

CENTER FOR
HEALTHY LIFESTYLES

HEALTH AND WELLNESS CLASSES
SUMMER 2015



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 Street
Bloomington, IL 61701
(309) 661-5151



Class Locations

OSF St. Joseph Medical Center
2200 E. Washington Street
Bloomington, IL 61701

Center for Healthy Lifestyles
OSF St. Joseph Medical Center
2200 E. Washington Street
(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 Avenue
Bloomington, IL 61704

To register for classes, visit www.osfstjoseph.org/calendar or call toll-free 1-888-627-5673.

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 evening cooking classes are \$20 in the Center for Healthy Lifestyles demonstration kitchen.

Payment is due 48 hours before the program. No refunds or substitutions will be granted without 48 hours prior notice.

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.

SENSATIONAL SUMMER SALADS

Salads are an excellent and delicious way to brighten your table and your taste buds. Learn how to use a variety of vegetables, mixed greens, beans, and whole-grains to make any salad sensational. Menu includes: *Massaged Kale Salad with Blueberry Vinaigrette*, *Broccoli "Slaw" with Buttermilk Dressing*, *Spicy Black Bean and Quinoa Spinach Salad*, *Wheat Berry Salad with Golden Beets and Pumpkinseed Vinaigrette*.

date Tuesday, May 19, 2015
time 5:30-7 p.m.
instructor Angela Vale, MS, RD, LDN

PIZZA PIAZZZ!

Pizza is the ultimate comfort food. You'll learn how to create a dynamite pizza crust and a variety of sauces and toppers, while taking home a booklet of recipes. Menu includes: *Classic Tomato Sauce Pizza*; *Basil Pesto Pizza*; and *Sweet Potato, Kale, and Caramelized Onion Pizza*.

date Thursday, May 28, 2015
time 5:30-7 p.m.
instructor Jenna Smith, MPH, RD, LDN
University of Illinois Extension

FARMERS' MARKET VEGETABLES

This class is the backbone for getting more vegetables in your life. You'll learn where to find local vegetables; what to look for when choosing seasonal produce; the best way to prep and store to prolong vitality; three simple cooking techniques to get the most flavor and retain nutrients; how to stretch your efforts to last throughout the week; and the best way to use leftovers or store a surplus.

date Tuesday, June 9, 2015
time 6-7:30 p.m.
instructor Polly Bedford
cooking instructor

CLEAN EATING SNACKS

When the kids are hungry it's easy to turn to prepackaged convenience foods. Not only do these items cost more, but they are not always a healthy choice. Some have unnecessary added sugars, and others have ingredients you can't even pronounce. Learn how to make snacks with healthy, whole, unprocessed foods to take on vacation, enjoy by the pool, or just cool off and refuel after a day of play. All can be customized to satisfy your family's tastes. Menu includes: *Smarter Snack Mixes*, *Smoothie Popsicles*, *Creamy Homemade Hummus*, *No-bake Granola Bites*, and *Frozen Fruit Pops*.

date Tuesday, June 23, 2015
time 5:30-7 p.m.
instructor Angela Vale, MS, RD, LDN





COOKING LIGHT 'N LEAN

A healthy diet can be a powerful weapon to ward off disease and keep you energized. Meal planning and cooking can sometimes seem like a daunting task. Learn how to create some tasty light 'n lean dishes. Menu includes: *Black Bean Hummus with Queso Fresco; Mixed Greens, Peas, and Citrus Salad; Orange-Glazed Chicken with Olive Quinoa; and Triple-Berry Creamed Tarts.*

date Thursday, July 9, 2015
time 5:30-7 p.m.
instructor 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 unique condiments, surprising flavor combinations, and a variety of breads. These sandwiches are simple to prepare on the grill or stovetop. Menu includes: *Herb Goat Cheese with Pears and Fig Jam on Ciabatta, Pan-Seared Shrimp Po' Boys on French Roll, Spicy Chicken Shawarma in Pita Pocket, Grilled Steak Sandwiches with Chimichurri and Bell Peppers on Sourdough.*

date Thursday, July 30, 2015
time 5:30-7 p.m.
instructor Angela Vale, MS, RD, LDN

SPICE IT UP!

