

WINTER 2012

A COMPLETE LISTING OF
**CLASS
OFFERINGS**
AT OHIOHEALTH LOCATIONS



JANUARY + FEBRUARY + MARCH

BELIEVE IN WE™  OhioHealth

Classes and Programs Class Index

Health and Wellness	2
Exercise and Fitness	3
Personal Development	6
Nutrition and Weight Management	7
Stress Management and Reduction	7
Health Conditions	7
Massage	8
Heart Health	8
Cancer Care	8
Grief Support	9
Women's Health	10
Pregnancy and Childbirth	10
Breastfeeding	11
Parenting	12
Children and Teens	12
Senior Topics	13
Computer Classes	14



Visit ohiohealth.com/classes for more classes. Many classes and programs are provided **FREE** because of the generosity of many individuals, companies and grant-making organizations in our community. To learn more about how you can support important OhioHealth community healthcare programs, call the OhioHealth Foundation at **(614) 544-GIVE (544-4483)** or visit ohiohealth.com/classes/foundation. Insurance reimbursement is available for OhioHealth associates enrolled in an OhioHealth benefits plan. Look for this sign  to identify those programs.

Health and Wellness



AMERICAN SIGN LANGUAGE

This class offers basic instruction for those who would like to learn sign language or need to learn it for work. Instructor has a master's degree in deaf education. Appropriate for 12 years of age and older.

Six-week series, Sundays, 1 to 3 p.m.

Jan. 8, 15, 22, 29 and Feb. 5, 12 OR

March 4, 11, 18, 25 and April 1, 15; 1 to 3 p.m.

Brenda Tuli

GMH: \$50/person

BABY BLUES: CONQUERING POSTPARTUM DEPRESSION

Schedule a one-on-one consultation to increase understanding and learn about nutrition guidelines, supplements, exercise suggestions, light therapy and how to best utilize your medical team. Partners and babies are welcome.

Yvonne Gustafson, PhD, Parent Educator

By appointment only. Call (614) 566-4446 to schedule.

EBC/R: \$25/one hour

NEW: BE A QUITTER!

This is an open group for those who have quit using tobacco or are trying to quit and need additional encouragement and support.

Anne Shearer, RRT

Call for more information. (614) 544-8338

DMH: FREE

NEW: BECAUSE YOU'RE WORTH IT

Most people are not living to their fullest potential. Their lives are too busy and stress is too high. Join us and gain energy, improve mood, and increase vitality. Spend an evening with a certified exercise physiologist and certified clinical nutritionist.

Wednesday, March 21; 7 to 8:30 p.m.

Rachel Andrews, Wellness Coordinator

GMH

NEW: COMMUNITY CARDIOVASCULAR HEALTH & WELLNESS

A five-week program focused on nutrition and fitness for adults. The program includes an individually scheduled health screening on Feb. 28, then four weekly classes on nutrition, fitness, diabetes, high blood pressure, cholesterol and stress.

March 6, 13, 20, 27; 1:30 to 3 p.m.

Call Kate Whitman, RN to enroll

(614) 566-9187 : kwhitma2@ohiohealth.com

Delaware Senior Center: \$15/entire program

COMMUNITY CARDIOVASCULAR HEALTH & WELLNESS

A five-week program focused on nutrition and fitness for adults. The programs includes an individually scheduled health screening on Jan. 12, then four weekly classes on nutrition, fitness, diabetes, high blood pressure, cholesterol and stress.

Jan. 26 and Feb. 2, 9, 16; 6 to 7:30 p.m.

Call Kate Whitman, RN to enroll

(614) 566-9187 : kwhitma2@ohiohealth.com

EHC: \$15/entire program

COUNSELING SERVICES

Our therapist helps you define and address concerns related to physical distress, anxiety, depression, relationships or life transitions and find relief and supportive resources.

Cheryl Rapose, MEd, LISW

Call (614) 566-4448 for an appointment.

EBC/R: \$50/hour

COUPLES WHO ARGUE

In this Friday workshop, you will gain a clear understanding of what causes arguments and why they are destructive to your relationship. You will come away with the tools to work together and individually to prevent criticism, anger and arguments.

Friday, April 13; 7:30 to 9:30 p.m.

Allen Ross, LPCC, CEAP

EBC/R: \$30/person

CPR - INFANT/CHILD/ADULT HEARTSAVER CPR

Learn to perform cardiopulmonary resuscitation (CPR) for the conscious, unconscious or choking infant, child or adult. A one-day Heartsaver CPR course that includes basic skill lessons on CPR and foreign body obstruction. Sponsored by the AHA.

DH: \$45

RHC: \$50/person, Saturday, Jan. 21 OR

Saturday, Feb. 18 OR Saturday, March 17;

8:30 a.m. to 12:30 p.m.

