

CENTER FOR

HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES
SUMMER 2018



OSF[®]
HEALTHCARE

THE MISSION

of the Center for Healthy Lifestyles 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.

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 HealthCare 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.

Allergy Friendly Baking

If you or a loved one has food allergies, finding a sweet treat that tastes good and avoids all major allergens can give you a label reading headache. Instead of clogging the grocery store aisle while you read ingredient lists, relax and enjoy baking treats at home so you know exactly what is in them. This class will cover the basics of making pies, cakes, and cookies with no wheat or gluten, dairy, eggs, soy, nuts, or corn. Menu includes: *Classic Birthday Cake, Strawberry Rhubarb Pie and Kitchen Sink Cookies.*

date Thursday, May 17

presenter Angela Vale, MS, RD, LDN

Cooking Light ... Dinner Tonight

Want some ideas for fast, fresh and colorful dishes that are light and healthy? Join us and fill up on some crisp tender vegetables and versatile sauces you can whip up in no time. Menu includes: *Crispy Tuna Cakes with Remoulade, Cauliflower Puree with Barbecue Chicken, Mediterranean Chicken and Couscous Bowls and Berry Banana Overnight Oats.*

date Thursday, June 14

presenter Kim McClintic, MS, RD, LDN



Summertime Sandwiches

It's a great time of year for sharing casual meals on the patio or deck with friends and family. Go beyond your average cold cuts with fresh ingredients, surprising flavor combinations, and a variety of breads. These sandwiches are simple to prepare on the grill, stovetop, or using your slow cooker. Menu includes: *Caprese Sandwich on Ciabiatta, Chicken Caesar Club on French Roll, Herbed Salmon Salad on Hearty Whole Grain and Southwestern Shredded Beef Sandwiches on Onion Rolls.*

date Thursday, June 21
presenter Angela Vale, MS, RD, LDN

Feed Your Brain

Have you fueled your brain lately? Discover the type of diet that can influence energy levels, mood, memory and more. Menu includes: *California Super Summer Wrap, Kale Salad with Apples and Berry Cheesecake Whip.*

date Friday, June 29
presenter Jenna Smith, MS, RD, LDN
University of Illinois Extension
time Noon-1 p.m.
cost \$10

Toasts with the Most!

Think bread is the "bad" carb? Think again. We know the difference between bad carbs (refined white flour and sugar) and good whole-grain versions. This class is going to take whole grain bread to another level by boosting its nutritional value with healthy toppings. They're good for breakfast, lunch, dinner, dessert or snacks. Menu includes: *Prosciutto-Melon Toast, Avocado and Pea Salmon Toast, Apple-Nut Butter Toast, Chicken with Zucchini Butter Toast and Blackberry-Brie Toast.*

date Thursday, August 23
presenter Kim McClintic, MS, RD, LDN





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:

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

dates Mondays, June 4-July 30
(no class on 7/23/18)

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) 661-5040 to reserve your space.**

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

location OSF Weight Management Center
OSF HealthCare Medical Group –
College Avenue, Level 1

cost FREE



FITNESS CLASSES



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 three- to five-pound weights for a warm-up routine.

dates Mondays and Wednesdays,
May 21-June 18,
(7 sessions \$45.50) no class on
May 28 or June 4
July 9-August 8
(10 sessions \$65)
August 13-September 12
(10 sessions \$65)
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 22-June 14,
June 19-July 12,
July 17-August 9 and
August 14-September 6
time 5:45-6:35 p.m.
location Center for Health at Fort Jesse,
Normal
cost \$48 for 8 sessions
presenter *certified 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 available for all members of Four Seasons Health Club the fourth Tuesday of the every month at 1 p.m.

May 22 *Emotional Eating*
June 26 *Fit Together Q & A*
July 24 *Diabetic Meal Planning*
August 28 *What's the Big Deal
with Osteoporosis*

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>Fruited Couscous Salad, Chicken Caesar Pita and Strawberry 'n Banana Hazelnut Crepes</i>	Tuesday, May 8
Cool Summer Snacks	
Menu includes: <i>Summertime Salad, Garden Veggie Wrap and Lemon-Berry Tartlets</i>	Tuesday, June 19
Nutritious Nibbles	
Menu includes: <i>Rainbow Fruit Pasta Toss, Turkey Meatball Gyros and Triple Chocolate-Cherry Dessert</i>	Thursday, July 19
Garden Goodies	
Menu includes: <i>Flavorful Stuffed Pasta Shells, BBQ Chicken Cheddar Sliders and Berry Banana Oat Surprise</i>	Tuesday, August 14

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 8
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 AND LUNGS

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.

date Tuesdays, May 8, June 5, July 10 or August 7
time 11 a.m.-noon
location Center for Healthy Lifestyles
cost FREE
presenter Michelle Brown, MSEd, *trained facilitator for the American Lung Association*

Fit 4 Life: Supervised Exercise Maintenance Program

Fit 4 Life, formerly known as Cardiac/Pulmonary Rehab Phase 3, is open to the community 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.