We're going south of the border with this class, which will incorporate a variety of Tex-Mex dishes with a traditional spice kick. Come and enjoy the flavors! Menu includes: *Roasted Red Pepper Jalapeno Dip, Chorizo Tacos with Cabbage Slaw, Mango Chicken Tinga, and Apple-Cinnamon Tartlets.*

date Thursday, August 27, 2015
time 5:30-7 p.m.
instructor Kim McClintic, MS, RD, LDN

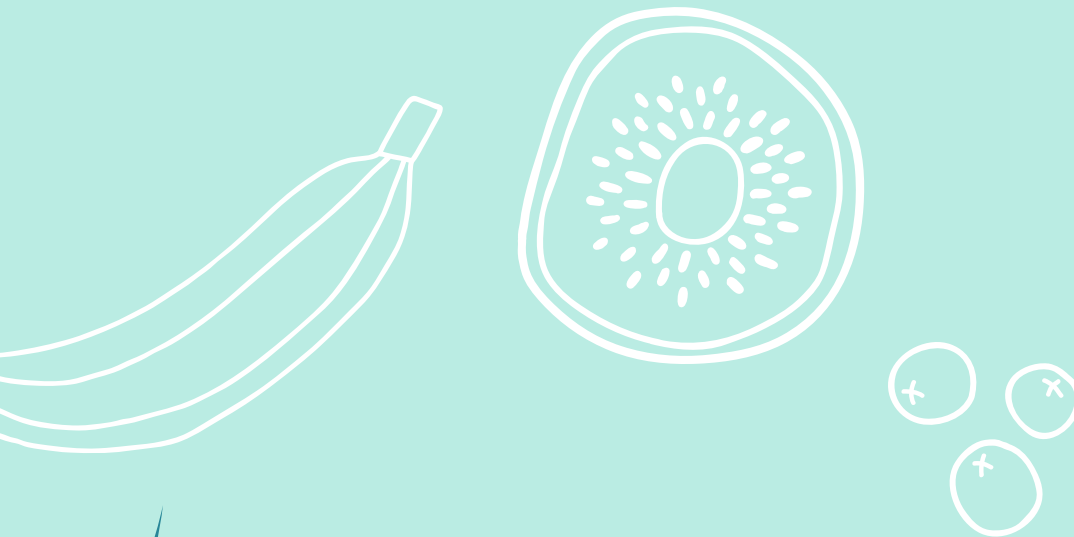
lunch-n-learn series

Add variety to your meals with fun, new recipes that are both healthy and delicious! All lunch cooking classes are \$15 per person in the Center for Healthy Lifestyles demonstration kitchen.

HANDLING YOUR CHOOSY EATER

Mealtimes can be challenging when you have a picky eater at home. Learn some tips on how to handle your child's behavior while ensuring they have the proper nutrition. Plus, take home kid-friendly recipes! Menu includes: *Mac and Cheese, Broccoli Poppers, and Stoplight Smoothies.*

date Tuesday, August 18, 2015
time 12-1 p.m.
instructor Jenna Smith, MPH, RD, LDN
University of Illinois Extension



EXERCISE AT THE OSF FITNESS CENTER!

The OSF Fitness Center offers exclusive exercise memberships. Your membership includes access to unique exercise equipment with supervision of licensed and certified staff. An introductory session includes orientation to the equipment and personal goal assessment.

Monthly, six month, or 12 month memberships are available.

Fitness Plus Membership:
Includes access to the pool for 'open pool' exercises with supervision.

