

# Health Classes & Events

HEALTH EDUCATION FOR A HEALTHIER COMMUNITY  
OCTOBER – DECEMBER 2009



## EVERYDAY WELLNESS

### 55 Alive AARP Driving Class

This is an 8-hour classroom refresher course designed especially for motorists age 50 and older. It covers normal changes in vision, hearing and reaction time, and provides practical techniques to compensate for these changes. The program fosters safer driving practices, continued mobility, and a discount in auto insurance in a majority of states.

### Better Breathers

If you suffer from chronic lung disease or breathing difficulty, take advantage of this free support seminar. You'll learn ways to cope with the disease through education, peer group sharing and support.

### Breast Augmentation – Consider the Possibility

Women with undersized or underdeveloped breasts often consider breast augmentation to achieve their ideal look. Join plastic and reconstructive surgeon Nagi Ayoub, M.D., for information on breast augmentation procedures, implant safety and post-op recovery.

### Breast Reduction – Is it Right for You?

Women with heavy breasts may experience a variety of problems from self-consciousness to physical discomfort. Learn if you are a candidate for breast reduction surgery with plastic surgeon Nagi Ayoub, M.D.

### Living Well with Lymphedema

If you experience abnormal swelling of an extremity or other area of your body, you could be suffering from lymphedema. Learn to control this condition through proper care and lifestyle changes.

### Weight Loss Surgery

If you are more than 100 pounds overweight, bariatric weight-loss surgery may be the answer you're looking for. Learn how to take this first step toward a healthier life.

### Medically Monitored Weight Loss Orientation

More than two-thirds of Americans are overweight or obese. Discover how Alegant Health's medically supervised approach can help you achieve your weight loss goals.

### Do You Have Pre-Diabetes?

Join our registered nurse, registered dietitian and physical therapist to learn how to manage pre-diabetes and decrease your risk of developing Type 2 Diabetes. Enjoy healthy snacks and receive a free health diary to monitor your progress. Optional individual appointments with the dietitian are available for an additional charge.

### Tobacco Cessation Support Group

Once you've taken the step to become tobacco-free, remaining tobacco-free can be an ongoing challenge. Alegant Health's Tobacco Cessation Support group offers the encouragement and coaching you may need to continue living a tobacco-free life.

\* Graduates of the I Can or Quit Aid programs are eligible to attend these monthly meetings at no charge.

## HEALTHY HEARTS

### CPR Family and Friends

If you have a friend or loved one who's been diagnosed with heart disease, please register for this CPR training course. Although completing this course doesn't provide certification, these tips can save a life.

### Heart Healthy Cooking

Join us as local chefs share their recipes and cooking tips for preparing heart-healthy food in a fun and relaxing environment. A cardiologist will also join the class to share simple ways to maintain a healthy heart.

### The Heart of Stress Management

Can the stress in your life lead to heart disease? Research shows that stress, if left unmanaged, can lead to emotional and physical problems. This can include heart disease, high blood pressure, chest pains, or irregular heart beats. Alegant Health Employee Assistance Program counselor, JeAnna Karloff, LMHP, CEAP will show you how to recognize and reduce your stressors. Sign up for this FREE session to help you or your loved ones learn to better manage your challenges.


### Heart and Sole Walking Program

Window-shop while you walk when you join the Heart and Sole Walking Program. Alegant Health staff members are on-site to do free blood pressure checks, assist with stretching and to conduct free educational seminars. Members will also receive a T-shirt, a walking tips guide and will earn incentives for reaching walking goals.

### Learn More About Heart Failure

If you're at risk for heart failure or you know someone who is, we'll help you learn to live successfully. Topics covered include low sodium diet, exercise and activity, managing medications and more. Lunch is provided for registered participants.

**TO REGISTER CALL 1-800-ALEAGENT (1-800-253-4368)  
OR VISIT ALEAGENT.COM/CLASSES.**

 **Alegant Health**  
This is your healthcare

## KIDS & PARENTING

Be the best parent you can be. Alegent Health offers lots of classes loaded with tips on better parenting. For exact dates, times and locations, call 1-800-ALEAGENT or visit Alegent.com.