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 and other exercise equipment. A physician referral is required and insurance may cover this program.

Call (309) 661-5151 for more information or to set up your appointment.

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. Light snacks and refreshments will be served.

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

date Thursday, May 31
time 2-3:30 p.m.
location Cardiopulmonary Rehabilitation Classroom
cost FREE (*light refreshments provided*)
topic COPD Stoplight: Learn when to seek medical attention and help reduce hospitalizations. Step-by-step approach to self-management of COPD symptoms and learning airway clearance techniques.

Living Well with Heart Disease and 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. Light snacks and refreshments will be served. **Call (309) 661-5151 for more information and to register for this FREE program.**

date Thursday, May 31
time 5-6:30 p.m.
location Cardiopulmonary Rehabilitation Classroom
cost FREE (*light refreshments provided*)
topic Heart Failure stoplight: Learn when to seek medical attention and help reduce hospitalizations. Step by step approach to self-management of symptoms including current therapies all heart failures patients need to know.

COPD Harmonica Therapy

People suffering from COPD have a hard time breathing. It turns out that playing the harmonica can be a 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, practicing breathing techniques and improving symptoms in a fun musical environment. Harmonicas provided. **Call (309) 661-5133 for more information.**

date Meets the third Thursday of the month starting April 19
time 2-3 p.m.
location Pulmonary Rehab Department
cost FREE





FIRST AID/CPR/AED COURSES



American Heart Association Curriculum

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.

dates Fridays or Saturdays, May 11, June 22, July 28 or August 10
time 9 a.m.-noon
location Center for Healthy Lifestyles
cost \$40 (*includes book and training supplies*)
presenter 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.

dates Mondays, May 14, June 18, July 23 or August 13
time 3-5 p.m.
location Center for Healthy Lifestyles
cost \$25 (*includes book and training supplies*)
presenter Michelle Brown, MSED
certified instructor

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 onlineaha.org prior to attending.** Bring the certificate of completion to the course. **Pre-registration and payment is required 48 hours in advance of class.**

dates Tuesdays, May 22, June 26, July 10 or August 28
time 2-4 p.m.
location Center for Healthy Lifestyles
cost \$25
presenter Michelle Brown, MSED
certified instructor

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

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.

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, 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 and payment is required 48 hours in advance of class.

dates Saturdays, May 5, June 2, July 14 or August 4
time 9 a.m.-1 p.m.
location Center for Healthy Lifestyles
cost \$50 (includes book and training supplies)
presenter Anita Embree, RN, 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 presenter-led course provides skills practice and skills testing. **Students must complete the AHA online course at 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 and payment is required 48 hours in advance of class.**

dates Thursdays, May 17, June 21, July 26 or August 16
time 2-3:30 p.m.
location Center for Healthy Lifestyles
cost \$25
presenter Michelle Brown, MSEd certified instructor

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

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.**

dates Fridays or Saturdays, May 19, June 16, July 13 or August 18
time 8:30 a.m.-1 p.m.
location Center for Healthy Lifestyles
cost \$50 (includes book and training supplies)
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, June 6 or August 1
time 8:30 a.m.-noon
location Center for Healthy Lifestyles
cost \$40 (includes book and training supplies)
presenter Michelle Brown, MSEd certified instructor



BN Parents Speakers Series

Online safety is a concern for many parents. Join us as we learn some of the current dangers, discuss ways to reduce risks and develop the understanding it takes to start the conversation at home to keep our teens safe.

date Tuesday, May 15
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Brian Huonker
Digital Content Expert

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.

date Wednesday, May 16
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Rose Stadel

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 30, June 27, July 25 and August 29
time 5:30-6:30 p.m.
location OSF HealthCare 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.

dates Tuesdays, May 29 or July 24
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost \$15
presenter Matt Hanks, MS,
exercise physiologist

Lifting Weights and Longevity - Why Training Your Body Now Can Help You Later.

Dr. Dan Dodd, owner of DexaFit Central Illinois, will share how training your body will lead to improved health and mobility. Find out various ways to strength train and the impact it will have on your life now and in the future!

dates Wednesdays, May 30 and July 25
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Dan Dodd,
DexaFit Central Illinois

Know Your Risk of Living with A-Fib

Did you know A-Fib increases your risk of having a stroke? May is Stroke Awareness Month. Join us for a discussion on medications, precautions, blood thinner complications and when to call 9-1-1.

