

CENTER FOR

# HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES  
SUMMER 2017



OSF<sup>®</sup>  
HEALTHCARE

The Center for Healthy Lifestyles' mission is to assist members of the community in attaining healthier behaviors and informed health care decisions. This is achieved through comprehensive prevention, education, counseling and diagnostic services.

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Center for Healthy Lifestyles  
OSF HealthCare St. Joseph Medical Center  
2200 E. Washington St.  
Bloomington, IL 61701  
(309) 661-5151



### Class Locations

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**OSF St. Joseph Medical Center**

2200 E. Washington St.  
Bloomington, IL 61701

**Center for Healthy Lifestyles**

OSF St. Joseph Medical Center  
2200 E. Washington St.  
(Entrance D)  
Bloomington, IL 61701

**OSF HealthCare**

**Center for Health at Fort Jesse**  
2200 Fort Jesse Road  
Normal, IL 61761

**OSF HealthCare Medical Group –  
College Avenue**

1701 E. College Ave.  
Bloomington, IL 61704

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To register for classes, visit [www.osfstjoseph.org/calendar](http://www.osfstjoseph.org/calendar) or call (309) 661-5151.

# healthy cooking

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 unless otherwise noted. The cost for each class is \$20 per person.**

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.**

## MEXICAN-INSPIRED DINNER

Heat things up with a meal that showcases warm spices from Mexico. Snack on chips with a trio of salsas that range from mild to spicy. Follow with a crisp, citrusy salad and a vegetarian main course that is hearty and satisfying. Finish with a light, but decadent flourless chocolate cake with a Mexican flair. Menu includes: *Trio of Salsas: Restaurant-Style, Avocado Tomatillo and Roasted Tomato-Arbol Chile; Butter Lettuce with Blood Orange, Avocado and Citrus Vinaigrette; Butternut Squash and Black Bean Enchiladas with Mole Sauce; and Flourless Mexican Chocolate Cake.*

**date** Thursday, May 18  
**presenter** Angela Vale, MS, RD, LDN

## MEATLESS MAINS

No meat? No problem. If you are looking for a few meatless meals, this is the class for you. Using other great protein sources, these dishes are packed with so much nutrition and flavor you won't know they are meatless. Menu includes: *Garden Veggie Egg Bake; Black Bean Sliders with Chipotle Slaw; Spaghetti Squash with Spiced Veggies; and Chunky Lentil Soup.*

**date** Tuesday, May 23  
**presenter** Kim McClintic, MS, RD, LDN



Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).

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## HEALTHY GRAIN BOWLS

Research continues to show that 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 consume more whole grains and veggies. 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: *Egg-Topped Kale and Quinoa Bowl*; *Spicy Sweet Potato, Black Bean, Green Rice Burrito Bowls*; *Greek Salmon Farro Bowls with Tzatziki*; and *Roasted Broccoli and Chickpea Millet Bowl*.

**date** Thursday, June 8  
**presenter** Angela Vale, MS, RD, LDN

## SENSATIONAL SUMMER SALADS

Salads are an excellent and delicious way to brighten your table and your taste buds. Learn how to use a variety of vegetables, mixed greens, beans and whole grains to make any salad sensational. Menu includes: *Black Bean Chili Salad*; *Waldorf Salad*; *Chicken, Edamame and Noodle Salad*; *Mixed Greens with Fruit and Raspberry Dressing*.

**date** Thursday, July 6  
**presenter** Kim McClintic, MS, RD, LDN



## BEYOND ZUCCHINI BREAD

Home gardeners – and their neighbors – often find themselves with an abundance of zucchini. It can be the star flavor of a dish or perform a subtle, supporting role that may even fool vegetable haters. Venture beyond that loaf of zucchini bread and try some new ways to use up all the excess before it goes to waste. Menu includes: *Summer Squash Flatbread Bites*; *Zucchini and Basil Lasagna*; *Zucchini-Rice Cakes with Herbed Goat Cheese and Roasted Tomatoes*; *Spicy Zucchini Refrigerator Pickles*; and *Lemon Zucchini Cake*.

**date** Tuesday, July 25  
**presenter** Angela Vale, MS, RD, LDN

## MORE OMEGA-3'S, PLEASE!

All fats are not created equal. Omega-3 fats are getting a lot of press for their disease-fighting potential. There is strong evidence to suggest a positive health-related benefit for heart disease, diabetes, joint pain, mood disorders and even cancer. Menu includes: *Tuna Stuffed Pasta Shells*; *Fruity Walnut 'n Flax Seed Salad*; *Spicy Salmon Patties with Sriracha Sauce*; and *Chia Orange Yogurt with Oatmeal Cupcakes*.