DESTINATION COOKING WEEKEND AT BIG RED'S LODGES

Spend part of a relaxing weekend at Big Red's Lodges and enjoy a personalized, hands-on cooking experience. Stay the night with us Friday night in Big Red's Lodges and then wake up Saturday morning to a relaxing Yoga session followed by a light, healthy breakfast. Participants will finish out their Destination Cooking Weekend by spending the rest of the morning learning cooking techniques from Chef Mike McCauley. Not only will you walk away with new cooking knowledge, but you will also get to taste each dish at the end of the class. This destination package also makes a great holiday gift!

Deadline for registration is December 31.

January 27 and 28

MHHC: \$179/individual; \$249/couple

DIABETES PEER SUPPORT GROUP

The Sunbury Diabetes Support Group, co-sponsored by Grady Memorial Hospital meets at the Sunbury United Methodist Church. Anyone with diabetes or anyone who supports a diabetic is invited. Registration not required. Second Monday of each month.

Monday, Feb. 13 OR Monday, March 12; 7:30 to 8:30 p.m.

Cindy Noel, Facilitator

GMH: FREE

HEALTH RISK MANAGEMENT

A personalized program to optimize and maintain your health. You'll work with a multidisciplinary team of exercise physiologists, a nurse and a dietitian to reduce weight, manage cholesterol, control diabetes, stop smoking and manage stress.

Call (614) 566-8311 for fees and available dates and times.

GHFC

ON-SITE STRESS REDUCTION FOR COMPANIES AND ORGANIZATIONS

"De-Stress with Active Relaxation" is presented as a one-hour lunch and learn session by a certified wellness educator at your place of business.

Julie Kusiak, Certified Wellness Educator

Call at (614) 431-6430 for more information and to discuss available dates and times.

EBC/R: \$125

ONCE-A-MONTH COOKING

Yes, you can cook just one full day and have delicious and nutritious meals all month long. An experienced facilitator explains the method that enables you to spend one day cooking and freezing meals for the entire month, saving you time and money.

Tuesday, March 6; 7 to 8:30 p.m.

Marsha Jevas

GMH: \$25/person

PAIN RELIEF THROUGH GUIDED IMAGERY

Guided imagery uses the power of your imagination to create positive changes in your physical and mental health. Guided imagery is a safe and effective way to reduce or eliminate pain. Dress comfortably and bring a mat for floor work.

Thursday, Feb. 23; 6 to 8 p.m.

Lora Hanna, LISW, certified hypnotherapist.

EBC/R: \$35/person

NEW: PERSONAL WELLNESS COACHING SESSION

Join a Certified Lifestyle and Weight Management Coach for an interactive session to start you on the path to better overall wellness. Attend any one of the three free sessions. "Wellness Coaching" is also offered as an ongoing, fee-based service.

Tuesday, Jan. 31; 5:15 to 6:45 p.m. OR

Thursday, Feb. 2; 9 to 10:30 a.m. OR

Thursday, Feb. 2; 3:30 to 5 p.m.

Julie Q. McNamara, MS, ACE-LWMC, CPT

Pre-registration is required.

Call (614) 566-9880.

GHFC: FREE

NEW: PERSONAL WELLNESS COACHING SESSION FOR HEALTHCARE PROVIDERS

Join a Certified Lifestyle and Weight Management Coach for an interactive session designed specifically for healthcare providers to start you on the path to better overall wellness. Refreshments will be provided.

Tuesday, Jan. 31; 7:30 to 8:30 p.m.

Julie Q. McNamara, MS, ACE-LWMC, CPT

Pre-registration is required by calling

(614) 566-9880.

GHFC: FREE

THE ELIZABETH BLACKWELL CENTER

The Elizabeth Blackwell Center, located just north of Riverside Methodist Hospital, is a place where women and men are celebrated and supported. The EBC offers a wide range of parenting and wellness programs, fitness classes and therapeutic massage.

(614) 566-5353

EBC/R

TOBACCO CESSATION AT GRANT HEALTH AND FITNESS ☀

You can quit with individual or group sessions addressing the physical and psychological effects of tobacco use. Flexible class and consultation times. Programs are one to four sessions. No cost to OhioHealth employees and family members over 18.

Mitzy Noisette

Call (614) 566-8272 for available dates and fees.

GHFC

NEW: WELLNESS COACHING ☀

Whether your goal is weight loss, managing work-related stress, or increasing energy; wellness coaching can help you overcome obstacles to achieve your goals. Attend one of the free "Personal Wellness Coaching" classes to learn more.

Julie Q. McNamara, MS, ACE-LWMC, CPT

Call (614) 566-9880 to schedule or discuss cost.

GHFC

Exercise and Fitness



AQUA ZUMBA

Join us for a Zumba party! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style! Aqua Zumba® is a safe, effective, and challenging water-based workout. Latin dance rhythms are incorporated into this class.

