

OSF HEALTHCARE SAINT ANTHONY MEDICAL CENTER

# HEALTH & WELLNESS

CLASSES AND SERVICES | SPRING/SUMMER 2018



OSF<sup>®</sup>  
HEALTHCARE

# THE MISSION

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

## CLASS LOCATIONS *(Unless stated otherwise)*

### **OSF HealthCare Saint Anthony Medical Center**

5666 E. State St., Rockford, IL 61108

### **OSF Center for Health – Parkview**

1502 Parkview Ave., Rockford, IL 61107

### **OSF Center for Sports Medicine and Health Fitness**

5510 E. State St., Rockford, IL 61108

### **OSF HealthCare Cardiovascular Institute –Rockford**

444 Roxbury Road, Rockford, IL 61107

# HEALTHY COOKING

Call (815) 227-2274 to register. | \$15 per person  
All classes run from 5-6:30 p.m. in the Demonstration Kitchen.

## Fix More Fish

Fish is a great source of lean protein and great for heart health. Learn about marinades, cooking techniques and types of fish.

**date** Monday, May 21

## Salad Sensations

Lots of fresh fruits and vegetables are in-season and make a well-rounded meal.

**date** Monday, June 18

## Lighten Up

Recipe modification concepts allow you to modify your favorite recipes to be healthier. We have adapted some of ours for you.

**date** Monday, July 23

## Cooking on a Budget

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

**date** Monday, August 20

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*Online registration and payment is due at least 48 hours in advance. Cancellations must be made prior to 48 hours before class to receive refund. A minimum number of participants is required for classes. Seating is limited but waiting lists are available.*

**Please call (815) 227-2274 for more information.**

# HEALTH AND WELLNESS

## Rejuvenation Services – new to the north tower

OSF HealthCare Saint Anthony Medical Center now offers various types of massage, facials, skin care and waxing services in a tranquil, spa-like environment. Service also available for packaged events with cooking classes and other wellness services. **For more information call (815) 395-6030.**

## Five-minute Stress Busting Techniques

Learn how your conscious and subconscious minds work, and how they control the body. We teach a few short stress busting techniques to help you stay in control of your stress levels. **Call (815) 227-2274 to register.**

**date** Wednesday, July 25  
**time** 11:30 a.m.-12:30 p.m.  
**cost** \$10 per person  
*(free to OSF mission partners)*

## Self-Esteem

Narrative Family Therapy can help you improve your self-esteem. Learn how to deconstruct unproductive “stories” and reconstruct more productive ones in an attempt to feel positive about who we are and what we are capable of. **Call (815) 227-2274 to register.**

**date** Wednesday, June 13  
**time** 5-6 p.m.  
**cost** \$10 per person

## Massage Therapy (now offered at the Center for Health and at the Rejuvenation Center)

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

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



Call (815) 227-2274 to register.

## Grocery Store tour

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

**dates** Monday, May 14 or July 9  
**time** 5-6 p.m.  
**cost** \$10 per person

## Mindful Eating Class

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

**dates** Monday, June 18  
**time** 5-6 p.m.  
**cost** \$10 per person

## Sports Nutrition

The needs of athletes are different of those of the average person. Learn from a registered dietitian how to sort through information, what the nutrition needs are for various types of athletes and how to handle pre- and post-competition eating.

**date** Monday, August 6  
**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.

**date** Monday, June 25  
**time** 11 a.m. - Noon  
**cost** \$10 per person

## Emotional Eating: What do I really need?

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

**date** Wednesday, August 15  
**time** 5-6 p.m.  
**cost** \$10 per person

## Heart Healthy Eating

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

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

## Prediabetes Class

Prediabetes occurs when blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. 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 lifestyle habits. **Call (815) 381-7790 to reserve your seat.**

**date** Monday, May 21 and July 16  
**time** 3-4:30 p.m.  
**cost** \$20 per person



# FITNESS CLASSES

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

### Underwater Treadmill

The OSF Water Walking/Running program uses an underwater treadmill to increase flexibility, strength and stamina. It is particularly beneficial for anyone dealing with arthritis, fibromyalgia, joint problems, back pain, injuries or other conditions that limit movement. 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 and consistency to help you achieve your goals. Just choose the number of sessions that work for you and you're on the way to a healthier lifestyle.