**date** Thursday, August 3  
**presenter** Kim McClintic, MS, RD, LDN



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# fitness classes

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## 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 the medical center. Specialty areas include: obesity, diabetes, general wellness, arthritis and disease prevention.

**For more information call (309) 661-5151. Training hours vary.**

## DANCE YOURSELF FIT

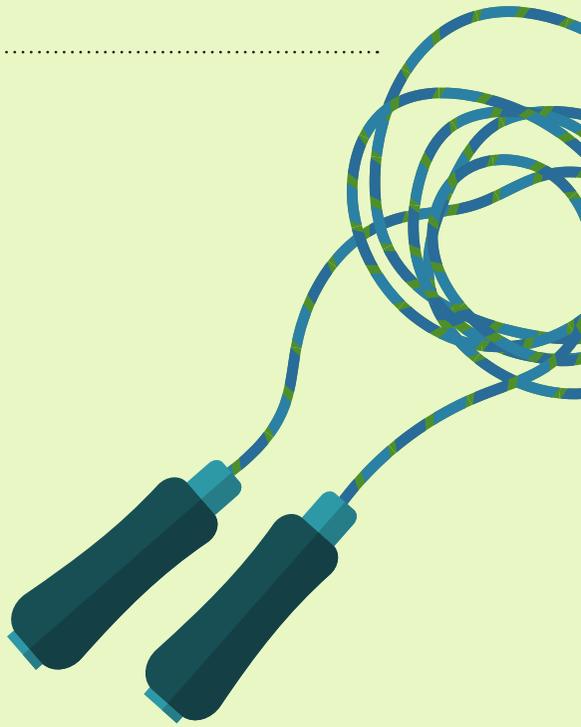
This high-energy workout will focus on cardio dance moves using current popular music. This fun fitness class will help burn calories and get your heart pumping!

**dates** Tuesdays and Thursdays,  
May 23-June 15,  
June 20-July 20  
(no class July 4 or 6),  
July 25-August 17, or  
August 22-September 14  
**time** 5:45-6:35 p.m.  
**location** Center for Health at Fort Jesse  
**cost** \$48 for 8 sessions  
**presenter** *certified instructor*

## PILATES

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

**dates** Mondays and Wednesdays,  
May 29-June 21, July 3-August 2,  
August 7-September 6, or  
September 11-October 11  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$65 for 10 sessions  
**presenter** Tracy Gallagher  
*certified Pilates instructor*



## FIT TOGETHER

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

This program will help 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.

**cost** \$20/single, \$35/couple  
per month

**For more information, please call (309) 661-5153 or (309) 661-8611.**

Free monthly education sessions open to the public.

May 23 10 Chair Exercises for Arthritis  
June 27 Men's Health  
July 25 Back to the Basics:  
Good Posture  
August 22 Portion Control

**time** 1-1:30 p.m.

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Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).

# weight management

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## 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:

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

<b>dates</b>	Mondays, June 5-July 31, (no class July 24)
<b>time</b>	5:15-5:45 p.m. (weigh-in at 5 p.m.)
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50
<b>presenters</b>	Kim McClintic, MS, RD, LDN, and Erin Kennedy, MS, <i>exercise physiologist</i>

## MY LAP-BAND® JOURNEY

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 Dr. John Wieland as he discusses the LAP-BAND procedure, the long-term success rate, and whether this weight management approach is right for you.

**Registration is required for LAP-BAND seminars. Please call (309) 661-5040 to reserve your space.**

<b>dates</b>	Thursdays, May 25, June 22, July 27, and August 24
<b>time</b>	5-7 p.m.
<b>location</b>	OSF Medical Group – College Avenue, Level 1
<b>presenter</b>	John M. Wieland, MD, FACS, LAP-BAND® Surgeon

## HMR® SEMINARS

Our HMR® programs offer a highly structured, easy-to-follow diet that emphasizes healthy eating habits and fast, long-lasting weight loss. They 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) 661-5040 to reserve your space.**

<b>dates/times</b>	Noon Wednesdays or 4 p.m. Thursdays
<b>location</b>	OSF Weight Management Center OSF Medical Group – College Avenue, Level 1
<b>cost</b>	FREE



