

CENTER FOR

HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES
SUMMER 2016



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.

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



Class Locations

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

Center for Health at Fort Jesse

2200 Fort Jesse Road
Normal, IL 61761

**OSF Medical Group –
College Avenue**

1701 E. College Ave.
Bloomington, IL 61704

To register for classes, visit 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 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.

DEHYDRATING FOODS

Learn to use a food dehydrator to preserve your food. You'll walk away knowing how to make delicious fruit leathers, jerky, vegetables for soups and stews, and dried fruits for snacking. Recipes and tasting samples are provided.

date Thursday, May 26, 2016
instructor Jenna Smith, MPH, RD, LDN

THE DASH DIET

As we celebrate National Stroke and Blood Pressure Awareness Month, The Dietary Approaches to Stop Hypertension (DASH) Diet fits perfectly. It was ranked as the best diet for the sixth year in a row by US News & World Report. 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 eating plan, and enjoy samples of some of their tasty recipes. Menu includes: *Pasta Caprese Salad, Turkey Chili with Black Beans, Lightning Fast Chicken Stir-Fry, and Vanilla and Lemon Berry Parfaits.*

Funding for this program is made possible by a grant from the Illinois Department of Public Health.

date Tuesday, May 24, 2016
instructors Kim McClintic, MS, RD, LDN, and Carissa Gorham, APN, CSN
cost FREE

MORE ONE-DISH DINNERS

Busy weeknights don't have to mean takeout dinners, and one-pot meals don't have to be cooked in a crock pot. Fit a healthy dinner into your schedule with these meals that are ready in less than 45 minutes. Menu includes: *Mexican Quinoa Skillet, Balsamic Chicken and Veggies, Edamame Succotash, and Fennel-Crusted Pork with Potatoes and Shallots.*

date Tuesday, June 28, 2016
instructor Angela Vale, MS, RD, LDN



Visit our website at www.osfstjoseph.org.



MAIN COURSE SALADS

Hot meals aren't always appealing during the dog days of summer. Don't slave over a hot stove; fire up the grill and fuel up with these satisfying and filling salads that take advantage of produce that is in season. Menu includes: *Salad Nicoise with Seared Tuna, Shrimp Cobb Salad, Chopped Antipasto Salad, and Herbed Salad with Grilled Balsamic Vegetables.*

date Tuesday, July 19, 2016
instructor Angela Vale, MS, RD, LDN

LIGHT 'N LEAN SUMMER CUISINE

Summer is here, and it's a great time to enjoy some light and tasty cuisine. It's the perfect time to boost your fruit and vegetable intake, too. They're filling and chock-full of disease-fighting antioxidants and fiber. Menu includes: *Summer Veggie Minestrone, Fruited Chicken Salad Sliders with Ruby Raspberry Slaw, and Sweet Berry Bruschetta.*

date Thursday, June 30, 2016
instructor Kim McClintic, MS, RD, LDN

FARMER'S MARKET FEASTS

This is the time of year when produce is more abundant, fresh and cost effective. It doesn't have to cost a lot to eat healthy, nor does it have to take too much time to prepare. Join us for some healthy, tasty and easy recipes that can go from the garden to the table in no time. Menu includes: *Salmon Cucumber Salad Bites, Summer Garden Couscous Salad, Spaghetti Squash Lasagna with Spinach, and Citrus Melon Mingle.*

date Thursday, August 18, 2016
instructor Kim McClintic, MS, RD, LDN



EXERCISE AT THE OSF FITNESS CENTER!

The OSF Fitness Center offers exclusive exercise memberships. Your membership includes access to unique exercise equipment with the supervision of licensed and certified staff. An introductory session includes orientation to the equipment and personal goal assessment.

Monthly, six-month, or 12-month memberships are available.

Fitness Plus Membership includes access to the pool for open pool exercise with supervision.

For more information or to join, please call (309) 661-6260.

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

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 the medical center. Specialty areas include: obesity, diabetes, general wellness, arthritis, and disease prevention. **For more information, call (309) 661-5151.**

cost \$120 for 5 sessions

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! All fitness levels can be accommodated through modified, low-impact dance routines.

dates Tuesdays and Thursdays,
May 31-June 23,
July 12-August 4,
August 9-September 1, 2016

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

location Center for Health at Fort Jesse

cost \$48 for 8 sessions

instructor *licensed 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 25-June 29 (*no class on
May 30*), July 6-August 8,
August 10-September 14, 2016
(*no class on September 5*)

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

location Center for Healthy Lifestyles

cost \$65 for 10 sessions

instructor Tracy Gallagher
certified Pilates instructor

MEDICAL FITNESS

This small group exercise series will get you started on an exercise program to help strengthen and tone your body while improving balance and agility.

dates Tuesdays,
August 2, 9 and 16, 2016

time 5-6 p.m.

location Center for Healthy Lifestyles

cost \$90 for three sessions

instructor Matt Hanks, MS, NSCA-CPT
certified personal trainer

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.