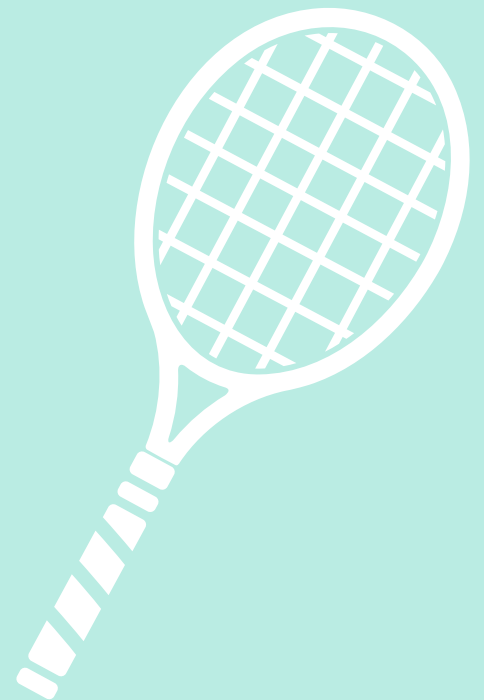
For more information, or to join,
please call (309) 661-6260.

PILATES REFORMER CLASS AT OSF REHABILITATION SERVICES AT THE TERRACE

Work in a semi-private class and learn how to use the Pilates Reformer™. This series of classes is a perfect way to spice up your exercise program in a safe and effective way.

dates Tuesdays and Thursdays,
May 5-21, June 2-18, July 7-23,
and August 4-20, 2015
times 7-7:45 a.m. and 8-8:45 a.m.
location Center for Health at Fort Jesse
Suite 240
cost \$72 for six sessions

For more information, or to register,
please call (309) 661-6080.



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 Emotional Eating
- Session 6 Weighty Issues
- Session 7 Exercise with Therabands
- Session 8 Dining Out
- Session 9 Wrap-Up

- dates** Mondays,
June 1-July 20, last class
Thursday, July 23, 2015
- time** 5:15-5:45 p.m.
(weigh-in at 5 p.m.)
- location** Center for Healthy Lifestyles
- cost** \$50
- speakers** 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** Tuesdays, May 12, June 9,
July 14, and August 11, 2015
- time** 5-7 p.m.
- location** OSF St. Joseph Medical Center
- cost** FREE
- speaker** John M. Wieland, MD, FACS,
LAP-BAND® surgeon

