

CENTER FOR

# HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES  
FALL 2017



OSF<sup>®</sup>  
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

- 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



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.**

## Fix More Fish

If you're looking for lean protein that is quick to cook, look no further; fish is your dish! Learn how to purchase and prepare different types of fish. Menu includes: *Ceviche Salad with Precooked Shrimp, Spanish Baked Fish, Fish Tacos and Asian Salmon with Noodles*

**date** Tuesday, September 12  
**presenter** Jenna Smith MS, RD, LDN

## Cooking with Fresh Herbs

Fresh herbs not only add enticing aroma, bright flavor and vivid green color to food, but they also have health benefits. Come discover traditional and unique food and herb pairings to enhance the flavor of your meals. If you grow your own herbs, don't let Jack Frost kill your enjoyment of them. Methods to preserve herbs for the long winter ahead will also be demonstrated. Menu includes: *Basil Strawberry Salsa, Tarragon Chicken Salad, French Potato Salad with Dill and Lemon & Rosemary Cookies*

**date** Thursday, September 28  
**presenter** Angela Vale MS, RD, LDN



### Fresh, Flavorful Fall Salads

Just because the weather has turned cool doesn't mean a salad can't still be satisfying. Fresh, seasonal ingredients from the farmer's market can help fill them with comforting fall flavors. These vegetarian salads can easily be made vegan, and they can be served as a side or as a light main course. Menu includes: *Bistro Salad with Roasted Roots, Spinach, Kabocha Squash and Apple Salad, Warm Kale Salad with Quinoa and Balsamic Beets and Red Cabbage Slaw with Roasted Brussels Sprouts*

**date** Thursday, October 19  
**presenter** Angela Vale MS, RD, LDN

### Healthy Holiday Edible Gifts

When you're invited to more than a couple of holiday gatherings — what do you bring the hostesses? Store bought gifts can be expensive and the mall is a madhouse. Enjoy a few minutes of solitude at home and make one of these good-for-you food gifts. These creative (and healthy!) gift ideas are sure to wow and guarantee a return invitation. Menu includes: *Spiced Cranberry and Dried Fruit Chutney, Dip Mix Ornaments, Biscotti Toscani and Herb Infused Olive Oil*

**date** Thursday, November 9  
**presenter** Angela Vale, MS, RD, LDN

### The Power of Breakfast

Join us for breakfast at lunch. Breakfast truly is the most important meal of the day. Discover what foods make a healthy breakfast, and leave with fresh ideas and satisfied tummies! Menu includes: *Avocado Toast, Overnight Oats and Coffee Smoothie*

**date** Wednesday, November 15  
**presenter** Jenna Smith MS, RD, LDN  
**time** Noon-1 p.m.  
**cost** \$15



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

**dates** Mondays,  
September 25–November 20

**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*

## Weight Loss for Surgery

Join Dr. Joseph Newcomer, orthopedic surgeon, to learn about new metabolic technology connecting science, medicine and exercise to help you reach your health and fitness potential through METHOD – CRA Testing. The CRA Test identifies your prime fat-burning zone which, when applied, helps to reduce your body weight and relieve pressure on your joints and/or optimize your health prior to surgery. If you are overweight and would like to reduce pressure on your joints and optimize your health, this is the class for you.

**date** Monday, October 2

**time** 5:30-7 p.m.

**location** Center for Healthy Lifestyles

**cost** FREE

**presenter** Joseph Newcomer, MD,  
*OSF HealthCare Medical Group –  
College Avenue, Orthopedic Surgeon*

## 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.**

**dates** Thursdays, September 28,  
October 26, November 30  
and December 28

**time** 5-7 p.m.

**location** OSF HealthCare Medical Group –  
College Avenue, Level 1

**presenter** 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. 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.**

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

**cost** FREE



## FITNESS CLASSES



### 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,  
September 19-October 12,  
October 17-November 9,  
November 14-December 12  
(No class November 23)

#### mini session

December 14-21 for \$18  
5:45-6:35 p.m.