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 24 *Balancing Act: Stay on Your Feet*

June 28 *Diabetes, Stress and Exercise*

July 26 *Eat from the Garden*

August 23 *Flexibility as We Age*

time 1-1:30 p.m.



Visit our website at www.osfstjoseph.org.

weight management

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
Session 2	Boosting Metabolism
Session 3	Smart Shopping
Session 4	Get Ready, Set, Move
Session 5	Weighty Issues
Session 6	Emotional Eating
Session 7	Exercise with Therabands
Session 8	Dining Out
Session 9	Wrap-Up

dates	Tuesdays, June 7-August 2, 2016
time	5:15-5:45 p.m. (weigh-in at 5 p.m.)
location	Center for Healthy Lifestyles
cost	\$50
speakers	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.

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.

location	OSF Weight Management Center
cost	FREE



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

healthy kids

KIDS CAN COOK! SERIES

Registered dietitians 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.
 Payment is due 48 hours in advance.**

MAY MUNCHIES	date
Menu includes: <i>Mango-Veggie Chicken Wrap, Nut-butter Granola Balls, Mini Waffle Sliders, and Banana Cream Pie Dip</i>	Tuesday, May 17, 2016
COOL SUMMER SNACKS	
Menu includes: <i>Summer Fruit Salad, Salsa Wraps, and Cheesecake Stuffed Strawberries</i>	Thursday, June 23, 2016
NUTRITIOUS NIBBLES	
Menu includes: <i>Fruit with Snickerdoodle Dip, Ham 'n Pineapple Muffin-izzas, and Apple Pie Tartlets</i>	Thursday, July 21, 2016
GARDEN GOODIES	
Menu includes: <i>Fruity Cool-Slaw, Veggie Stuffed Pita Pockets, and Creamy Pumpkin Parfaits</i>	Tuesday, August 23, 2016

BABYSITTERS SAFETY TRAINING

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 to 13.

date Tuesday, June 7, 2016
time 8:30 a.m.-2 p.m.
location Center for Healthy Lifestyles
cost \$40 *(bring sack lunch, snacks provided)*
speakers Erin Kennedy, MS, and Michelle Brown, MSED, certified instructor



Visit our website at www.osfstjoseph.org.

healthy hearts

CARDIAC REHAB PHASE 3: SUPERVISED MAINTENANCE PROGRAM

The Supervised Maintenance Program is open to anyone in the community with a known history of heart disease (heart attack, angina, or heart surgery) or who is at risk for developing heart disease. The program is appropriate for those living with hypertension, obesity, high cholesterol, congestive heart failure, peripheral artery disease, diabetes, or an overall stressful life.

For more information call (309) 661-5151.

P.A.D. 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) 661-5134 to set up your appointment.



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

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 4 and 18, June 8, July 6 and 20, August 3 and 17, 2016
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 11, June 1 and 29, July 13 and 27, August 10, 2016
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 11, June 1 and 29, July 13 and 27, August 10, 2016
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, May 11 and July 13, 2016
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 Wednesdays, June 1 and August 10, 2016
time 8-9 a.m.
location Center for Healthy Lifestyles
cost \$10



health and wellness

CHRONIC PAIN SUPPORT GROUP

Join the support group for help managing pain. This support group will offer education and emotional support to those with chronic pain and to family and friends affected.

Call (309) 661-0368 for questions.

dates Wednesdays, May 4, June 1, July 6, and August 3, 2016
time 5:45-7 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Sandy Fader, RN, MSN

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 17, June 21, July 19, or August 16, 2016
time 1-2 p.m.
location Center for Healthy Lifestyles
cost FREE
speaker Michelle Brown, MSEd
trained facilitator for the American Lung Association



SHOULDER PAIN SEMINAR

Information on common shoulder issues and treatment options will be shared. Topics include shoulder injuries, such as rotator cuff tears, shoulder arthritis, frozen shoulder and shoulder replacements.

dates Tuesday, May 10, 2016
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE
(light refreshments provided)
speaker McLean County Orthopedics

SHIP COUNSELING

The PATH Senior Health Insurance Program (SHIP) offers 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. SHIP is sponsored by PATH Crisis Center.

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

dates Tuesdays, May 17, June 21, July 19, or August 16, 2016
location Center for Healthy Lifestyles
cost FREE

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



WOMEN AND STROKE

Stroke is the fifth leading cause of death in women. Specialists at the Illinois Neurological Institute will discuss risk factors that may lead to an increased risk of stroke, ways to recognize stroke, and treatment options. Learn ways to help prevent stroke through healthy lifestyle behaviors.