### **Boot Camp for New Dads**

Veteran dads show fathers-to-be and new dads the ropes. Topics include mom's changes, childproofing, handling baby and more. New dads are encouraged to bring along their newborn to six-month-old babies.

### **Breastfeeding/Infant Feeding**

This class discusses aspects of breastfeeding to give expectant mothers a successful start in nursing. Tips for nursing preparation, nutrition, first feedings and overcoming short-term challenges are all part of this curriculum. Fathers-to-be are encouraged to attend.

\* Class is free if you're registered for Prepared Childbirth.

### **Caring for Your Baby**

This informative session addresses a variety of newborn issues including what to expect during your newborn's hospital stay, early newborn care, sleep cycles, crying/colic, illness during the first month of life and SIDS prevention.

### **Grandparents Class**

Topics include modern labor and delivery practices, current trends in baby care, safety in the home and car seat safety. A walking tour of the maternity area is included, so wear comfortable shoes.

### **Hospital Maternity Tour**

Prepare yourself with a walking tour of the maternity facilities along with an explanation of the childbirth education program.

### **Infant Massage**

Learn the basics and benefits of infant massage. It promotes closeness, better sleep and baby's overall health. If your infant is newborn to six months, please join us for a great bonding experience.

### **Infant/Child Safety and CPR**

This class is an introduction to household safety preparation for infants, infant choking and basic CPR. Though this class doesn't provide certification, these tips can save a life.

### **Lamaze**

This class is taught by a certified Lamaze instructor and is formatted after the book Official Lamaze Guide. Topics include breathing, relaxation and labor coping techniques. Childbirth preparation class or previous birth experience is a pre-requisite for this class.

### **Multiple Blessings**

If you're expecting twins, triplets or more and feel overwhelmed, we are here to help. This class for parents-to-be of multiples – taught by RNs and parents of multiples – gives you insight into pregnancy, delivery and caring for more than one infant.

### **New Parent Class**

Come discuss growth and development of your newborn, sleeping schedules, hands-on baby care, car seat safety, diapers, immunizations, safety issues, day care options and when to call your doctor. Bring your Pregnancy Journal for noting helpful tips.

\* Class is free if you're registered for Prepared Childbirth.

### **Preparing for Pregnancy/Early Pregnancy**

This class covers the basics including fetal growth and development, prenatal testing, warning signs, physical and emotional changes, and prenatal nutrition. This class is recommended for individuals thinking about getting pregnant and those in their first trimester of pregnancy. A tour of the birthing unit is included, but optional.

### **Prepared Childbirth**

Get information on the stages of labor and delivery, breathing techniques and the coach's role. Other topics include medication, types of anesthesia and Cesarean birth. A pre-admission form and birth certificate worksheet will be handed out in class. Bring two bed-sized pillows and plan to practice on the floor. A tour of maternity facilities is included.

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#### **(6 week series or Saturday classes available)**

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### **Prepared Childbirth Refresher**

A comprehensive breakdown of breathing exercises, relaxation and current birthing techniques. Join us for a review of the basics and information on updated practices. Dads are encouraged to attend.

### **Sibling Sneak Preview**

This class is for children ages three to eight. We tour the newborn nursery and postpartum areas, discuss their role as a big brother or sister and watch a video. Your child(ren) will make a gift for baby. Big Brother and Big Sister T-shirts are available for purchase.

### **Toddler Talk**

Visit with a Boys Town Pediatrics physician on general childcare topics including infant care, sleep cycles, potty training and more.

## SUPPORT GROUPS

Alegent Health also offers and hosts a number of support groups. For a complete listing please call 1-800-ALEAGENT.

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All classes are on a first come, first served basis. Minimum class registration required to hold class.

All reasonable attempts will be made to notify registrants of cancelled classes.