### Posture Improvement

Learn proper exercises to improve your posture and restore your range of motion. Exercises will focus on alleviating joint pain and posture alignment.

**Call (815) 395-4591 to pre-register.**

**date** Tuesday, June 12  
**time** 9-10 a.m.  
**cost** \$5 per person

### Coming Soon!

Look for new outdoor boot camp-style classes coming to our OSF Center for Health – Parkview location this summer. **Call the fitness center 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

*New Equipment Coming Soon!*  
Monday-Thursday,  
5:30 a.m.-7 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

## Kids in the Kitchen

Cooking demonstrations show how to include kids in the kitchen. The importance of meal planning, good nutrition and cooking techniques will be discussed.

**time** 9-10:30 a.m.  
**location** Demonstration Kitchen  
**cost** \$20 per parent/child couple  
*(additional children may be added for \$10, additional adults for \$5)*

*Please note: classes are appropriate for all ages and skill levels but children must be accompanied by an adult.*

*Online registration and payment is due at least 48 hours in advance. Cancellations must be made prior to 48 hours before class to receive refund. A minimum number of participants is required for classes. Seating is limited but waiting lists are available. **Please call (815) 227-2274 for more information.***

Smart Summer Snacking	date
<p>Since summer break is right around the corner, let's start thinking about smart snacks that tweens can make themselves and younger kids can start experimenting with in the kitchen with minimal help, like peanut butter bites, smoothies and mini pizzas.</p>	<p>Wednesday, May 16</p>
<h3>Jurassic Adventure</h3>	
<p>Dinosaur lovers are welcome to explore our unique world of dino-food, from sandwiches to "eggs" and even a little something sweet.</p>	<p>Wednesday, June 20</p>
<h3>Transylvania Times</h3>	
<p>Romanian cabbage rolls and fish soup may not tempt the younger audience, but pretzels, punch and popcorn may be right up their alley. Vampires, mummies and monsters will feel right at home making these treats.</p>	<p>Wednesday, July 18</p>
<h3>Bears Love Honey</h3>	
<p>With the latest movie based on the children's classic hitting theaters in early August, come see why everyone's favorite ol' bear loves all things honey: from drinks to sauces to desserts.</p>	<p>Wednesday, August 15</p>

## 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 for more information.**

## Healthy Eating for Healthy Kids

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

**Call (815) 227-2274 to reserve your spot.**

**date** Monday, June 11  
**time** 4-5 p.m.  
**cost** \$10 per person



### Parent and Me “Hula Hoop Fun”

Enjoy a fun-filled class with your child using the hula hoop. **Call (815) 395-4591 to pre-register.**

**date** Friday, July 13 or July 27  
**time** 9:15-10 a.m.  
**cost** \$5 per parent/child pair

### Breastfeeding Class

Expectant mothers who are planning to breastfeed their babies are encouraged to attend a free breastfeeding class. Covers topics such as how to breast feed your baby, milk supply, pumping and storage. Fathers are encouraged to attend. **Call (815) 227-2695 to register.**

**dates** Wednesday, May 9, June 13,  
July 11 and August 8  
**time** 7-9 p.m.

## HEALTH SCREENINGS



Call (815) 227-2274 to register.

Wellness/Weight Management 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, June 7  
**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, June 7  
**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.

## Summer Shape Up

Start off your summer on the path to becoming the healthiest you can be. Join us for our “Summer Shape Up” weight loss program. Meet weekly in a group setting where registered dietitians help you navigate your busy lifestyle to make healthy eating and exercise a reality. Classes provide realistic tips to overcome common physical, emotional and social barriers to achieve both short-term and long-term weight management.