Funding for this program is made possible by a grant from Women Empowered, of OSF St. Joseph Foundation.

date Tuesday, May 17, 2016
time 5:30-7 p.m.
location Doubletree Hotel and Conference Center
cost FREE program and dinner
presenter Maureen Mathews, APN
Illinois Neurological Institute and OSF HealthCare

A CARETAKER'S PATH

Join Rose Stadel and Kathryn Johnson for a discussion about resources and support available to you on your caregiver journey with an aging loved one. Registration is not required.

Please call (309) 834-0586 or email kjohnson@pathcrisis.org for more information.

dates Wednesdays, May 25, June 29, July 27, and August 31, 2016
time 5:30-6:30 p.m.
location OSF Medical Group – College Avenue Conference Room A/B
cost FREE
(light refreshments provided)
speaker Rose Stadel, BS, CHES, LPN, and Kathryn Johnson

FINANCIAL FITNESS: GET “FINANCIALLY” FIT FOR LIFE!

In this class you will learn the basics of tax planning, estate planning, and proper cash flow management. Discover how to create a financial road map to success, and explore maximum savings and investment plans.

date Thursday, June 2, 2016
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Bernie Wrezinski
Foundation for Financial Education

NECK AND BACK PAIN SEMINAR

Learn more about what causes spine pain and treatment options, including traditional and noninvasive procedures. Dr. Craig Carmichael will discuss treatment of spinal compression, spinal stenosis and herniated discs.

date Tuesday, June 7, 2016
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE program
(light refreshments provided)
presenter Craig Carmichael, MD
McLean County Orthopedics

FRAUD PREVENTION

Too good to be true? Come to this program to help prevent fraud, scam, and crimes that target adults. An overview of different types of scams and fraud occurring today, as well as common-sense prevention tips will be discussed.

date Friday, June 17, 2016
time 12-1 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Chris Maxeiner
Health Alliance Medical Plan

Visit our website at www.osfstjoseph.org.

AN INTRODUCTION TO ESSENTIAL OILS

Essential oils are a natural and effective way to promote health and wellness. Oils can be used to relieve discomfort, promote restful sleep, boost your immune system, purify the air, promote healthy weight, and more. Come and learn how oils can be incorporated into your daily life for improved wellness.

date Thursday, June 16, 2016
time 5-6 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Shari Weitekamp
essential oils wellness advocate

SHOULDER PAIN: MINIMALLY INVASIVE SOLUTIONS

If you have shoulder pain that affects your everyday activity, join Dr. Brett Keller as he discusses diagnosis and treatment plans. Dr. Keller uses minimally invasive options to help alleviate living with shoulder pain on a daily basis.

date Wednesday, June 29, 2016
time 5:30-7 p.m.
location Doubletree Hotel and Conference Center
cost FREE program and dinner
presenter Brett Keller, MD
Central Illinois Orthopedic Surgery

HAS PAIN GOT YOU DOWN?

Persistent joint pain can be debilitating. Paul Naour, MD, pain specialist from McLean County Orthopedics, will discuss types of joint pain, possible causes and relief options.

date Thursday, July 7, 2016
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE program
(light refreshments provided)
presenter Paul Naour, MD
McLean County Orthopedics

5-MINUTE STRESS BUSTING TECHNIQUES

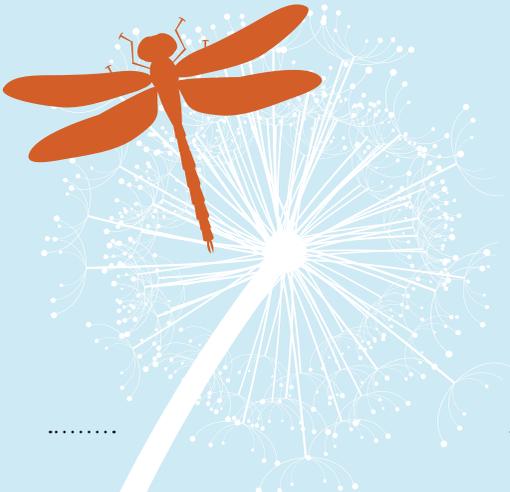
In this class, you will start to learn how your conscious and subconscious minds work, and how they control the body. We will teach a few different short stress busting techniques to help you stay in control of you and your stress levels.

date Thursday, July 14, 2016
time 5-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenters Inspiring Enterprises staff

MENTAL HEALTH FIRST AID

The Mental Health First Aid class teaches a five-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 15, 2016
time 8 a.m.-5 p.m.
location Center for Healthy Lifestyles
cost \$10 *(includes book, Jimmy John's Sandwich, drink and snack)*