# healthy kids

## 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.**

SPRINGTIME SNACKS	date
Menu includes: <i>Apple-Raisin Celery Crunch; Turkey-Apricot Wraps; and Chocolate-Cherry Whips.</i>	Thursday, May 25
COOL SUMMER TREATS	
Menu includes: <i>Summer Splash Salad; BBQ Chicken Cheddar Sliders; and Lemon 'n Berry Tartlets.</i>	Tuesday, June 20
DELICIOUS DELIGHTS	
Menu includes: <i>Ambrosia Parfaits; Eat-a-Pita Surprise; and Picnic-Berry Shortcakes.</i>	Thursday, July 27
NUTRITIOUS NIBBLES	
Menu includes: <i>Tootie-Fruity Salsa with Cinnamon Chips; Easy-Peasy Pizzettes; and Banana-Pineapple Cream Pies.</i>	Thursday, August 10

## 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** Monday, June 5  
**time** 8:30 a.m.-2 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$40  
**presenters** Erin Kennedy, MS, and Michelle Brown, MS Ed, certified instructor



# healthy hearts & lungs

## **FIT 4 LIFE: SUPERVISED EXERCISE MAINTENANCE PROGRAM**

Fit 4 Life, formerly known as Cardiac/Pulmonary Rehab Phase 3, is open to the public and offers an ongoing, supervised cardiopulmonary exercise program. 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 failure 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 a heart failure diagnosis. Light snacks and refreshments will be served.

Call (309) 661-5151 for more information and to register for this **FREE** program.

<b>date</b>	Wednesday, July 19
<b>time</b>	3-4:30 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	FREE
<b>presenter</b>	Kim McClintic, MS, RD, LDN

## **INSPIRATIONS FOR COPD: Support group for patients, families and caregivers living with chronic lung disease**

Learn new ways to cope with chronic lung disease while getting the 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. Light snacks and refreshments will be served.

Call (309) 661-5151 for more information and to register for this **FREE** program.

<b>date</b>	Tuesday July 18
<b>time</b>	1-2:30 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	FREE
<b>presenter</b>	Kim McClintic, MS, RD, LDN

## **PAD EXERCISE 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 and other exercise equipment. A physician referral is required.

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

To register for classes, visit [www.osfstjoseph.org/calendar](http://www.osfstjoseph.org/calendar) or call (309) 661-5151.

# health screenings

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## **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 24, June 7 and 21, July 5 and 19, August 2 and 16  
**time** 8-9 a.m.  
**location** OSF 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 3, 17 and 31, June 14 and 28, July 12 and 26, August 9  
**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 3, 17 and 31, June 14 and 28, July 12 and 26, August 9  
**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 St. Joseph Medical Center offers PAD screenings with consultation.

**dates** Wednesdays, June 14 and July 26  
**time** 7:30-8:30 a.m.  
**location** Center for Healthy Lifestyles  
**cost** \$25

## **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. For women only.

**dates** Wednesday, July 12  
**time** 8-9 a.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10

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Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).



# first aid/cpr/aed courses

American Heart Association Curriculum

## HEARTCODE BLS

This class is the American Heart Association's blended learning delivery method for the BLS course. Blended learning is a combination of self-directed online learning portion, followed by a hands-on session. This structured course provides skills practice, scenarios and skills testing. It reviews both single rescuer and team basic life support skills for both facility and pre-hospital settings. **Students must complete the AHA online course at [www.onlineaha.org](http://www.onlineaha.org) prior to attending.** Bring the certificate of completion to the course. **Pre-registration is required 48 hours in advance of class.**

<b>dates</b>	Tuesdays, May 16, June 6, July 11, or August 8
<b>time</b>	2-4 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$20
<b>presenter</b>	Michelle Brown, MSEd <i>certified instructor</i>

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

## FAMILY AND FRIENDS CPR

This course teaches Adult hands-only CPR, Child and Infant CPR, Automated External Defibrillator (AED) use, and how to respond to choking in an adult, child, or infant. Ideal for parents, expectant parents, grandparents, and other family members, and is a non-certification course. **Pre-registration is required 48 hours in advance of class.**

<b>dates</b>	Mondays, May 15, June 19, July 17, or August 21
<b>time</b>	3-5 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$25 ( <i>includes book and training supplies</i> )
<b>presenter</b>	Michelle Brown, MSEd <i>certified instructor</i>

## 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 is required 48 hours in advance of class.**

<b>dates</b>	Fridays or Saturdays, May 20, June 24, June 30, July 22, August 11, or August 19
<b>time</b>	9 a.m.-1 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50 ( <i>includes book and training supplies</i> )
<b>presenter</b>	Michelle Brown, MSEd <i>certified instructor</i>

