibility, strength and stamina. It is beneficial for anyone dealing with arthritis, fibromyalgia, joint problems, back pain or other conditions that limit movement. Because water helps support weight, water exercise 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, consistency, and results to achieve your goals.

GROUP FITNESS CLASSES

Looking to add some fun in your daily routine? Our group fitness classes have it all. Designed for all ages and fitness levels from beginners to advanced, we offer a variety of classes, like “Loosen-up”, “Piloxing”, “Silver Sneakers Classic”, “Line Dancing”, “Balance,” and much more. For a complete list of classes, descriptions and times offered please visit our web page at osfhealthcare.org/saint-anthony/services/specialty-services/sports/health-fitness/ or call (815) 395-4591 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.

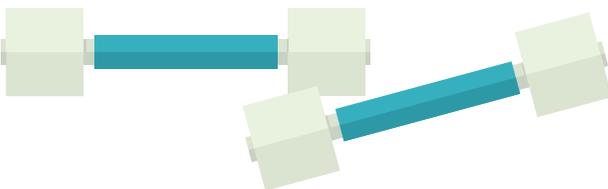
hours

State Street Location

Monday-Thursday,
5:30 a.m. - 8 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



Visit our website at www.osfsaintanthony.org.

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