STROLLER WORKOUT

Join other moms and dads to learn how to exercise while pushing the little one in a stroller. Bring your child(ren), a stroller, and giggles as we make this exercise program fun and effective.

date Thursday, July 21, 2016
time 12-1 p.m.
location Center for Healthy Lifestyles
cost \$10
presenter Erin Kennedy, MS
exercise physiologist

JOINT PAIN SEMINAR

Join Dr. Luke Armstrong as he shares information on joint pain treatment, including injections and physical therapy, medications and joint replacement. Whether it's your hip, knee or shoulder giving you trouble, there are options to improve your health and improve your life.

date Thursday, August 4, 2016
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE program
(light refreshments provided)
presenter Luke Armstrong, MD
McLean County Orthopedics

ABC'S OF MEDICARE

Chris Maxeiner will be presenting the "ABCs of Medicare," an overview of the different parts of Medicare, what it covers, and different types of Medicare coverage available. Whether you are new to Medicare, have had it for years, or are a caregiver, the presentation will help you understand the benefits and costs associated with Medicare.

date Friday, August 12, 2016
time 12-1 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Chris Maxeiner
Health Alliance Medical Plan

FREEDOM FROM SMOKING – A SMOKING CESSATION PROGRAM

Smoking is the most preventable cause of death in our society. Now is the time to quit smoking, with the American Lung Association's "Freedom from Smoking" program. **For more information, or to register, please call (309) 661-5154.**

dates Mondays and Wednesdays, August 22-September 14, 2016 *(no meeting September 5)*
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost \$75 *(includes handbook and CD)*
speaker Michelle Brown, MSEd
trained facilitator for the American Lung Association

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

date Monday, August 29, 2016
time 8 a.m.-5 p.m.
location Center for Healthy Lifestyles
cost \$10 *(includes book, Jimmy John's Sandwich, drink and snack)*

first aid/cpr/aed courses

American Heart Association Curriculum

BLS FOR HEALTH CARE PROVIDERS RENEWAL

Designed for those 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.

dates	Tuesdays, May 10, June 14, August 9 or Monday, July 11, 2016*
time	3-6 p.m.
location	Center for Healthy Lifestyles
cost	\$40 (includes book and training supplies)
speaker	Michelle Brown, MSEd certified instructor

*Renewals may also be conducted by appointment. For more information, please call (309) 661-5154.

BLS FOR HEALTH CARE PROVIDERS

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.

dates	Saturdays, May 21, June 18, July 23, or August 20, 2016
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (includes book and training supplies)
speaker	Anita Embree, RN certified instructor

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.

dates	Mondays or Tuesdays, May 16, June 13, July 12, or August 15, 2016
time	3-5 p.m.
location	Center for Healthy Lifestyles
cost	\$25 (includes book and training supplies)
speaker	Michelle Brown, MSEd certified instructor

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.

dates	Saturdays, May 7, June 4, or July 9, 2016
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (includes book and training supplies)
speaker	Anita Embree, RN certified instructor

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

HEARTSAVER PEDIATRIC FIRST AID/CPR/AED CLASS

This course meets the regulatory and credentialed training requirements for child care providers or anyone who is responsible for children. Instruction includes basic first aid, CPR, and AED skills for adults, children, and infants. Certification is awarded to participants who meet the course objectives (not suitable for those attending nursing or EMT school).

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

dates Saturday, August 6, 2016
time 8:30 a.m.-3 p.m.
(lunch break provided)
location Center for Healthy Lifestyles
cost \$60 (includes book and training supplies)
speaker Anita Embree, RN
certified instructor

HEARTSAVER FIRST AID BASICS

Heartsaver First Aid Basics teaches critical skills needed to respond to and manage first aid emergencies until EMS arrives. It includes actions for bleeding, broken bones, burns, choking, and environmental emergencies. Suitable for the general public and workplace employees. The course does not include CPR. Certification is awarded to participants who meet the course objectives.

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

dates Wednesday, June 1 or
August 3, 2016
time 8:30 a.m.-12 p.m.
location Center for Healthy Lifestyles
cost \$40 (includes book and training supplies)
speaker Michelle Brown, MSED
certified instructor

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.



Visit our website at www.osfstjoseph.org.



**ST. JOSEPH
MEDICAL CENTER**

2200 E. Washington Street
Bloomington, IL 61701

Non-Profit
U.S. Postage
PAID
Permit No. 241
Bloomington, IL

Punch Card Program 

Buy five classes and receive your sixth at 50 percent off. Exclusions may apply.
Please call (309) 661-5151 for your punch card.

CENTER FOR HEALTHY LIFESTYLES

15% off

Dance Yourself Fit

**COUPON MUST BE INCLUDED AT TIME OF PAYMENT
ONE COUPON PER PERSON, PER BROCHURE**

- EXPIRES 8/31/2016 -