## HEARTSAVER CPR/AED

This class is designed for those who want certification or to respond to emergencies until EMS arrives. This class is appropriate for general public, daycare, 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 is required 48 hours in advance of class.**

<b>dates</b>	Saturdays, May 6, June 10, July 8, or August 5
<b>time</b>	9 a.m.-1 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50 ( <i>includes book and training supplies</i> )
<b>presenter</b>	Michelle Brown, MSEd, <i>certified instructor</i>

To register for classes, visit [www.osfstjoseph.org/calendar](http://www.osfstjoseph.org/calendar) or call (309) 661-5151.

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## 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 course provides skills practice and skills testing. **Students must complete the AHA online course at [www.onlineaha.org](http://www.onlineaha.org) prior to attending.** Certification is awarded to participants who meet the course objectives. Bring the certificate of completion to the course.

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

<b>dates</b>	Thursdays, May 25, June 22, July 20, or August 17
<b>time</b>	2-3:30 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$20
<b>presenter</b>	Michelle Brown, MSED <i>certified instructor</i>

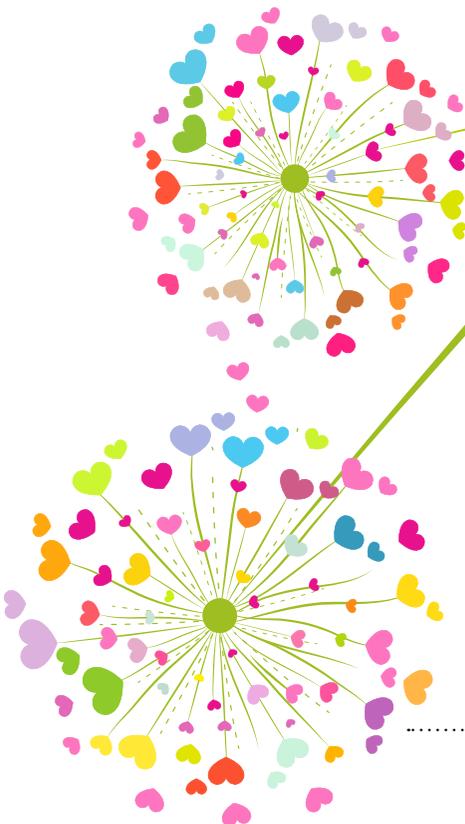
*This course may also be completed through a private appointment. For more information please call (309) 661-5154.*

## 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 is required 48 hours in advance of class.**

<b>dates</b>	Wednesdays, June 7, or August 2
<b>time</b>	8:30 a.m.-noon
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$40 ( <i>includes book and training supplies</i> )
<b>presenter</b>	Michelle Brown, MSED <i>certified instructor</i>



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Online first aid/CPR/AED courses are also 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.*

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**Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).**

# health and wellness

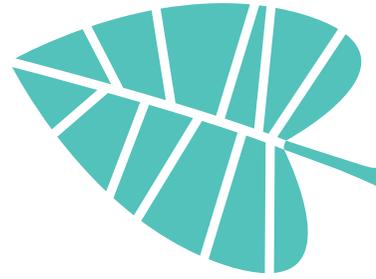
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## MEDICARE COUNSELING

Take advantage of the free Medicare counseling services to older adults and their family members. Assistance is provided with one-on-one confidential counseling and sessions are by appointment only.

Please call (309) 661-5151 to make an appointment.

**dates** By appointment only  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** *Volunteer Medicare Counselor*



## FINANCIAL TRANSITIONS: NAVIGATING LIFE THROUGH CAREER CHANGE

In this class, we will discuss reasons for career changes, methods on understanding your retirement plan and what it is worth, (should you "roll over" your 401(k) vs. leave it with former employer?) and strategies on learning to choose benefits wisely and take control of your finances at any stage of life.

**date** Tuesday, May 16  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Bernie Wrezinski,  
*Foundation for Financial Education*

## WEIGHT LOSS: MORE THAN A SCALE

Is your body telling you one thing and your scale is telling you another? Take the guess work out of losing weight with accurate measurements designed specifically to identify your weight loss profile and the best path to achieve your goals. Join Dr. Daniel Dodd as he discusses the use of DEXA body scans, as well as metabolic and cardiovascular tests for weight management. Know your body, transform your life.