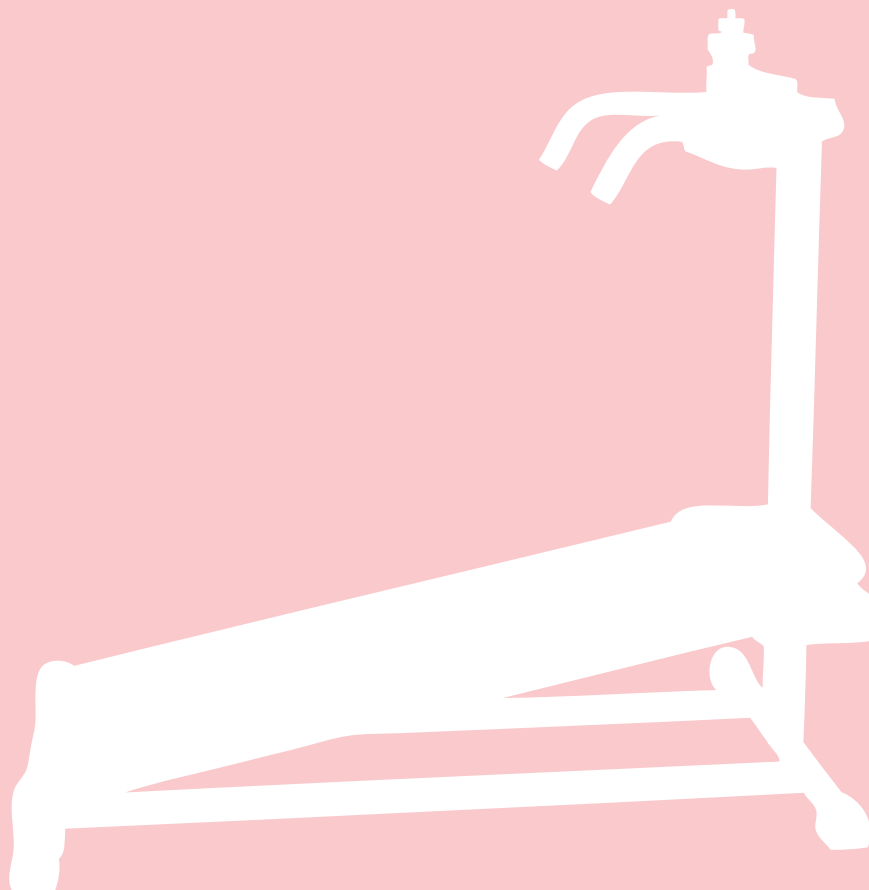
HMR® SEMINARS

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
- cost** FREE



To register for classes, visit www.osfstjoseph.org/calendar or call toll-free 1-888-627-5673.

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,
June 1-July 1,
July 6-August 5, and
August 10-September 14, 2015
time 5:30-6:30 p.m.
location Center for Healthy Lifestyles
cost \$65 for 10 sessions
instructor Tracy Gallagher
certified Pilates instructor

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,
May 26-June 25,
June 30-July 30, and
August 4-September 3, 2015
time 5:45-6:35 p.m.
location Center for Health at Fort Jesse
cost \$60 for 10 sessions
instructor *licensed instructor*

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: adult and childhood obesity, diabetes, general wellness, arthritis, and disease prevention. **A physician's release may be required prior to exercising.**

Appointments can be made by emailing Matthew.T.Hanks@osfhealthcare.org or calling (309) 661-5155.

location Center for Healthy Lifestyles
costs \$120 per person for six one-on-one sessions or \$90 per person for six small group sessions (two or more people) 45 minutes each (meets twice/week)

\$40 for one 30-minute consult - receive a home exercise program based on personal goals

HOOP, STRETCH, AND STRENGTHEN

Come hoop with us! Everybody can hoop, regardless of age, size, or sense of rhythm. The bigger and heavier the hoop, the slower it rotates around your body, which makes it easier. Join us for this fun session. Hoops are provided for class participation.

dates Wednesdays,
June 10-July 1 and
July 22-August 12, 2015
time 5:30-6:30 p.m.
location Center for Health at Fort Jesse
cost \$24 for four sessions
instructor Suzanne Richardson
Normal Hoops instructor



healthy hearts

CARDIAC REHAB PHASE 3: SUPERVISED MAINTENANCE PROGRAM

The Supervised Maintenance Program is open to anyone in the community with known history of heart disease (heart attack, angina, or heart surgery) or who are at risk for developing heart disease. The program is appropriate for those living with hypertension, obesity, high cholesterol, congestive heart failure, peripheral artery disease, diabetes, or an overall stressful life.

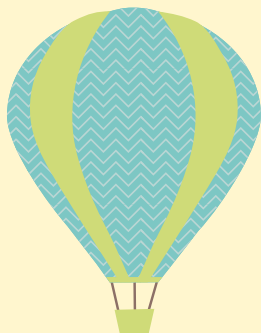
This program is supervised by a professional staff of registered nurses and an exercise specialist. A physician's referral is required for the program.

Program consists of:

- Aerobic exercise including: treadmill, airdyne bicycle, recumbent and upright stepper, recumbent bike, arm ergometer, rowing machine, and elliptical trainer
- Stretching and flexibility exercises
- Light weights for strengthening

To join, please call (309) 662-3311 ext. 5134.

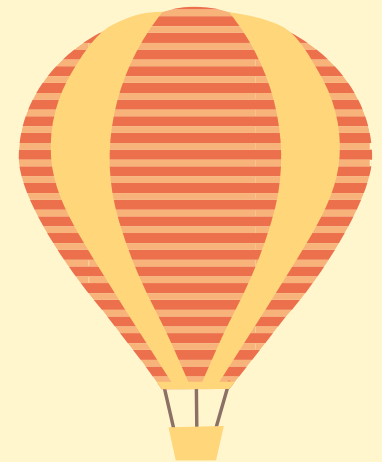
dates Mondays, Wednesdays, and Fridays
time 6-10 a.m., 11 a.m.-1 p.m., and 2-6 p.m.
location Cardiac Rehabilitation
cost \$30 per month



