

CENTER FOR

HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES
FALL 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.

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.

A MEAL FROM THE MEDITERRANEAN

Travel to the Mediterranean through traditional dishes. We'll use staple ingredients such as chickpeas, lentils, yogurt, and tomatoes to create dishes found in many Mediterranean restaurants. Learn how to transform these healthy foods into a special, vegetarian meal. Menu includes: *Lentil Soup, Tomato Cucumber Salad, Falafel Plate with Hummus, Tahini Sauce and Pita Bread, and Baklava.*

date Thursday, September 22
cost \$20
presenter Angela Vale MS, RD, LDN

FESTIVE FALL FARE WITH CHEF STEVE

Celebrate fall using fresh seasonal produce with Chef Steve. Enjoy a fun, relaxing, and informative feast from the garden. Leave with some healthy, tasty and easy recipes. Menu includes: *Smoked Salmon Salad, Pork Tenderloin with butternut squash and roasted potatoes medley and poached pears with pomegranate sauce.*

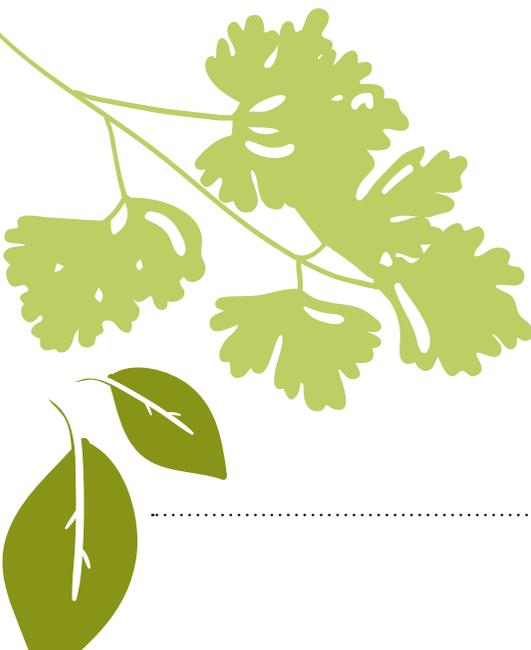
date Thursday, October 13
cost FREE (sponsored by Illinois Neurological Institute)
presenter Steve Tiezzi, Corporate Chef, Illinois Neurological Institute

THE GREEK YOGURT SWAP

Using Greek yogurt in place of other ingredients in recipes can add a powerful punch of protein, along with a pop of flavor. If you're looking to cut fat and calories in recipes, go Greek. Menu includes: *Apple Rosemary Chicken Salad, Harvest Salad with Pumpkin Dressing, and Carmel Pecan Pumpkin Cheesecake.*

date Wednesday, October 19
time Noon-1 p.m.
cost FREE
presenter Monica Nyman, MS, RD, LDN, St. Louis District Dairy Council

Visit our website at www.osfstjoseph.org.





BOLDLY BETTER BREAKFASTS

We know we should start our day with a healthy, hearty breakfast to fuel us for a productive morning and keep us away from unhealthy snacking. Try some new morning meals that can be prepped ahead for a quick and nutritious start to your day. Menu includes: *Griddle Cakes with Yogurt and Fruit Compote, Breakfast Grain Salad with Blueberries, Hazelnuts & Lemon, Poached Eggs in Tomato Sauce with Chickpeas and Feta, and Whole Grain Breakfast Cookies.*

date Thursday, October 27
cost \$20
presenter Angela Vale, MS, RD, LDN

TASTE OF ITALY

Italian cuisine is inherently heart-healthy. No need to pack your bags to reap the benefits. Join Dr. Cipolla as he prepares an authentic mouth-watering Italian feast. Menu includes: *Ruby Beet Slaw (Insalata di Barbabietole), Lentil Spinach Soup (Minestra di Lenticchie e Spinaci), and Cod with Green Olives (Baccala' con Olive Verdi), and Pear Crisp (Pere al Forno con Cannella).*

date Thursday, November 3
cost \$25 (no discounts accepted)
presenters Dr. Roberto Cipolla, MD, OSF St. Joseph Medical Center, and Kim McClintic, MS, RD, LDN

HEALTHIER HOLIDAY DESSERTS

Decadent desserts are a special part of many holiday meals but can add a lot of calories to an already rich meal. Bake one of these lightened up treats. Menu includes: *Pumpkin Cheesecake with Gingersnap-Walnut Crust, Cranberry Upside-Down Cake, Chocolate Brownie Cookies, and French Apple Tartlets.*

date Thursday, November 10
cost \$20
presenter Angela Vale, MS, RD, LDN

EAT TO BEAT DIABETES

Meal planning and cooking can sometimes seem daunting for individuals with diabetes. Learn simple solutions to meal planning and enjoy a balanced carbohydrate way of eating. Menu includes: *Red and Green Salad with Toasted Almonds, Winter Vegetable Stew, Mini Mediterranean Frittatas, and Salmon Patties with Sriracha Mayo and Herb Roasted Vegetables.*

date Tuesday, December 6
cost \$20
presenter Kim McClintic, MS, RD, LDN

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, email matthew.t.hanks@osfhealthcare.org.

