

OSF HEALTHCARE SAINT ANTHONY MEDICAL CENTER

HEALTH & WELLNESS

CLASSES AND SERVICES | FALL 2017



OSF[®]
HEALTHCARE

THE MISSION

of the Center for Wellness is to help community members adopt healthier behaviors and make informed health care decisions by providing comprehensive prevention, education, counseling and diagnostic services.

CLASS LOCATIONS

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

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

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

CORPORATE WELLNESS

Healthy employees are vital to the success of your business. OSF Healthcare Saint Anthony Medical Center is committed to partnering with our business community to provide quality health services and programs. Our nurses, dietitians, exercise physiologists and health educators provide preventative care and screening services. Presentations, health screenings and seminars are offered at your business site or at the medical center.

For more information, call Nathan Hamman at (815) 227-2761.

Health screenings and assessments

Blood pressure
Cholesterol/glucose
Bone density
Personal wellness profile/health risk assessment (online)
Body mass index
Waist measurement

Presentations include:

Exercise
Weight loss
Hypertension
Nutrition
Stress management
Men's health
Women's health
Ergonomics
Diabetes
Sleep health

2 Visit our website at www.osfsaintanthony.org.

HEALTHY COOKING



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

Cooking on a Budget

Learn how to get the most bang for your buck and eat healthy.

date Thursday, September 21
cost \$15 per person

Dash Diet

Whether you have high blood pressure or not this healthy eating plan has plenty of delicious recipes.

date Thursday, October 19
cost \$15 per person

Herbs and Spices for the Holidays

Jazz up some of your favorite recipes for a special holiday season.

date Thursday, November 16
cost \$15 per person

Quick and Simple

Twenty-minutes-or-less and five-ingredient recipes are sure to simplify anyone's life.

date Thursday, December 21
cost \$15 per person

HEALTH AND WELLNESS



Navigating the Realm of Mental Health Resources

Ever wonder if you or a loved one could be happier, but just don't know the mental health resources in your area? In this educational seminar explore how to distinguish the best mental health service for you or a loved one, and how to make it an easy, convenient and cost-efficient decision. **Call (815) 227-2274 to register**

date Monday, October 16
time 5:30-6:30 p.m.
cost \$10 per person

Bullying in the Work Place

Adults experience bullying too! Attend this educational seminar to learn what constitutes as workplace bullying and learn how to help ensure and promote a workplace free of this maltreatment.

Call (815) 227-2274 to register

date Wednesday, October 12
time 11:30-12:30 p.m.
cost \$10 per person

Massage Therapy

At OSF HealthCare, we believe massage is more than just a luxury. We customize each massage to your body's needs. Our massage therapists are trained in several techniques to address a variety of ailments or concerns, including headaches, muscle sprains or strains, frozen shoulder, a limited range of motion and more. Discounted rates for health fitness members, oncology clients and OSF HealthCare Mission Partners.

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





Call (815) 227-2274 to register.

Grocery Store tour

A registered dietitian leads a guided tour through a local grocery store. The focus will be on label reading, making healthy options, what aisles to focus on and which aisles to avoid.

dates Tuesdays, September 12
and November 7
time 5-6 p.m.
cost \$10 per person

Mindful Eating Class

In today's culture, food is abundant and convenient, which can often lead to the guilt and weight gain that results from mindlessly eating large portions of foods. Mindful eating techniques can help you develop a healthier relationship with food, reduce portion sizes and enjoy your favorite foods again without the guilt.

dates Mondays, October 9
and November 13
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, September 25
time 5-6 p.m.
cost \$10 per person

Protein: Is More Better?

"Protein" is a buzzword in marketing, but does extra protein actually help us manage our weight, preserve muscle tone and satisfy our cravings, as some food labels claim?

date Monday, December 11
time 5-6 p.m.
cost \$10 per person

Is Organic Food Really Healthier?

Compare the benefits, safety and nutrition between conventional produce and organic produce to help decide if it's worth it to spend extra on organic produce.

date Monday, September 11
time 5-6 p.m.
cost \$10 per person

Heart Healthy Eating

Learn about eating right for your heart. Topics rotate from month to month and include a low-sodium diet, DASH (Dietary Approaches to stop Hypertension), label reading, and heart smart fats. **Call (815) 227-2274 to sign up or for more information.**

date Last Tuesday or last Friday
of every month
time 12-1 p.m.
cost \$10 per person

Prediabetes Class

Prediabetes occurs when your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Come and learn what prediabetes is and how it is diagnosed. Find out how to delay or prevent the onset of type 2 diabetes. Taught by OSF certified diabetes educators, this class introduces healthy eating and healthy lifestyle essentials. **Call (815) 381-7790 to reserve your seat.**

date Mondays, September 18
and November 20
time 3-4:30 p.m.
cost \$20 per person

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, September 18
time 4-5 p.m.
cost \$10 per person

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.

date Saturdays, September 16
and November 4
cost FREE

Prepared Child Birth

This multiple-session prenatal class covers topics like 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 Thursdays, October 5, 12, 19, 26
and November 2,9,16,30
time 7-9 p.m.
cost FREE

Breastfeeding Class

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

Call (815) 227-2695 to register.

dates Wednesdays, September 6,
October 11, November 8
and December 13
time 7-9 p.m.



HEALTH SCREENINGS



Call (815) 227-2274 to register.

Ambulatory Care Center at OSF HealthCare Saint Anthony

Cholesterol/Blood Glucose Screening

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

Twelve hour fasting is recommended.

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

WEIGHT MANAGEMENT



Call (815) 227-2274 to register.

LAP-BAND® Information Seminar

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

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

Health Management Resources Seminars (HMR®)

Our HMR® programs offer a highly structured, easy-to-follow diet that emphasizes healthy eating habits and long-lasting weight loss. They are ideal for anyone wanting to lose weight and become healthier, including those with diabetes, hypertension and high cholesterol. Learn which program is right for you.

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

Surgical Weight Loss Support Group

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

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

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, November 20
time 5-6 p.m.
cost \$10 per person



FITNESS CLASSES



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

Underwater Treadmill

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

Personal Training

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

Group Fitness Classes

Looking to add some fun in your daily routine? Our Group Fitness classes have it all. Designed for all ages and fitness levels from beginners to advanced, we offer a variety of classes like “Loosen-up”, “Piloxing”, “Silver Sneakers Classic”, “Line Dancing”, “Balance”, and much more. **Call (815) 395-4591 for more information.**

SILVER SNEAKERS now at OSF

Silver Sneakers is now accepted at both our fitness center locations on State Street and Parkview Ave. Depending on your supplemental package through your Medicare, you may be eligible for a free fitness center membership. Call us or your insurance provider for more information.

Fitness Center

The OSF HealthCare Saint Anthony Center for Health Fitness offers a number of group fitness classes. The fee for any of the classes is \$5 for an all-day pass to attend any or all of the classes offered that day. There is a one-time fee to join the fitness center, which includes a fitness evaluation. There is a monthly membership fee of \$26 for seniors, \$32 for members using automatic withdrawal on a credit card or \$37 with cash or check. Membership includes unlimited classes and use of the facility.

Call (815) 395-4591 for more information.

hours

State Street Location

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

Parkview Location

Monday-Friday, 6 a.m. - 7 p.m.
Saturday and Sunday Closed

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