HER HEART - A WOMAN'S HEART HEALTH SCREENING

A woman's cardiac and wellness needs are unique – warranting a specialized approach to identifying, managing, and understanding risk factors. With a focus on prevention and wellness, your Her Heart appointment will consist of: cholesterol and glucose fingerstick, waist measurement, blood pressure assessment, body composition testing, a personal wellness profile and health risk assessment, and education on results. Our wellness expert will be your navigator in the lifelong journey of being heart-healthy. A special gift will be given upon completion. *(Twelve-hour fasting is recommended.)* **Registration is required. Please call (309) 661-5153 to register.**

dates Wednesdays, May 20, June 24, July 22, and August 12, 2015
time 7-10 a.m.
location Center for Healthy Lifestyles
cost \$40



LOWER CHOLESTEROL NOW

Join Kim McClintic and Erin Kennedy as they discuss how healthy eating and regular exercise can impact cholesterol and glucose levels.

dates Thursdays, August 6, 2015
time 12-1 p.m.
location OSF Medical Group – College Avenue
cost \$10
speakers Kim McClintic, MS, RD, LDN, and Erin Kennedy, MS, exercise physiologist

To register for classes, visit www.osfstjoseph.org/calendar.

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 parent or adult for \$5)

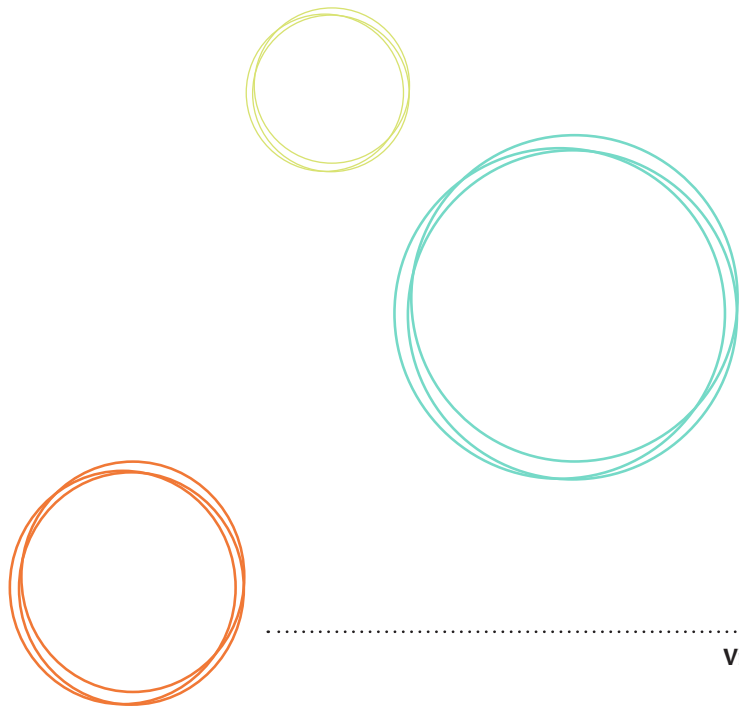
Please note — classes are appropriate for grades one to five. Payment is due 48 hours in advance.

SPRINGTIME SNACKS	date
Menu includes: No Bake Nutty Energy Bites, Tootie-Fruity Chicken Pita Pockets, and Strawberry-Banana Blast	Tuesday, May 12, 2015
COOL SUMMER TREATS	
Menu includes: Strawberry Corn Salsa on Chips, Sweet 'n Savory Cheesy Pizzas, and S'more Surprise	Thursday, June 18, 2015
GARDEN GOODIES	
Menu includes: Confetti-Veggie Stuffed Pasta Shells, Apple-Chicken Paninis, and Fruit Explosion	Thursday, July 23, 2015
NUTRITIOUS NIBBLES	
Menu includes: Crunchy Peanut Butter Apple Dip, Honey-Lime Fruit Salad, and Waldorf Turkey Sandwich Bites	Thursday, August 27, 2015

BABYSITTERS SAFETY TRAINING

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 to 13.

date Friday, May 29, 2015
time 8:30 a.m.-2 p.m.
location Center for Healthy Lifestyles
cost \$40 (bring a sack lunch, snacks provided)
speakers Erin Kennedy, MS, and Krista White certified CPR instructor



cpr/aed courses

HEARTSAVER PEDIATRIC FIRST AID/CPR/AED CLASS

This course is designed to meet the regulatory and credentialed training requirements for child care providers or anyone who is responsible for children. The course teaches basic first aid, CPR, and AED skills for adults, children, and infants. Certification is awarded to participants who meet the course objectives.