Jan. 9 and Feb. 13; 11:15 a.m. to noon

Monica Axelson : ldrugan@ohiohealth.com

To enroll, call (614) 566-5356.

MHHC: \$15/class

AQUATIC PERSONAL TRAINING - INDIVIDUAL ☀

Specialized water workouts designed to meet individual needs and goals. Sessions could include cardio training, sports training, post rehab exercises, flexibility and stretching, swim workouts, deep and shallow water workouts. Offered year-round.

Call (614) 566-3828 for fees and to set up training times.

MHHC

BEGINNING LEVEL YOGA FOR HEALING ☀️

This class focuses on the healing aspects of yoga. Class includes simple poses, guided imagery, brief meditations and active relaxation. Take a little time to bring harmony to mind and body.

Meets on Saturdays.

Jan. 14, 21, 28 and Feb. 4, 25 and

March 3, 10, 17; 12:30 to 2 p.m.

Julie Kusiak, PYT (Professional Yoga Therapist)

EBC/R: \$40

NEW: BIKE COMMUTER MEMBERSHIP

Work downtown? Commuting to work on bike? Conveniently located in downtown Columbus, Grant Health and Fitness Center offers a limited membership for bike commuters that wish to shower off before heading to work.

Call (614) 566-9880 for more information.

GHFC: \$16/month

NEW: CANCER CARE HEALTH TRACK PROGRAM

A six-week fitness program designed for cancer patients currently undergoing treatment at Grant Medical Center. The program encourages a positive attitude through routine exercise, healthful eating and patient advocate support. Space is limited.

Jamie Harness

Call (614) 566-9045 for more information

or to register.

GHFC: FREE

CHAIR YOGA ☀️

Experience the softer side of yoga with this low-impact exercise option for those with joint or balance concerns or limited mobility. Receive the benefits of yoga - improved alignment, breathing & flexibility - with less exertion.

Meets on Saturdays.

Jan. 14, 21, 28 and Feb. 4 OR Feb. 25 and

March 3, 10, 17; 10 to 11:30 a.m.

Julie Kusiak Professional Yoga Therapist (PYT)

EBC/R: \$40/person

NEW: CREATE-A-CLASS ☀️

Scheduled at your convenience, create-a-class allows you to gather your friends, family or colleagues and design your own small-group personal training class to meet with a certified exercise physiologist once or twice a week for ten sessions. Minimum of four participants.

Call (614) 566-9880 for more information or to schedule a class.

GHFC: \$150

EXERCISE AFTER BREAST CANCER

Eight-week sessions offered throughout the year. Work with a personal trainer weekly. Space is limited. Times scheduled at your convenience.

Call Susan Bunevich, RN (614) 566-9654 for more information.

GHFC

FITNESS CONSULTATION WITH PROGRAM DESIGN

Two sessions with an exercise physiologist include goal-setting to establish criteria for your personalized exercise program design and a step-by-step introduction to your personalized plan. Program can be designed for home or fitness facility use.

Call (614) 566-9880 to schedule with an exercise physiologist.

GHFC: \$70 for members, \$85 for non-members

FITNESS JUMP START

Jump start your fitness with this eight-week program to help you (or you and a friend of similar fitness levels) make focused progress toward your fitness goals. Includes consultation, pre- and post-measurements, and 16 personal training sessions. Discount for group of two.

Call (614) 566-9880 to schedule with an exercise physiologist.

GHFC: \$615

GRAB-A-TOWEL CARDIO BOOT CAMP

This class has everything a well-rounded fitness program should include: cardio, resistance, endurance, stability, core strength and flexibility training. This class might not be for beginners, but it could be for you.

Every Wednesday, 6 to 6:45 a.m.

Michael Johnson, CSESC, NSCA Certified Personal Trainer

(614) 579-0367

EBC/R: \$15/class

GRANT HEALTH AND FITNESS CENTER

An integrated, fitness and clinical facility open to the public offering monthly memberships and specialty programs. All new fitness members receive a comprehensive fitness orientation to ensure comfort with beginning their exercise program.

(614) 566-9880 or email us:

grant_fitness_center@ohiohealth.com

GHFC

NEW: GROUP PERSONAL TRAINING CLASS ☀️

Join a certified exercise physiologist for a 10-week, 2 days per week, co-ed small group (6 max) personal training session that incorporates strength, endurance and balance in a fun and motivating atmosphere. Available to non-members.

Sessions run from Jan. 9 to March 15.

Call (614) 566-9880 to register. For more info visit ohiohealth.com/classes.

GHFC: \$260

HATHA YOGA ☀️

Through yoga postures, breath work and relaxation, you'll experience a strong and healthy body, a peaceful mind and a joyful spirit. Mats are provided. Dress in layers and do not eat for two hours before class. Class meets on Thursdays.