Sponsored by Women Empowered through the OSF HealthCare Foundation.

date Thursday, May 31
time 5:30-7 p.m.
location Eastland Suites Hotel & Conference Center
cost FREE dinner with program
presenters William Raino, MD,
OSF HealthCare Illinois Neurological Institute and
William Novak, MD,
OSF HealthCare Cardiovascular Institute

Peripheral Artery Disease (PAD): Angina of the Legs

Dr. Jesse Vanle will discuss risks, symptoms, diagnosis and treatment for PAD. Don't let this disease stop you. Walk on the road to good health. John Grimwood will talk about the importance of keeping your feet healthy when exercising. Nancy Kuster will present information about the PAD Walking Program.

date Thursday, June 7
time 4-5 p.m. – *Free PAD screenings*
5:30-7 p.m. - *Presentation*
location Center for Healthy Lifestyles
cost FREE dinner with program
presenters Jesse Vanle, MD,
Cardiovascular Surgeon,
OSF HealthCare,
John Grimwood, MS
Fleet Feet Sports Bloomington
and Nancy Kuster, *Manager,*
Cardiac-Pulmonary Rehab

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 Tuesdays, June 12 or July 17
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter *Inspiring Enterprises Staff*

Healthy Kids Eat Well

Children of all ages eat and grow best when they have nutritious meals and snacks available to them. Family meals eaten together allow your child to do better emotionally, socially and academically. Join registered dietitian Kim McClintic as she provides tips for feeding a healthy family.

date Wednesdays, June 13 or
August 8
time 5:15-6:15 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Kim McClintic MS, RD, LDN

Investments 101: “Financial Fitness”- Key strategies to maximize your financial plan

Discover factors for successful money management. Explore Real estate and mortgage options. Discuss the velocity of money and the ripple effect. Learn how to create tax-free, lifetime streams of income. Use strategic allocation to meet your future financial goals. Learn difference between investment and expense and how to coordinate the growth of all your assets.

date Tuesday, June 19
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Tyler Wrezinski,
Foundation for Financial Education

Combat Emotional Eating

Emotional eating means you eat for reasons other than hunger. Everyone eats for reasons other than hunger once in a while. But if you notice yourself reaching for food out of boredom or for comfort, you may be eating for emotional reasons. Learn how to identify triggers and strategies to combat the urge to splurge.

date Wednesday, June 20
time 5-6 p.m.
cost FREE
presenter Kim McClintic, MS, RD, LDN

Mindfulness Training

This program sponsored by the OSF Heart Ambassadors 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 July 10
time 3-4 p.m.
cost FREE
presenter Jill Ascher Mohr, MS,
ACSM-CEP

Lower your Cholesterol through Diet and Exercise

Take control of your heart by attending this class, which is packed full of tips to help prevent heart disease and ways you can manage it.

date Friday, July 27
time Noon-1 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Kim McClintic, MS, RD, LDN, and Erin Kennedy, MS, exercise physiologist

Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health, 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 and eating disorders.

date Monday, July 30
time 8 a.m.-5 p.m.
location Center for Healthy Lifestyles
cost \$10 (includes book and lunch)

Budgeting, Relationships and Life Events

Learn about budgeting, financial wellness and growth opportunities. Discover four crucial financial issues to discuss in relationships. Explore life events that change financial plans and how to handle them.

date Tuesday, August 7
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Bernie Wrezinski
Foundation for Financial Education

Diabetes and Retinopathy

Diabetes continues to be on the rise and impact millions of people. If you have diabetes, you have an increased risk of being diagnosed with diabetic retinopathy, a condition that affects your eyes. Learn how to control diabetes so your eyes can be healthier.

date Thursday, August 9
time 5:30-7 p.m.
location Doubletree Hotel and Conference Center
cost FREE dinner with program
presenters Jack Spaniol, MD, *OSF HealthCare* and Daniel Brownstone, MD, *Eye Surgical Associates*

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*



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 2, 16 and 30, June 20 and 27, July 18, August 1 and 15
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 9 and 23, June 6 and 13, July 11 and 25, August 8 and 22
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 9 and 23, June 6 and 13, July 11 and 25, August 8 and 22
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.

dates Wednesdays, May 23 and July 25
time 7:30-8:30 a.m.
location Center for Healthy Lifestyles
cost \$25



OSF[®]
HEALTHCARE

2200 E. Washington St.
Bloomington, IL 61701

Center for Healthy Lifestyles

10% off

Cooking Class

Coupon must be included at time of payment
one coupon per person, per brochure

- expires 8/30/2018 -

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