**date** Monday, April 30, May 7, 14, 21  
**time** 1-1:30 p.m. or 5-5:30 p.m.  
**cost** \$30 per person





# 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.**

## General Health Screenings and Assessments

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

## Occupational Health Screenings and Evaluations

- Pre-employment / Post-offer physicals
- Urine Drug Screening, Breath Alcohol Testing, MRO services
- Vision screening
- DOT physicals
- Return to work evaluations
- Fit for duty exams
- Executive physicals
- Independent Medical Evaluations (IME)
- Disability evaluation

## Compliance-Services Mandated by Law

- Full range of medical surveillance services
- Respiratory protection – medical evaluation and respirator fit testing
- Audiology screening
- Pulmonary Function Testing (PFT)
- Vaccinations – Influenza, Hepatitis B, Tdap, Varicella, MMR
- Titers – Hepatitis B, Varicella, Measles, Mumps, Rubella
- TB testing
- OSHA record keeping

## Injury Care

- Initial and follow-up injury care
- Work injury management
- Blood borne pathogen post-exposure follow-up services
- Medical and worker compensation case management

## Presentation Topics Include:

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

## Contact

OSF Saint Anthony Occupational Health  
5666 E. State St.  
Rockford, Illinois  
(815) 395-5354

# GROUP FITNESS SCHEDULE

## Monday

7:45-8:15 a.m.	Tabata (Matt)
8:20-8:50 a.m.	Golden motion (Allison)
9-10 a.m.	*Adv. Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
10:30-11:10 a.m.	Loosen Up (Stef)
11:15-11:45 a.m.	Tabata (Stef)
12-12:55 p.m.	Piloxing (Stef)
1:15-2:15 p.m.	*Balance* (Lori/Jan)
2:30-3:30 p.m.	*Balance* (Lori/Jan)
4-4:45 p.m.	Cardio Mix-up (Chaslyn)
6-7 p.m.	Dancefitness (Suzy T.)

## Tuesday

8-8:45 a.m.	Line Dancing (Stef)
9-10 a.m.	*Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
11:15-11:45 a.m.	Hula Hoop Strength (Stef)
12-12:55 p.m.	Power 30 (Stef)
1:05-2:05 p.m.	*Balance (Jan)
2:15-3 p.m.	SilverSneakers Classic (Matt)
3:30-4:30 p.m.	*Power Up for Parkinson's
6-7 p.m.	Cheerfit (Suzy T.)

## Wednesday

7:30-8:15 a.m.	Stretch & Stability (Allison)
8:20-8:50 a.m.	Golden motion (Allison)
9-10 a.m.	*Adv. Balance (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
10:30-11:10 a.m.	Loosen Up (Matt)
11:15-11:45 a.m.	Piloxing (Stef)
11:50-12:30 p.m.	Piloxing Barre (Stef)
1:15-2:15 p.m.	*Balance* (Lori/Jan)
2:30-3:30 p.m.	*Balance* (Lori/Jan)
4-4:45 p.m.	Cardio Mix-up (Chaslyn)

## Thursday

7:30-8 a.m.	Functional Movement (Matt)
8-8:45 a.m.	Line Dancing (Stef)
9-10 a.m.	*Balance* (Jan)
9:45-10:45 a.m.	*Power Up for Parkinson's
11-11:40 a.m.	Stretch and Relax (Matt)
1:05-2:05 p.m.	*Balance (Jan)
2:15-3 p.m.	SilverSneakers Classic (Marcos)
3:30-4:30 p.m.	*Power Up for Parkinson's
6-7 p.m.	Ballroomfit (Suzy T.)