Jan. 12, 19, 26 and Feb. 2, 9 OR

March 1, 8, 15, 22, 29; 6:30 to 7:30 p.m.

Kathleen Lewis

EBC/R: \$50/person

INDIVIDUAL YOGA THERAPY SESSIONS

These individual yoga therapy sessions can be especially helpful for stress reduction, pain relief and other specific health concerns. A personalized yoga program will be created during your first session, plus two additional 90-minute sessions.

Julie Kusiak, PYT (Professional Yoga Therapist) (614) 431-6430. By appointment only.

EBC/R: \$200/5 hours of instruction for the first 3 sessions.

INTRODUCTION TO BOXING: ROUND 1

Participate in eight skill-building sessions (one hour duration) and learn the basic strikes and footwork to maneuver your way around the ring. Throughout this four-week course, participants will build an arsenal of attacking combinations.

Jack Santora

Call for the next session dates.

(614) 566-3833 ext. 458

MHHC: \$130

MCCONNELL HEART HEALTH CENTER

The McConnell Heart Health Center (MHHC) redefines fitness by beginning your program with a complete health and risk assessment. MHHC also features a computerized exercise tracking system, lap and warm water swimming pools and much more.

(614) 566-5356

MHHC

NEW: MFC3 NEW YEAR'S RESOLUTIONS

Engage yourself in a new cross-fitness challenge designed to take your fitness to the next level. This is a comprehensive program including strength and power training, cardiovascular and core conditioning, and nutritional guidance. Sign up anytime.

Jack Santora
(614) 566-3833
MHHC

MOMMY AND BABY YOGA

Restore the body's core alignment and strength. Baby exercises gently stimulate the infant's body, basic motor skills and vision. Offered by Yoga on High.

Saturdays 8:30 a.m. OR Tuesdays 11:30 a.m. Jan. 17, 24, 31 and Feb. 7, 14, 21; 11:30 a.m. to 12:15 p.m. OR Feb. 4, 11, 18, 25 and March 3, 10; 8:30 to 9:15 a.m. OR March 6, 13, 20, 27 and April 3, 10; 11:30 a.m. to 12:15 p.m.
Please call Yoga on High at (614) 291-4444 for information or to enroll.
EBC/R: \$60/person

NOON YOGA AND RELAXATION

Great for beginners and those with experience. Includes meditation, breath work, yoga postures, body awareness and relaxation. Offered Wednesdays.

Jan. 11, 18, 25 and Feb. 1, 8; noon to 1 p.m.
Cherie Mannino
EBC/R: \$50/person per 5 week series

PERSONAL TRAINING AT GRANT

Work with a qualified exercise physiologist one-on-one or with a partner to improve exercise capacity, muscular strength and endurance. Individualized exercise prescriptions are based on goals and limitations. 30-minute or 60-minute sessions.

Call (614) 566-9880 to schedule with an exercise physiologist.
GHFC

PERSONAL TRAINING AT THE ELIZABETH BLACKWELL CENTER

Available for one-on-one sessions, partner training, or for small groups. Training for short-term and long-term goals is available. All training programs are created individually to give maximum potential for results.

Michael Johnson, CSESC, NSCA-CPT
Call (614) 579-0367 to schedule an appointment or ask questions.
EBC/R

PILATES

Pilates is designed to strengthen core muscles, including abdominals and the lower back, while increasing flexibility and self-awareness. All Pilates moves are based on focusing breath with movements which stimulate mind and body connection.

Jan. 5, 12, 19, 26 and Feb. 2, 9; 5:30 to 6:30 p.m.
Annette Kastens
GMH: \$45/person for six-week session.

PILATES ON THE EQUIPMENT

Learn the basic principles of STOTT PILATES® and establish core strength, improved posture and heightened mind.

Private and semi-private sessions available.
Call (614) 566-3836 x1 (Karni) to speak with a Pilates instructor.
MHHC

READY, SET, GET FIT!

This four-session package includes a health/exercise history/goal-setting consultation, step-by-step introduction to your personalized exercise program, and two one-hour personal training sessions to ensure proper form and progression.

Call (614) 566-9880 to schedule.
GHFC: \$139/individual

SCUBA DIVING - CERTIFICATION CLASSES

Learn how to scuba dive. You will receive pool and classroom training necessary to receive your PADI scuba diving certification. Offered year round.

Jan. 17, 19, 24, 26; 7 to 9:30 p.m.
Call (614) 566-3828 to enroll.
MHHC: \$279

SCUBA DIVING - INTRODUCTION

Not sure you want to commit to the full scuba diving certification classes? Try our one-hour introduction to scuba diving to see if it is something you enjoy. No prior experience necessary. Offered year round.