**time**  
**location** Center for Health – 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,  
September 11-October 11,  
October 16-November 15

#### mini session

November 20-December 11  
for \$45

**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$65  
**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.

September 26 *Annual Senior Health Fair  
(12:30 – 2:30 p.m.)*

October 24 *Developing an Exercise Program*

November 28 *Eat Healthy for Diabetes Control*

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

# 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.**

Festive Fall Treats	date
Menu includes: <i>Mixed Berry Bruschetta, Turkey Meatball Gyros and Apple and Banana Mousse</i>	Thursday, September 21
M-M-M Goodies	
Menu includes: <i>Green Apple Nachos, Garden-Veggie Wrap and Berries 'n Cream Pie</i>	Tuesday, October 26
Nutritious Nibbles	
Menu includes: <i>Fruited Quinoa Salad, Cran-Apple Smoked Turkey Sliders and Creamy Pumpkin Parfaits</i>	Thursday, November 16
Cool Christmas Treats	
Menu includes: <i>Christmas Tree Dip, Kris Kringle Quesadillas and Angel Puff Parfaits</i>	Tuesday, December 19

## 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, January 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





## 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.**

## Live Heart Healthy

This two-class series is based on Life's Simple 7 from the American Heart Association. Learn ways to have a healthier heart.

**dates** Fridays, September 22 and 29  
**time** noon-1 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE

## 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. A panel of experts will share ways to navigate the health care system to help you better manage living with a chronic disease. Light snacks and refreshments will be served.

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

**date** Tuesday, October 3  
**time** 5:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE

## 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. A panel of experts will share ways to navigate the health care system to help you better manage living with chronic disease. Light snacks and refreshments will be served.

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

**date** Tuesday, October 3  
**time** 5:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE

## 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.**





## **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, October 11, November 22, December 6 and 20  
**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, September 20, November 1 and 29, December 13  
**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, September 20, November 1 and 29, December 13  
**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** Wednesday, November 1  
**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, December 13  
**time** 8-9 a.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10





## FIRST AID/CPR/AED COURSES



*American Heart Association Curriculum*

### 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.

**Payment required at registration.**

<b>dates</b>	Fridays or Saturdays, September 8, September 23, October 20, November 10, November 18, or December 16
<b>time</b>	8:30 a.m.-1 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$50 (includes book and training supplies)
<b>presenter</b>	Michelle Brown, MSEd and Anita Embree, RN certified instructors

### 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](http://onlineaha.org) prior to attending.** Bring the certificate of completion to the course.

**Payment required at registration.**

<b>dates</b>	Tuesdays, September 12, October 10, November 14, or December 12
<b>time</b>	2-4 p.m.
<b>location</b>	Center for Healthy Lifestyles
<b>cost</b>	\$20
<b>presenter</b>	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 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](http://onlineaha.org) prior to attending.** Certification is awarded to participants who meet the course objectives. Bring the certificate of completion to the course.

#### **Payment required at registration.**

**dates** Thursdays, September 14, September 28, October 26, November 16, November 30 or December 7  
**time** 2-3:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$20  
**presenter** Michelle Brown, MSED  
*certified instructor*

*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, Child and Infant, and hands-only 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.

#### **Payment required at registration.**

**dates** Mondays, September 18, October 16, November 20, or December 18  
**time** 3-5 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$25 (*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.

#### **Payment required at registration.**

**dates** Wednesdays, October 4, or December 6  
**time** 8:30 a.m.-noon  
**location** Center for Healthy Lifestyles  
**cost** \$40 (*includes book and training supplies*)  
**presenter** Michelle Brown, MSED  
*certified instructor*

### **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.

#### **Payment required at registration.**

**dates** Saturdays, October 14, November 4, or December 2  
**time** 9 a.m.-1 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$50 (*includes book and training supplies*)  
**presenter** Michelle Brown, MSED,  
*certified instructor*



## 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*

## 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.

**dates** Tuesdays, September 12, October 24, November 7, or December 5  
**time** 11 a.m.-noon  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Michelle Brown, MSEd  
*trained facilitator for the American Lung Association*

## 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, September 20 or November 8  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Daniel Dodd, PhD

## Nature Options for Family Planning and Gynecological Health

Are you a married couple who wants to achieve or avoid pregnancy? At times it seems like understanding the female cycle and its many changes can be a mystery. Learn about the Creighton Model of FertilityCare and how it can help you learn the signs your body gives of the natural changes throughout the menstrual cycle.