**dates** Wednesday, May 17, June 14  
or July 19  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Daniel Dodd, PhD

## 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 a small fee.

**dates** Tuesdays, May 16, June 6,  
July 11, or August 8  
**time** 11 a.m.-noon  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Michelle Brown, MEd  
*trained facilitator for the  
American Lung Association*



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To register for classes, visit [www.osfstjoseph.org/calendar](http://www.osfstjoseph.org/calendar) or call (309) 661-5151.

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## CORE HEALTH & POSTURE

Techniques and adjustments to improve core strength and posture will be discussed. Learn tips to help reduce injury risk and pain during exercise.

**date** Wednesday, May 31  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$15  
**presenters** Matt Hanks, MS  
*exercise physiologist*

## 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 are served.

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

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

## IMPROVING JOINT HEALTH WITH EXERCISE

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

**date** Wednesday, June 7  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$15  
**presenters** Matt Hanks, MS  
*exercise physiologist*

## 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 of you and your stress levels.

**dates** Tuesday, June 27  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** *Inspiring Enterprises Staff*

## CAREGIVERS 101

Join Rose Stadel as she discusses how to manage the challenges caregivers face when caring for an aging parent or loved one. Learn more about what to expect when people age and the difference between normal and abnormal signs of aging.

**dates** Tuesday, June 13  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** Rose Stadel

## ESSENTIAL OILS

Essential Oils are a safe and effective way to promote health and wellness. They can be used to relieve discomfort, promote restful sleep, purify the air, uplift/energize your mood, boost your immune system, and more. Come and learn how you can use these natural alternatives to help your body's systems work more effectively. You will get the opportunity to mix a rollerbottle blend to boost your immune system.

**dates** Thursday, June 22  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10  
**presenter** Shari Weitekamp  
*essential oils wellness advocate*

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Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).



## COLORECTAL CANCER: KNOW THE FACTS

Colorectal cancer is the third most common cancer in both women and men. Learn warning signs, ways to help prevent colorectal cancer and treatment options.

**date** Tuesday, July 25  
**time** 5:30-7 p.m.  
**location** Eastland Suites Hotel and Conference Center  
**cost** FREE program with dinner  
**presenters** Omar Khokhar, MD, FACP, FACC, *Chairman, Department of Medicine at OSF St. Joseph Medical Center and OSF Medical Group – Gastroenterology*, and Sherman A. Woodhouse, MD, MPH, *Medical Director and Chief Radiation Oncologist Community Cancer Center*

## MENTAL HEALTH FIRST AID

The Mental Health First Aid class teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate care. Mental Health First Aid is for anyone – parents, neighbors, students, first responders, teachers, leaders of faith communities, human resources professionals, and caring citizens.

**date** Friday, July 28  
**time** 8 a.m.-5 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10 (includes book and lunch)

## MITIGATING THE COST OF LONG-TERM CARE

Discuss in depth – Long-Term Care (LTC) by the numbers, federal LTC programs, and activities of daily living, qualifying for low/no cost coverage, LTC insurance alternatives, Medicaid planning, and LTC during retirement. Learn what you need to know today for yourself and your loved ones.

**date** Thursday, August 24  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Bernie Wrezinski, *Foundation for Financial Education*

## A LOOK AT ALZHEIMER'S DISEASE

Alzheimer's disease is the most common form of dementia and the OSF HealthCare Illinois Neurological Institute is here to answer all your questions. Treatment options and resources available for you or your loved ones will be presented.

**date** Thursday, August 3  
**time** 5:30-7 p.m.  
**location** Doubletree Hotel and Conference Center  
**cost** FREE program with dinner  
**presenters** *memory and dementia care providers, OSF HealthCare Illinois Neurological Institute*

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To register for classes, visit [www.osfstjoseph.org/calendar](http://www.osfstjoseph.org/calendar) or call (309) 661-5151.

# corporate wellness

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Healthy employees are vital to the success of your business. The Center for Healthy Lifestyles is committed to working in partnership with our business community to offer quality health services and programs. Our professional staff of physicians, dietitians, exercise specialists and health educators will educate your employees through prevention health programs and screening services. Presentations, health screenings, and health seminars are offered at your business site or at the Center for Healthy Lifestyles.

**For more information on how the Center for Healthy Lifestyles 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

- 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



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Visit our website at [www.osfstjoseph.org](http://www.osfstjoseph.org).



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ONE COUPON PER PERSON, PER BROCHURE**

**- EXPIRES 08/30/2017 -**