## Friday

7:30-8:15 a.m.	Stretch & Stability (Matt)
8:20-8:50 a.m.	Golden Motion (Matt)
10:30-11:10 a.m.	Loosen Up (Stef)
11:15-11:45 a.m.	Line Dancing (Stef)
12-12:55 p.m.	Power 30 (Stef)

## Saturday

10-11 a.m.	Dancefitness (Suzy T.)
11-11:30 a.m.	Miracle Ball (Suzy T.)

## Health Management Resources:

*(this is a separate fee)*

Monday: Orientation 5-6 p.m.

Tuesday: Class 6-7:30 p.m.

Wednesday: Class 5:30-7 p.m.

**Call for Information: (815)227-2274**

**Classes are held at our State Street location only and are subject to change.**

Silver Sneakers members can participate in any class and use either fitness facility free of charge, but must go through an evaluation and introduction to the machines.

<b>cost</b>	Includes Fitness Center and Unlimited Classes
	\$32 (automatic withdrawal with credit/debit card)
	\$37 (check per month)
	\$26 (Corporate Rate & Senior Citizens 65 years & older)
	Day Pass: \$5
	Joiner/Evaluation Fee \$27

\*Balance and Power up for Parkinson's are the only classes that require pre-registration.

## Class Descriptions

**Ballroomfit:** Dancing with the Stars meets fitness. No partners or difficult choreography. A fun, low-impact cardio and core workout: waltz, tango, cha cha cha, Paso, quickstep, foxtrot, jive, and more ballroom dances.

**Cheerfit:** A cheerleader-inspired dance fitness class with dynamic music that will make you want to move! Utilizes pompoms (optional) to tone and sculpt the arms.

**Dancefitness:** This fusion of dance styles (ballroom, hip hop, contemporary, jazz, etc.) set to popular music will have your heart beating. Tone muscles, burn calories and get an aerobic workout while having fun. Designed for all ages and levels of ability.

**Functional Movement:** Class designed to help improve quality of life by regaining functional movement.

**Golden Motion:** This 30-minute class has it all for seniors: upper/lower body weight training, core work, balance and flexibility.

**Hula Hoop Strength:** Fun and exciting class utilizes a 3-pound weighted hula hoop. From squats, shoulder presses and more: this hula hoop is used as a toning tool. Enjoy working out while toning muscles, strengthening your core and burning calories.

**Loosen Up:** Great class that leads participants through a full-body session designed to release muscle tension. Stretching and flexibility allows one to move with full range of motion.

**Miracle Ball:** Confront ailments that plague you every day. The ball helps release muscle tension and discover your body's ability to heal. Integrate all parts of the body to improve your shape and increase the health of your body.

**Piloxing:** A class that blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add exhilarating dance moves and you have a muscle-toning, fat-burning workout.

**Piloxing Barre:** A well-rounded workout that is low-impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class.

**Power 30:** This powerful class incorporates all the major muscle groups for a well-rounded strength program. Do three sets of 10 reps (30 reps total) for a total body workout.

**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing and a ball are offered for resistance. A chair is for seated/standing support.

**Stretch & Relax:** Great class improves flexibility by offering a relaxing stretch component with a little muscle toning. Class is performed on the ground.

**Tabata(HIIT):** Get in a quick workout if you're short on time, need to switch up your routine or need to improve endurance speed. This high-intensity interval training (HIIT) class provides noticeable results, whether your goal is muscle tone, weight loss or both.

### **\*Classes Requiring Pre-Registration\***

**Balance:** This class helps you focus on your balance and stability.

**Advanced Balance:** This 60-minute class will help you elevate your balance to the next level. Completion of the \*Balance\* class is required before registering for the advanced class.

**Power Up for Parkinson's:** For people with Parkinson's disease looking to improve and maintain their strength, flexibility, balance and walking. Class includes a stretching warm-up with educational discussion; movement explorations such as salsa or tango dancing, rhythmic stepping, and boxing moves; and guided stationary cycling. Participants are welcome to bring a friend for the first two-thirds of each class (number of cycles is limited).

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