**dates** Thursday, September 21  
**time** noon-1 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** Cecilia Sone, APN,  
*NaPro trained Medical Consultant* and Erin Miller, OT,  
*FertilityCare Practitioner Intern*

## 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 your stress levels.

**dates** Tuesday, September 26  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** *Inspiring Enterprises Staff*

## Improving Joint Health and Posture with Exercise

This class will focus on exercise techniques for restoring range of motion and alleviating joint pain while exercising.

**date** Wednesday, October 11 or Tuesday, November 28  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$15  
**presenter** 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 will be served.

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

**dates** Wednesdays, September 27,  
October 25, and November 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

### 2017 McLean County Heart and Stroke Walk

Along with the American Heart Association, OSF HealthCare St. Joseph Medical Center is the presenting sponsor of the McLean County Heart and Stroke Walk. The annual walk celebrates people who have made lifestyle changes and encourages many more to take the pledge to live healthier lives. Proceeds are used to fund life-saving research initiatives. Donations are accepted.

**date** Sunday, October 1  
**time** 2 p.m.  
**location** Illinois State University  
Hancock Stadium Parking Lot  
**cost** FREE



### Using Essential Oils for a Healthy School Year

Essential oils can help support children in the school environment in many ways including helping to support a normal immune response, enhance focus and memory and support emotional balance. Many essential oils can be used to improve attention and increase clarity. Diffusing essential oils during study time is a great way to help your child achieve and maintain optimal focus. Come and learn how to keep your kids healthy and focused for the best school year ever.

**date** Thursday, October 5  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10  
**presenter** Shari Weitekamp,  
*Essential Oils Wellness Advocate*

### 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, October 10  
**time** 5:30-7 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** Rose Stadel

### 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** Thursday, October 12  
**time** 5-6 p.m.  
**cost** FREE  
**presenter** Kim McClintic MS, RD, LDN

### Winter Weight Gain – Not This Year!

As you prepare for the upcoming winter, come find out ways to avoid gaining any winter weight, and in fact lose weight through the dreaded cold months. Join Dr. Dan Dodd as he discusses simple, and effective ways to exercise and make healthier, yet still tasty food choices as you manage your weight through winter. Know your body, transform your life.

**date** Wednesday, October 18  
or December 13  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** Daniel Dodd, PhD

### Estate Planning – Post-Trump

Learn the three parts of a will and who needs one? Discover what “probate” means and can it be avoided? What is the real power of a trust and are there tax benefits? Learn the meaning of “tax-free inheritance” and “lifetime giving exclusions” and how to incorporate them into your estate plan. Discuss strategies that will assist you in minimizing your death/estate taxes, while maximizing your assets.

**date** Tuesday, October 24  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenters** Bernie Wrezinski from  
*Foundation for Financial Education*

### 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** Monday, November 6  
**time** 8 a.m.-5 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10 (*includes book and lunch*)

### Staying Healthy over the Holidays with Essential Oils

Essential oils are a natural and effective way to promote health and wellness. They can be used to relieve discomfort, promote restful sleep, energize and lift the mood, purify the air, promote healthy weight and more. Come and learn how to use essential oils to stay healthy over the holidays. You'll be surprised to learn how easy it is to incorporate essential oils into your daily life to give your immune system a boost.

**dates** Thursday, November 9  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** \$10  
**presenter** Shari Weitekamp  
*essential oils wellness advocate*

### Retirement Planning in a Changing Economy- The Baby Boomers Guide to a Sound Retirement

Learn how not to outlive your money and how taxes and inflation impact retirement. Discuss stretch IRAs and RMDs and the benefits of having an "Exit Strategy." Explore long-term care considerations and tools on preparing for a secure retirement in an ever-changing economy.

**date** Tuesday, November 14  
**time** 5:30-6:30 p.m.  
**location** Center for Healthy Lifestyles  
**cost** FREE  
**presenter** Bernie Wrezinski,  
*Foundation for Financial Education*

### Women's Health: Navigating the Health Care System

Empower women to better understand how to optimize the health care system through effective communication with providers and knowing what to ask.

**date** Thursday, November 16  
**time** 5:30-7 p.m.  
**location** Business and Conference Center  
**cost** FREE  
*(light refreshments provided)*  
**presenters** Elizabeth Cleveland, APN,  
*OSF HealthCare Medical Group – Heyworth*





**OSF**<sup>®</sup>  
**HEALTHCARE**

2200 E. Washington St.  
Bloomington, IL 61701

Center for Healthy Lifestyles

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