Thursday, Jan. 12; 7 to 8 p.m.
Call (614) 566-2428 for info or to enroll.
MHHC: \$20/one-hour scuba clinic

STEP WORKOUT IN THE POOL

An alternative to stair climbing machines or land-based step aerobics. Combines the intensity and versatility of stair climbing with the protection of an aquatic environment. Add variety and fun to your aquatic exercise.

Oct. 22 and Dec. 10 and Feb. 18; 8 to 9 a.m.
Cheryl Kuriger : ldrugan@ohiohealth.com
To enroll, call 566-5356.
MHHC: \$15/class

SWIM WORKOUTS - MASTERS SWIMMING FOR ADULTS

Lap swimmers, triathletes, marathoners and cross trainers... Do you want to take your swimming to the next level or compete in a triathlon?

Mondays, 1 to 2 p.m.
Tuesdays, 6 to 7 p.m.
Thursdays, 6 to 7 a.m.
Saturdays, 5 to 6 p.m.
Deb Rumberger
Call (614) 566-3828 to sign up.
MHHC: \$0 for members, \$140/three months of coached workouts for non-members

SWIMMING - ADULT LESSONS

Individual 30-minute swim lessons for all swimming abilities are taught by a certified, experienced swim instructor. You choose the day(s) and time(s), and we'll match you up with an instructor. Classes are offered year-round.

Call (614) 566-3828 to set up lessons.
MHHC: \$0 for members, \$125/five 30-minute lessons for non-members

TAE KWON DO

Learn basic and proven ways to defend yourself as you increase your level of fitness, self-confidence and self-discipline. Must be at least 11 years of age. Saturdays, 10:30 a.m. to noon. Six-week series.

Jan. 7, 14, 21, 28 OR Feb. 4, 11; 10:30 a.m. to noon
Andy Clark
GMH: \$45/person

TAI CHI

Ancient Chinese exercise with graceful and slow movements to relax and strengthen both body and mind. Suitable for ages 12 & up and all health conditions.

Six-week series: Tuesdays. Introductory class: 6 to 7:30 p.m. Beginners' class: 7:30 to 9 p.m.
Jan. 3, 10, 17, 24, 31 and Feb. 7 OR Feb. 21, 28 and March 6, 13, 20, 27; 6 to 9 p.m.
GMH: \$45/person

TAI CHI ENRICHED

Tai Chi involves meditative movements that strengthen the body on many levels. Learn how to develop a natural rhythm and harmonize the mind and body with controlled motions and natural breathing.

Six-week series: Mondays, 7 to 8:30 p.m.
Jan. 9, 16, 23, 30 and Feb. 6, 13 OR Feb. 20, 27 and March 5, 12, 19, 26; 7 to 8:30 p.m.
Paki Sukwattana
EBC/R: \$80/person per six-week series

TAI CHI FOR HEALTH ☀️

Safe and easy to learn for all ages, class combines a warm up of gentle stretching with twelve movements to help improve range of motion, balance and relaxation.

**Six-week series: Wednesdays,
11:30 a.m. to 12:30 p.m.**

**Jan. 4, 11, 18, 25 and Feb. 1, 8 OR Feb. 15, 22, 29
and March 7, 14, 21; 11:30 a.m. to 12:30 p.m.**

Paki Sukwattana

EBC/R: \$60/person per six week series

TOTAL BODY FITNESS ☀️

This one hour class integrates all muscle groups using body-weight exercises, step, stability balls, free weights, resistance bands and stretching.

Saturdays at 9 a.m. OR 11:30 a.m.

Jan. 14 through March 17.

**Michael Johnson, CSESC, NSCA-Certified
Personal Trainer**

EBC/R: \$50/person

**WATSU® (WATER SHIATSU) -
IN THE WARM POOL** ☀️

Sessions are held in a 91-degree, warm water pool. They are a series of passive aquatic movements, performed in a hands-on manner by a certified practitioner, modeled after the principles of Zen Shiatsu.

Gary Kopp : ldruga@ohiohealth.com

Call (614) 566-3828 for more information.

**MHHC: \$33/30-minute session for members,
\$38/30-minute session for non-members**

WEIGHT RESISTANCE ☀️

This one hour class helps tone and sculpt your body while burning fat by using resistance, balance and stability exercises. Class meets **Tuesday and Thursday at 4:15 p.m. OR 5:30 p.m. January 10 through March 15.**

**Michael Johnson, CSESC, NSCA-Certified
Personal Trainer**

EBC/R: \$75/person

WOMEN SMALL GROUP TRAINING ☀️

Ladies get fit in and get out! This is a 45-minute total-body circuit strength training class. Every workout is customized and time-efficient for women on-the-go. Some weight training experience recommended prior to taking the class.

**Renae Warner MS & Kate Morgan BS,
Certified Personal Trainer**

**To speak to an instructor and get enrolled,
call (614) 566-2429 today!**

**MHHC: \$67.50/four sessions for members,
\$77.50/four sessions for non-members**

WOMEN'S FIT CLUB ☀️

Ten-week strength training and cardio workout for all ability levels with focus on correct form and proper progression. The class meets once per week with an exercise physiologist and once per week at your convenience.