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

dates	Saturdays, June 6, or August 22, 2015
time	8:30 a.m.-3 p.m. (lunch break provided)
location	Center for Healthy Lifestyles
cost	\$60 (includes book and training supplies)
speaker	Anita Embree, RN certified instructor

HEARTSAVER FIRST AID BASICS

Heartsaver first aid basics teaches critical skills needed to respond to and manage first aid emergencies until EMS arrives. It includes actions for bleeding, broken bones, burns, choking, and environmental emergencies. Suitable for the general public and workplace employees. The course 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	Mondays, June 15, or August 3, 2015
time	8:30 a.m.-12 p.m.
location	Center for Healthy Lifestyles
cost	\$40 (includes book and training supplies)
speaker	Michelle Brown, MSED certified instructor

FAMILY AND FRIENDS CPR

This course teaches adult, child, 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.

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

dates	Mondays or Tuesdays, June 16, July 13, or August 18, 2015
time	3-5 p.m.
location	Center for Healthy Lifestyles
cost	\$25 (includes book and training supplies)
speaker	Michelle Brown, MSED certified instructor

BLS FOR HEALTH CARE PROVIDERS

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	Saturdays, June 20, July 11, or August 8, 2015
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (includes book and training supplies)
speaker	Anita Embree, RN certified instructor

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.

To register for classes, visit www.osfstjoseph.org/calendar or call toll-free 1-888-627-5673.

BLS FOR HEALTH CARE PROVIDERS RENEWAL

Designed for those 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	Mondays or Tuesdays, June 8, July 7, or August 10, 2015*
time	3-6 p.m.
location	Center for Healthy Lifestyles
cost	\$40 (includes book and training supplies)
speaker	Michelle Brown, MSED certified instructor

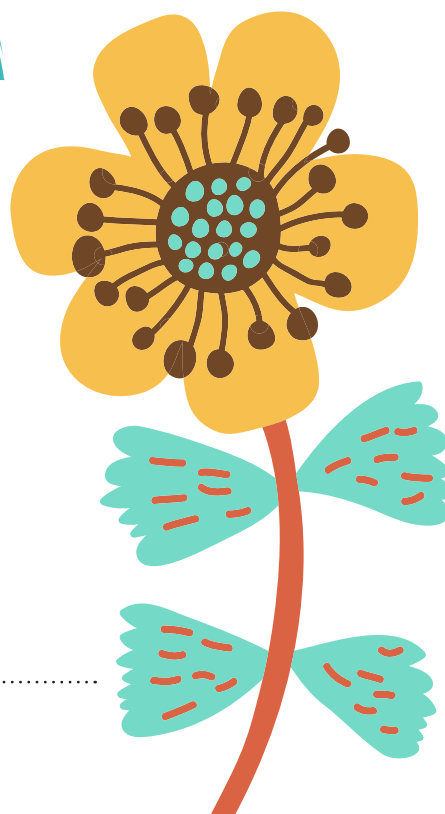
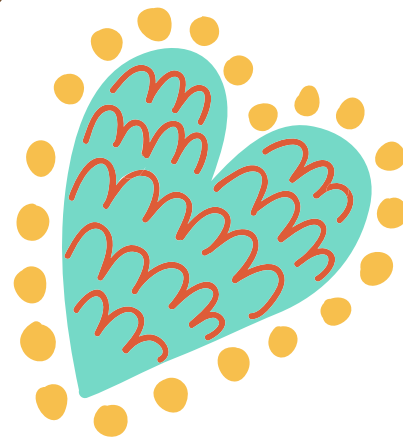
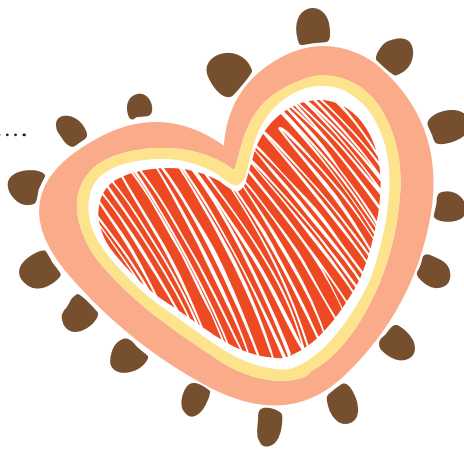
*Renewals may also be conducted by appointment. For more information, please call (309) 661-5154.