Available for training Monday through Friday, 5 a.m. to 2 p.m.

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, September 6-29, October 4-27, November 1-29 (no class November 24)
time 5:45-6:35 p.m.
location Center for Health at 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 19-October 19; October 24-November 21; November 28-December 28
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost \$65 for 10 sessions
presenter Tracy Gallagher *certified Pilates instructor*

DANCE YOURSELF FIT

Holiday Mini Session

dates Tuesdays and Thursdays, December 1-20
time 5:45-6:35 p.m.
location Center for Health at Fort Jesse
cost \$36 for 6 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.

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 27 *Journey through Life/ Open House*
October 25 *Joint Mobility*
November 22 *Be Mental Health Savvy*

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

dates Mondays,
September 19-November 14

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

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 September 29, October 27,
November 24, December 29

time 5-7 p.m.

location OSF St. Joseph Medical Center,
Business and Conference Center

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. 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 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. Payment is due 48 hours in advance.

FESTIVE FALL TREATS	date
Menu includes: <i>Hawaiian Fruit Salad, Sweet Chicken and Fruit Salad Sliders and Creamy Banana-Berry Pie</i>	Tuesday, September 13
NUTRITIOUS NIBBLES	
Menu includes: <i>Rainbow Pasta Salad, 3-Pepper Veggie Turkey Wraps and Cookies 'n Cream Berry Dessert</i>	Thursday, October 6
SAVVY SNACKING	
Menu includes: <i>Fruited Granola Funny Faces, Tex-Mex Chili Pie and Triple Chocolate-Cherry Dessert</i>	Tuesday, November 29
COOL CHRISTMAS TREATS	
Menu includes: <i>Fruity Kabobs with Banana, Chocolate & Hazelnut Dip, Chicken Caesar Pitas and Cool 'n Creamy Christmas Parfaits</i>	Tuesday, December 13



Visit our website at www.osfstjoseph.org.

healthy hearts & lungs



FIT 4 LIFE: SUPERVISED EXERCISE MAINTENANCE PROGRAM

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

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.

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. 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 a 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 Tuesday, October 18
time 5-6:30 p.m.
location Center for Healthy Lifestyles

INSPIRATIONS: Support group for patients, families and caregivers living with chronic lung disease

Learn new ways to cope with chronic lung disease while getting the 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 pulmonary specialist will present the latest innovations in pulmonary care in a compassionate environment to inspire hope and support. Light snacks and refreshments will be served.

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

date Tuesday October 25
time 1-2 p.m.
location Center for Healthy Lifestyles

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, September 14, October 5, November 2, 16, and 30, December 14
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, September 21, October 12, November 9 and 23, December 7 and 21
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 Wednesday, September 21, October 12, November 9 and 23, December 7 and 21
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 October 12 and December 7
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 September 21 and November 9
time 8-9 a.m.
location Center for Healthy Lifestyles
cost \$10



first aid/cpr/aed courses

American Heart Association Curriculum

HEARTCODE BLS

This class is the American Heart Association's blended learning delivery method for the BLS course. Blended learning is a combination of self-directed online learning portion, followed by a hands-on session. This structured course provides skills practice, scenarios and skills testing. It reviews both single rescuer and team basic life support skills for both facility and pre-hospital settings. Students must complete the AHA online course at www.onlineaha.org prior to attending. Bring the certificate of completion to the course.

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

dates	Tuesdays, September 6, October 4, November 8, or December 6
time	2-4 p.m.
location	Center for Healthy Lifestyles
cost	\$20
presenter	Michelle Brown, MSED <i>certified instructor</i>

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, September 12, October 11, November 14, or December 12
time	3-5 p.m.
location	Center for Healthy Lifestyles
cost	\$25 (<i>includes book and training supplies</i>)
presenter	Michelle Brown, MSED <i>certified instructor</i>

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 is required 48 hours in advance of class.

dates	Fridays or Saturdays, September 16 or 24, October 7 or 22, November 11 or 19, or December 9 or 17
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (<i>includes book and training supplies</i>)
presenter	American Heart Association <i>certified instructors</i>

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, September 10, November 5, or December 3
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (<i>includes book and training supplies</i>)
presenter	Anita Embree, RN <i>certified instructor</i>

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

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 course provides skills practice and skills testing. Students must complete the AHA online course at www.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 is required 48 hours in advance of class.

dates	Thursdays, September 22, October 27, November 17, or December 15
time	2-3:30 p.m.
location	Center for Healthy Lifestyles
cost	\$20
presenter	Michelle Brown, MSED <i>certified instructor</i>

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 is required 48 hours in advance of class.

dates	Wednesday, October 5, or December 7
time	8:30 a.m.-noon
location	Center for Healthy Lifestyles
cost	\$40 (<i>includes book and training supplies</i>)
presenter	Michelle Brown, MSED <i>certified instructor</i>

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, October 8
time	8:30 a.m.-3 p.m. <i>(lunch break provided)</i>
location	Center for Healthy Lifestyles
cost	\$60 (<i>includes book and training supplies</i>)
presenter	Anita Embree, RN <i>certified instructor</i>



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.

health and wellness

CHRONIC PAIN SUPPORT GROUP

This support group will offer education and emotional support to those with chronic pain and to family and friends affected. Meets the first Wednesday of every month.