Sessions run Jan. 9 to Mar. 13.

Call (614) 566-9880 to register.

For dates and times, visit ohiohealth.com/classes

GHFC: \$100

NEW: WOMEN'S WINTER CHALLENGE!

A 45-minute total-body conditioning, core, and strength class offered at McConnell Heart Health Center. Morning and afternoon class times, open to members and nonmembers of MHHC. Begins January 9 through March 23.

**Kate Morgan; B.S Exercise Phy,
Certified Personal Trainer**

**Call 566-2420 to find out class times and how
you can get started today!**

**MHHC: \$240/11 sessions for members,
\$380/11 sessions for non-members**

YOGA ☀️

Stretching and breathing are the main components of yoga. Find balance, flexibility, strength, and relaxation of the body and mind. Open to adults of all fitness levels.

**Eight-week series: Mondays, Jan. 16 to Mar. 12
or Mar. 19 to May 7**

**Bob Johnson, certified instructor
GMH: \$45/person**

NEW: ZUMBA FOR A CAUSE

Start your New Year with a fun, energizing cardiovascular workout to a mix of Latin and international music, and help stock the local food pantry - a Win-Win! Bring two cans of food to attend this free, Zumba class.

Wednesday, Jan. 4; 6:30 to 7:30 p.m.

Cindy Berner

EBC/R: FREE

ZUMBA TONING ☀️

This class combines the Zumba cardio workout with the addition of light weights to tone and sculpt the body. Enjoy the same mix of Latin and International rhythms and dance moves.

Meets Wednesdays, 5:15 to 6:15 p.m.

Jan. 11, 18, 25 and Feb. 1, 8, 15, 22, 29 and

March 7, 14; 5:15 to 6:15 p.m.

Cindy Berner

EBC/R: \$70/person

ZUMBA® EXPRESS

Zumba is a mixture of body sculpting movements, easy to follow fast and slow dance steps, set to a fusion of Latin and International music. You don't need to be a dancer to have a fun, energizing work out!

Meets Wednesdays at 6:30 p.m.

OR Mondays at 5 p.m.

Jan. 9, 16, 23, 30 and Feb. 6; 6:30 to 7:30 p.m.

OR Jan. 11, 18, 25 and Feb. 1, 8; 5 to 6 p.m. OR

Feb. 13, 20, 27 and March 5, 12; 6:30 to 7:30 p.m.

OR Feb. 15, 22, 29 and March 7, 14; 5 to 6 p.m.

Cindy Berner

EBC/R: \$35/person

NEW: ZUMBA® IN THE CIRCUIT

This class combines the cardiovascular workout of Zumba with weight resistance training, core exercises on a mat and balance work to provide a completely effective workout.

Meets Thursdays at 7:45 p.m., Jan. 12 to Feb. 9

Cindy Berner

EBC/R: \$25/person

**Personal
Development****ANGER MANAGEMENT FOR ADULTS**

In this class you will learn how to avoid the anger reaction when someone does or says something you don't like. Discussions include work, relationship and parenting issues.

Meets Tuesdays.

March 6, 13, 20, 27 and April 3, 10; 7:30 to 9 p.m.

Allen Ross, LPCC, CEAP

EBC/R: \$100/person per 6-week series

SOULCOLLAGE® INTRODUCTION

SoulCollage® is a unique and delightfully creative process for self-exploration, self-acceptance, and healing. This course will give you an overview of the creative process and illustrate how SoulCollage can help you on your journey to wholeness.

Saturday, Feb. 4; 9 a.m. to 12:30 p.m.

Julie Henderson

EBC/R: \$48/person

Nutrition and Weight Management



BE SUPERMARKET SAVVY

Learn the basics for navigating the healthy options at the grocery store and make better, cost-effective choices. Topics include: reading food labels; high fructose corn syrup; organic foods; "gluten-free" and "free range."

Wednesday, Jan. 18; 5:30 to 7 p.m. OR

Monday, Feb. 20; 5:30 to 7 p.m. OR

Saturday, March 31; 10:30 a.m. to noon

Sally Kuzemchak

EBC/R: \$25/person

FRESH START BARIATRICS AT RIVERSIDE

Free seminar to learn about bariatric surgery options and the Fresh Start Bariatrics at Riverside program. Meet our bariatric surgeons, hear past patients' stories and get information to help you decide whether bariatric surgery is right for you.

RMH

NUTRITION COUNSELING

OhioHealth's professional team of registered dietitians and certified diabetes educators are available for one-hour individual consultations for any nutrition diagnosis. Insurance coverage, Medicaid, Medicare may apply.

Call (614) 566-1111 for appointments

Monday through Friday.