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 is required 48 hours in advance of class.

dates	Saturday, July 25, 2015
time	9 a.m.-1 p.m.
location	Center for Healthy Lifestyles
cost	\$50 (includes book and training supplies)
speaker	Anita Embree, RN certified instructor



health and wellness

CHRONIC PAIN PATIENT SUPPORT GROUP

Join this support group to help you manage pain. This group will offer education and emotional support to those with chronic pain and to family and friends affected. **Call (309) 661-0368 for questions.**

dates Wednesdays, May 6, June 3, July 1, and August 5, 2015
time 5:45-7 p.m.
location Center for Healthy Lifestyles
cost FREE
facilitator Sandy Fadar, RN, MSN

WOMEN MANAGING STRESS NETWORK

Join us for a new, women-only stress management program. This program is designed to help women experiencing various levels of stress, and to provide you with tools needed to cope for a healthier lifestyle.

dates May 19 - *Emotional Eating*
June 16 - *Let's Move*
July 21 - *Sleep Tight*
August 18 - *Just Breathe*
time 5-5:45 p.m.
location Center for Healthy Lifestyles
cost FREE
speaker Erin Kennedy, MS
exercise physiologist and
Kim McClintic, MS, RD, LDN

A CARETAKER'S PATH

Join Rose Stadel and Kathryn Johnson for a discussion about resources and support available to you on your caregiver journey with an aging loved one. Learn more about the upcoming monthly Caregiver Support Group. Registration is not required and refreshments will be served.

Please call (309) 834-0586 or email kjohnson@pathcrisis.org for more information.

dates Wednesday, May 27, June 24, July 29, and August 26, 2015
(continuing to meet on the last Wednesday of every month)
time 5:30-6:30 p.m.
location OSF Medical Group – College Avenue
cost FREE *(light refreshments provided)*
speaker Rose Stadel and Kathryn Johnson

ADULT 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.

dates Friday, June 12 and Monday, August 10, 2015
time 8 a.m.-5 p.m.
location Center for Healthy Lifestyles
cost \$10 *(includes book and lunch)*

SHIP COUNSELING

The YWCA 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 YWCA McLean County.

Please call (309) 661-5151 to make an appointment.

dates Tuesdays, May 19, June 16, July 21, or August 18, 2015
time 10-11 a.m.
location Center for Healthy Lifestyles
cost FREE

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, June 23, July 24, or August 18, 2015
time 1-2 p.m.
location Center for Healthy Lifestyles
cost FREE
speaker Michelle Brown, MSED
trained facilitator for the American Lung Association

To register for classes, visit www.osfstjoseph.org/calendar or call toll-free 1-888-627-5673.