Call (309) 661-0368 for questions.

dates Wednesdays, September 7, October 5, November 2, December 7
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, September 13, October 18, November 15, or December 20
time 1-2 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Michelle Brown, MSED
trained facilitator for the American Lung Association



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, September 8
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Shari Weitekamp
essential oils wellness advocate

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, September 20, October 18, November 15, or December 20
location Center for Healthy Lifestyles
cost FREE
presenter SHIP Counselor

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

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 are served.

For more Information, call PATH Crisis at (309) 827-4005.

dates Wednesdays, September 28, October 26, November 30, December 28
time 5:30-6:30 p.m.
location OSF Medical Group – College Avenue Conference Room A/B
cost FREE
(light refreshments provided)
presenter Rose Stadel



2016 MCLEAN COUNTY HEART AND STROKE WALK

Along with the American Heart Association, OSF St. Joseph Medical Center is a 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 accepted.

For more information, visit www.mcleancountyheartwalk.org.

date Sunday, October 2
time 2 p.m.
location Illinois State University – Hancock Stadium

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 Tuesday, October 4
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenters *Inspiring Enterprises Staff*

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

10 STEPS TO FINANCIAL FREEDOM

Learn how to manage finances, eliminate debt, set financial goals, and save for the future by budgeting, investing, and finding your money view.

date Tuesday, October 11
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Bernie Wrezinski, *Foundation for Financial Education*



**IT'S NOT JUST FOR IPODS ANYMORE:
Using music to enhance overall wellness**

Music can be part of your everyday wellness routine. Learn the benefits of using music for relaxation, exercise, and overall mood enhancement. Picking the “right music” is important! Attendees will participate in music making activities, highlighting music therapy and wellness techniques.

date Tuesday, November 1
time 6:30-8 p.m.
location Center for Healthy Lifestyles
cost FREE
presenters Meryl Brown, MM, MT-BC, DT; Callie Finzel, MT-BC; and Janel Metzger, MT-BC; *Board Certified Music Therapists, Developing Melodies Music Center*



**MEDICARE BASICS:
WHAT YOU NEED TO KNOW**

Learn about Medicare Parts A and B and what each part covers. Discover what your financial responsibility is under Medicare and gain insight into the different plans and supplements and the pros and cons of each. Uncover hidden costs that can be prevented through proper planning and learn how to navigate Medicare Part D (drug coverage) and the “doughnut hole.”

date Thursday, November 10
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost FREE
presenter Bernie Wrezinski, *Foundation for Financial Education*

**GO RED FOR WOMEN:
DIABETES AND HEART DISEASE**

Dr. Spaniol and Dr. Novak will discuss ways to manage or help prevent diabetes and heart disease.

date Monday, November 14
time 5:30-7 p.m.
location DoubleTree Hotel and Conference Center
cost FREE program with dinner
presenters William Novak, MD, *HeartCare Midwest*, and Jack Spaniol, MD, *OSF Medical Group*

TOTAL KNEE REPLACEMENT

Join us if you are having knee pain that affects your everyday activity. Dr. Keller will share how we get to the diagnosis and treatment plans.

date Thursday, December 1
time 5:30-7 p.m.
location DoubleTree Hotel and Conference Center
cost FREE program with dinner
presenter Brett Keller, DO, *Central Illinois Orthopedic Surgery*



UNDERSTANDING YOUR HABITS

In this class you will begin to understand the “Owner’s Manual” to your mind. We will start with the basics of learning about the subconscious mind and conscious mind, how they work and how to get them to work for you, instead of sabotaging you. Then we will move on to learning how habits are created AND changed. This is a “must attend” class to start off your holiday season!

date Thursday, December 8 AND Tuesday, December 13
time 5-7 p.m.
location Center for Healthy Lifestyles
cost \$30
presenters *Inspiring Enterprises Staff*

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

corporate wellness

Healthy employees are vital to the success of your business. The Center for Healthy Lifestyles is committed to working in partnership with our business community to offer quality health services and programs. Our professional staff of physicians, dietitians, exercise specialists and health educators will educate your employees through prevention health programs and screening services. Presentations, health screenings, and health seminars are offered at your business site or at the Center for Healthy Lifestyles.

For more information on how the Center for Healthy Lifestyles 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





**ST. JOSEPH
MEDICAL CENTER**

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

- EXPIRES 12/31/2016 -