DH

GHFC

THE MEDICAL WEIGHT TREATMENT PROGRAM AT MCCONNELL

There are three program tracts to choose from. Call to learn more about our Very Low Calorie Diet (VLCD), our Low Calorie Diet and our Weight Maintenance program.

Tammy Doerschuk

Call (614) 566-2700 for dates, times and pricing.

MHHC

NEW: VITALITY: WEIGHT MANAGEMENT AND LIFESTYLE CHANGE PROGRAM

This 12-week program provides sessions with an exercise physiologist, dietitian and wellness coach to develop healthful behaviors for life. Includes weekly personal training sessions.

Complimentary facility membership included.

Call (614) 566-9880 to schedule a tour or enroll.

GHFC

Stress Management and Reduction



ALEXANDER TECHNIQUE

The Alexander Technique is a widely recognized educational method for improving balance, postural alignment, flexibility and energy. Learn dynamic techniques for rejuvenating your mind and body.

Monday, March 26; 7 to 8:30 p.m.

David Nesmith, BMus, MMus, ATI Certified

EBC/R: \$30

INTRO TO MINDFULNESS-BASED STRESS REDUCTION

Learn about curriculum, expectations and clinical outcomes of Mindfulness-Based Stress Reduction. Meet the facilitator, ask questions and determine if this powerful program is for you. Call (614) 566-4448 to reserve your seat.

Thursday, Jan. 12; 6 to 7:30 p.m.

Cheryl Rapose, MEd, LISW

EBC/R: FREE

MINDFULNESS-BASED STRESS REDUCTION (MBSR) ☀

Learn skills to quiet the mind, develop insights and cope effectively with life's stressors.

Meets Tuesdays

6:30 to 9 p.m., Jan. 24 through March 13.

Plus, Sunday March 4 from 9 a.m. to 4 p.m.

Cheryl Rapose, Med, LISW

Call (614) 566-4448 to register.

EBC/R: \$325/person per 8 week series

Health Conditions



BETTER BREATHERS OF DUBLIN

Support for adults with pulmonary disease and their family members/caregivers. Monthly topics discussed with guest speakers. This is a fun, relaxed and non-judgmental atmosphere. Light refreshments provided, wheelchair accessible.

Jan. 16 and Feb. 20 and March 19;

12:30 to 2 p.m.

Anne Shearer RRT, RCP

(614) 544-8338

DMH: FREE

DIABETES SUPPORT GROUP

Support for adults with Type 1 and 2 diabetes and their family members through discussions and speakers. The group meets six times per year, every other month, from 7 to 8 p.m.

Call (614) 566-5356 for more information.

MHHC: FREE

FIBROMYALGIA INFORMATION NETWORK

Fibromyalgia is a chronic musculoskeletal condition that causes pain throughout the body. This program is designed to help those who suffer from fibromyalgia relieve and control their symptoms through exercise, relaxation training and physical therapy.

Jan. 9 and Feb. 13 and March 12; 7 to 8:30 p.m.

Sue Leidtke, Facilitator

GMH: FREE

GESTATIONAL DIABETES EDUCATION

Patients and their families can arrange two, one-hour appointments with a certified diabetes educator nurse and dietitian for self management of gestational diabetes. Requires referral from your physician and is covered by most insurance companies.

Call (614) 566-5356 for more information.

MHHC

LIVING WELL WITH DIABETES

Two-day series for people with diabetes and their families. Program covers basic nutrition, glucose monitoring, hyperglycemia, hypoglycemia, meal planning and medications.

Jan. 9, 10; 9 a.m. to noon OR

March 13, 14; 5 to 8 p.m.

Angela Gilkerson, RN and

Amanda Johnson, Dietitian

GMH: FREE

VASCULAR REHAB AT GRANT

A comprehensive program of exercise and risk reduction for patients with peripheral arterial disease. A team of physicians, exercise physiologists, dietitians and nurses helps improve exercise tolerance, reduce symptoms and improve function.

Call (614) 566-8311 for available dates and times.

GHFC

YOUNG ADULT STROKE AND SUPPORT GROUP

An education and support program for stroke survivors ages 18 to 60, families and caregivers.

Call (614) 566-1124 for more information.

UARC: FREE

Massage



COUPLES MASSAGE INSTRUCTION

This 2 1/2 hour session will teach partners how to give and receive a full body massage for relaxation and pain relief. Please be prepared to wear clothing such as shorts or tank tops that reveal arms and legs.

Michelle Harklau, Licensed Massage Therapist
Call (614) 208-2238 to learn more or to schedule your session.
EBC/R: \$100/couple

MASSAGE THERAPY

Experience the benefits of massage therapy with one of our licensed massage therapists through the use of various techniques. Body wraps and hot stone massage offered. 30-minute, 60-minute and 90-minute appointments are available.

