

OSF SAINT ANTHONY MEDICAL CENTER

HEALTH & WELLNESS

CLASSES AND SERVICES
WINTER/SPRING 2017



 **OSF**
SAINT ANTHONY
MEDICAL CENTER

The Center for Wellness' Mission is to assist community members in attaining healthier behaviors and making informed health care decisions. This is achieved through comprehensive prevention, education, counseling and diagnostic services.



Class Locations

**OSF Saint Anthony
Medical Center**
5666 E. State St.
Rockford, IL 61108

**OSF Center for Sports
Medicine and Health Fitness**
5510 E. State St.
Rockford, IL 61108

**OSF Center for Health –
Parkview**
1502 Parkview Ave.
Rockford, IL 61107

healthy cooking

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

LIGHTEN UP

Recipe modifications for a healthier you for the New Year. Join us to learn how to adapt your favorite recipes without giving up the food you love.

date Thursday, January 19
cost \$15 per person

DAIRY FREE

Lots of recipes call for liquid milk or dairy products, but how do you make something if you can't tolerate dairy? Lots of options are available if you know where to look.

date Thursday, February 16
cost \$15 per person

CHOCOLATE PARADISE

Dessert is the main attraction but don't forget you can use it in an entrée or side dish too!

date Thursday, March 16
cost \$15 per person

GEARING UP FOR GARDEN FRESH

Even though it seems too early, garden fresh produce is now available! Join us to sample some light and fresh menu items straight from the garden.

date Thursday, April 20
cost \$15 per person

nutrition

Call (815) 227-2274 to register.

GROCERY STORE TOUR

Come for a guided tour with a registered dietitian through a local grocery store. The focus will be on label reading, identifying healthy options, what aisles to focus on and which aisles to avoid.

dates Tuesdays, January 17 and March 7
time 5-6 p.m.
cost \$10 per person

EMOTIONAL EATING, WHAT DO I REALLY NEED?

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

Date: Monday, March 13
Time: 5-6 p.m.
Cost \$10 per person

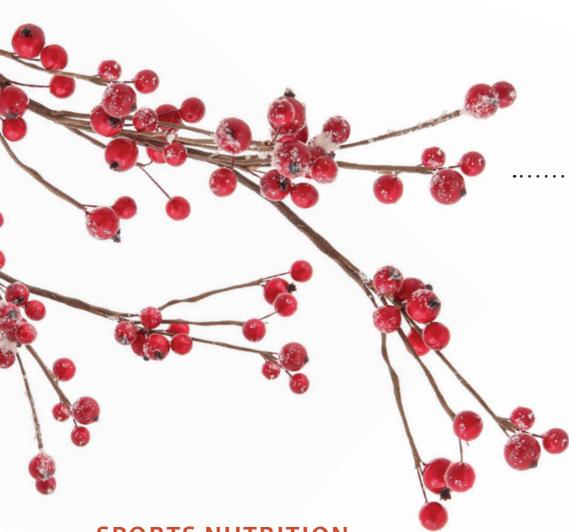
MINDFUL EATING CLASS

In today's culture, food is abundant and convenient, which can often lead to mindlessly eating large portions of foods leading to guilt and weight gain. This class will focus on mindful eating techniques to help develop a healthier relationship with food, reduce portion sizes and enjoy your favorite foods again without the guilt!

dates Mondays, January 16 and February 6
time 5-6 p.m.
cost \$10 per person



Visit our website at www.osfsaintanthony.org.



SPORTS NUTRITION

Athlete needs are different from those of the average individual. Learn from a registered dietitian what the nutritional needs are for various types of athletes, as well as the most effective methods for pre- and post-competition eating.

Date: Monday, April 3
Time: 5-6 p.m.
Cost: \$10 per person

PREDIABETES CLASS

Prediabetes occurs when your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Come and learn what prediabetes is and how it is diagnosed. Find out how to delay or prevent the onset of type 2 diabetes. Taught by OSF certified diabetes educators, this class introduces healthy eating and healthy lifestyle essentials. Location: OSF Medical Office Building at the corner of State and Roxbury.

Call (815) 381-7790 to reserve your seat.

Dates: Monday, January 16, March 20 and May 15
Time: 3-4:30 p.m.
Cost: \$20 per person

health and wellness

GAINING AND GIVING HEALTHY LIFESTYLE SUPPORT

Tired of refusing left over holiday cookies and pies? Ever feel like family and friends unintentionally ruin your diet with well-intentioned gifts, celebrations and invitations that all seem to revolve around food? Or do you feel lost as to how to support your loved one on his or her weight loss journey, fearing a simple gift, celebration or invitation will sabotage progress? If this sounds like you, please join us to learn helpful tips in communicating with family members about your healthy lifestyle changes, as well as tips for how you can provide that support.

Call (815) 227-2274 to register

date Thursday, January 26
time 6-7 p.m.
cost \$10 per person

MASSAGE THERAPY

At OSF HealthCare, we believe massage is more than just a luxury. We customize each massage to your body's needs. Our licensed and board-certified massage therapists are trained in a variety of techniques to address a variety of ailments or concerns.

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



health screenings

Call (815) 227-2274 to register.

Ambulatory Care Center at OSF Saint Anthony Medical Center

CHOLESTEROL/BLOOD GLUCOSE SCREENING

Screening includes a finger stick blood sample measuring: total cholesterol, HDL, LDL, triglycerides and blood glucose. Blood pressure screening and lifestyle counseling is also given with immediate results.