INNOVATIONS IN BREAST CARE, PART II - CHANGING THE WAY WE FIGHT BREAST CANCER

Fighting and recovering from breast cancer can be an overwhelming process. Our Care Team works together to make the best of a scary diagnosis. Please join us in learning more about how this Care Team collaborates to ensure the best outcomes possible. This free event will consist of a panelist discussion by a team of specialists in the field and will cover the topics of breast cancer treatment, surgery, and reconstruction.

date Tuesday, June 23, 2015
time 5:30pm – 7pm
location Biaggi's (1501 N. Veterans Pkwy, Bloomington)
cost FREE (Dinner with program)
presenters Shermian Woodhouse, MD
Radiation Oncologist,
Community Cancer Center
Micheal Young, MD
Surgeon, OSF St. Joseph
Medical Center
Paige Holt, MD
Plastic Surgeon,
Twin Cities Plastic Surgery

STRESS LESS FOR SUCCESS

Nearly everyone encounters stress; however, prolonged stress can lead to poor health, excessive eating, sleeping difficulties, depression, and irritability. Learning to cope with stress is critical. Join Kim and Erin as they share their secrets on how to combat stressors.

date Thursday, July 2, 2015
time 12-1 p.m.
location Center for Healthy Lifestyles
cost \$15
speaker Erin Kennedy, MS
exercise physiologist and
Kim McClintic, MS, RD, LDN

FREEDOM FROM SMOKING – A SMOKING CESSATION PROGRAM

Smoking is the most preventable cause of death in our society. Now is the time to quit smoking with the American Lung Association's "Freedom from Smoking" program. **For more information, or to register, please call (309) 661-5154.**

dates Mondays and Wednesdays,
July 6-27, 2015
time 5:30-7 p.m.
location Center for Healthy Lifestyles
cost \$75 (includes handbook and CD)
speaker Michelle Brown, MEd
trained facilitator for the
American Lung Association

GETTING HEALTHY TOGETHER: PAIN MANAGEMENT

Join us for a quick one-hour session to discuss ways to manage pain through nutrition and exercise. Share best practices of pain management and set goals to help you accomplish a healthy lifestyle with less pain.

date Friday, July 17, 2015
time 5-6 p.m.
location OSF Medical Group –
College Avenue
cost FREE
presenter Erin Kennedy, MS
exercise physiologist



Visit our website at www.osfstjoseph.org.

health screenings

BONE DENSITY HEEL SCREENING <i>(for women only)</i>	<i>Dates</i>	<i>Time</i>	<i>Location</i>	<i>Cost</i>
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.	Wednesday, July 8	8-9 a.m.	Center for Healthy Lifestyles	\$10
CHOLESTEROL/BLOOD GLUCOSE SCREENING <i>(with finger stick)</i>				
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.	Wednesdays, May 6, 20, June 3, 24, July 8, 22, or August 12	7:30-8:30 a.m.	Center for Healthy Lifestyles	\$25
CHOLESTEROL/BLOOD GLUCOSE TEST <i>(with blood draw)</i>				
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 to individual with educational materials. Twelve-hour fasting is recommended.	Wednesdays, May 13, 27, June 17, July 1, 15, August 5, or 19	8-9 a.m.	OSF St. Joseph Medical Center, Admitting and Registration (Entrance A)	\$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. A blood pressure screening and healthy lifestyles counseling is also given with immediate results.	Wednesdays, May 6, 20, June 3, 24, July 8, 22, or August 12	7:30-8:30 a.m.	Center for Healthy Lifestyles	\$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.	Wednesdays, June 24 or August 12	7:30-8:30 a.m.	Center for Healthy Lifestyles	\$25

Registration is required 24 hours in advance for all screenings.

To register for classes, visit www.osfstjoseph.org/calendar or call toll-free 1-888-627-5673.

corporate wellness services

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 at the Center for Healthy Lifestyles will educate your employees through prevention health programs and health 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, please 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

Punch Card Program

Buy five classes and receive your sixth at 50 percent off. Exclusions may apply. Please call (309) 661-5151 for your punch card.

CENTER FOR HEALTHY LIFESTYLES

20% off

any cooking class

COUPON MUST BE INCLUDED AT TIME OF PAYMENT

ONE COUPON PER PERSON

- EXPIRES 8/31/2015 -

HEALTH SCREENINGS

- Blood pressure screenings
- Cholesterol blood tests
- Personal wellness profile/health risk assessment

HEALTH ASSESSMENTS

- Body composition analysis
- Body mass index
- Waist-hip ratio

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**

2200 E. Washington Street
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