Twelve hour fasting is recommended.

date Thursday, March 2
time 7:30-10 a.m.
cost \$25 per person

BONE DENSITY HEEL SCREENING

Osteoporosis is often called the silent disease because it doesn't produce symptoms until a fracture occurs. Receive a bone density heel screening and learn your risk of having osteoporosis.

date Thursday, March 2
time 7:30-10 a.m.
cost \$10 per person

fitness classes

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

UNDERWATER TREADMILL

The OSF Water Walking/Running program uses an underwater treadmill to increase flexibility, strength and stamina. It is particularly beneficial for anyone dealing with arthritis, fibromyalgia, joint problems, back pain, injuries or other conditions that limit movement. We have a warm water treadmill to help soothe aching joints and muscles and a cold water treadmill to help pregnant women exercise in a safe environment. An exercise physiologist works one-on-one with participants to help with technique, strength and cardiovascular endurance.

PERSONAL TRAINING

Work one-on-one with an exercise physiologist to help guide you on your fitness journey. A trainer can help with individualized instruction, effective workouts, safe and proper techniques, special-needs training, consistency, and results to achieve your goals.

FITNESS CENTER

The OSF Saint Anthony Center for Health Fitness offers a number of group fitness classes. The fee for any of the classes is \$5 for an all-day pass to attend any or all of the classes offered that day. There is a \$25 fee to join the fitness center, which includes a fitness evaluation. There is a monthly membership fee of \$25 for seniors, \$30 for members using automatic withdrawal on a credit card or \$35 with cash or check. Membership includes unlimited classes and use of the facility.

Call (815) 395-4591 for more information.

hours Monday-Thursday,
5:30 a.m. - 8 p.m.
Friday, 5:30 a.m. - 6:30 p.m.
Saturday, 7:30 a.m. - 1:30 p.m.
Sunday, Closed

Visit our website at www.osfsaintanthony.org.

weight management

Call (815) 227-2274 to register.

LAP-BAND® INFORMATION SEMINAR

The LAP-BAND® System, the most advanced gastric banding system, is a minimally invasive, safe and effective way to lose weight and keep it off. Join the weight management team as they discuss the Lap Band procedure and whether this weight management approach is right for you.

dates Second Monday every month
time 6-7 p.m.

HEALTH MANAGEMENT RESOURCES SEMINARS (HMR®)

Our HMR® programs offer a highly structured, easy-to-follow diet that emphasizes healthy eating habits and 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.

dates Second and Fourth Monday every month
time 5-6 p.m.

SURGICAL WEIGHT LOSS SUPPORT GROUP

Willpower alone is often not enough to guarantee weight loss. However, adding the accountability of a monthly weigh-in and surrounding yourself with others who understand your weight loss journey can help keep you motivated to reach your goals. Whether you are considering Lap-Band® surgery, are in the pre-op stages, or have had varying success so far, join us for our Bariatric Support Group.

dates Fourth Monday every month
time 6-7 p.m.



LIFESTYLE PATTERNS WORKSHOP

Adapted from Dr. Kushner's approach to weight loss, this three-week workshop identifies specific barriers to reach your weight loss goals and realistic ways to overcome them. Each participant will take a quiz that will identify personality traits and then learn specific, simple-to-follow tips to help them succeed this time!

dates Fridays, January 20, 27 and February 3
time noon-1 p.m.
cost \$30 per person

EAT MORE, WEIGH LESS

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

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

healthy kids

SIBLING CLASS

This class is designed to help children ages 3 to 10 prepare for a new baby's arrival. Siblings may be excited about the new baby, but they are also apprehensive and uncertain. Parents are asked to join their children as they learn how to diaper, hold and burp a baby.

Call (815) 227-2695 to register.

dates Saturday, January 21 and
March 18
cost \$5 per family

FIT FAMILIES

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

- Include short classes on healthy snacking, portion sizes, family habits and meal planning
- Increase healthy levels of activity in families
- Include fun exercise games and activities
- Improve self-esteem in kids as they reach goals and feel healthier

Call (815) 395-4587 to register.

dates Saturdays, March 4, 11, 18 and 25
time 9-11 a.m.
cost \$50 per family of four,
\$5 for each additional child



HEALTHY EATING FOR HEALTHY KIDS

Having a hard time getting your kids active or dealing with a picky eater? Healthy Eating for Healthy Kids provides tips for getting your children more active, eating better and engaged in healthy lifestyle.

Call (815) 227-2274 to reserve your spot!

date Monday, March 6
time 4-5 p.m.
cost \$10 per person

PREPARED CHILD BIRTH

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

Call (815) 227-2695 to register.

dates Thursday, January 5, 12, 19 and 26
February 2, 9, 16 and 23
March 2, 9, 16 and 23
April 6, 13, 20 and 27
time 7-9 p.m.
cost \$35 if baby delivered at OSF or
\$40 if baby is not to be delivered
at OSF

BREASTFEEDING CLASS

Expectant mothers who are planning to breastfeed their babies are encouraged to attend a free breastfeeding class. Fathers are encouraged to attend, too. This free class covers topics like how to breastfeed your baby, milk supply, pumping & storage.

Call (815) 227-2695 to register.

dates Wednesday, January 11,
February 15, March 8 and
April 12
time 7-9 p.m.

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