Bill Drake, LMT or Monique Gibson, LMT
Call (614) 566-9880 to schedule.
GHFC

MASSAGE THERAPY AT THE ELIZABETH BLACKWELL CENTER

Experience the benefits of massage therapy with one of our licensed massage therapists through the use of various techniques, including Swedish, Trigger-Point, Deep Tissue, Cranial Sacral, Pre/Postnatal, Infant Massage and Labor Massage.

For more information or to schedule a massage, call EBC Massage Scheduling at (614) 566-5343.
EBC/R

SEATED MASSAGE

Need a quick break to relax your muscles and take the kinks out of your neck? Sign up for a 15-minute seated massage by a licensed massage therapist.

Wednesday, Jan. 11 OR Wednesday, Feb. 8 OR Wednesday, March 14; 3:30 to 6 p.m.
Julie Clinger
GMH: \$12/person

Heart Health



ANTICOAGULATION CLINIC

For patients taking anticoagulation medication (blood thinners); provides lab work, medication adjustment and education all in one visit.

Physician referral is required. Free parking.
GMH: (740) 615-1260
DMH: (614) 544-8995
DH: (614) 544-2939
GMC: (614) 566-9773
MHHC: (614) 566-4758

CARDIAC REHAB AT GRANT

A registered nurse, dietitian and exercise physiologist work together in this personalized 12-week structured exercise program to educate you on stress management, relaxation techniques, heart healthy eating, health responsibility and goal-setting.

Call (614) 566-8311 for available dates and times.
GHFC

CARDIAC REHAB AT MCCONNELL HEART HEALTH CENTER

A registered nurse, dietitian and exercise physiologist work together in this personalized 12-week structured exercise program to educate you on stress management, relaxation techniques, heart healthy eating, health responsibility and goal-setting.

Call (614) 566-4519 for available dates and times.
MHHC

HEART FAILURE CLINIC

Multidisciplinary approach to the care of patients with heart failure to improve health and quality of life. Assessments, treatments and education available. Referral from a physician is required. Free parking.

DH: (614) 544-2832
GMC: (614) 566-9492

NEW: MCCONNELL ANTICOAGULATION CLINIC AT WESTERVILLE MEDICAL CAMPUS

For patients taking anticoagulation medication (blood thinners); provides lab work, medication adjustment and education all in one visit. Physician referral is required. Free parking.

(614) 566-4758
WMC

NEW: MCCONNELL CARDIAC REHAB AT GRADY MEMORIAL HOSPITAL

A registered nurse, dietitian, and exercise physiologist work together in this personalized 12-week structured exercise program to educate you on stress management, relaxation techniques, heart healthy eating, health responsibility and goal setting.

Call (614) 566-4519 for available dates and times.
GMH

NEW: MCCONNELL CARDIAC REHAB AT WESTERVILLE MEDICAL CAMPUS

A registered nurse, dietitian and exercise physiologist work together in this personalized 12-week structured exercise program to educate you on stress management, relaxation techniques, heart healthy eating, health responsibility and goal-setting.

Call (614) 566-4519 for available dates and times.
WMC

NEW: MCCONNELL CARDIAC REHABILITATION AT DOCTORS HOSPITAL

A registered nurse, dietitian and exercise physiologist work together in this personalized 12-week structured exercise program to educate you on stress management, relaxation techniques, heart healthy eating, health responsibility and goal-setting.

Call (614) 566-4519 for available dates and times.
DH

Cancer Care



BREAST CANCER SUPPORT GROUP

The Breast Cancer Support Group meets the first Wednesday of each month at 6:30 p.m. at the Elizabeth Blackwell Center at Riverside. The group is open to survivors only.

Kathy Stydnicki
Call (614) 566-3498 to register.
EBC/R: FREE

BREAST CANCER YOGA GROUP

Designed to help women cope with their diagnosis and to promote wellness and recovery. These sessions are offered every other Wednesday, 6 to 7 p.m.

Jan. 11, 25 and Feb. 8 OR Feb. 22 and March 7, 21; 6 to 7 p.m.
Certified Instructor.
Call (740) 615-2403 to register.
GMH: FREE

CANCER AWARENESS AND PREVENTION

Call Freda Clark, RN, in the Grady Cancer Program office if you would like a speaker for your community group's day or evening program. Presentations on breast health and other cancer-related topics are available.

Delaware County only.

Freda Clark, RN

(740) 615-2403

GMH

CANCER TRANSITIONS

This seven-week Cancer Survivor series targets many of the physical, psychosocial and practical aspects that you and your loved ones face now that cancer treatment is over. Sessions include nutrition, exercise, stress management and more.

4 to 6:30 p.m.

Cathy at The Wellness Community:

(614) 791-9510

Teri Parker at Doctors Hospital: (614) 544-2346

DH: FREE

NEW: CANCER WELLNESS PROGRAM

An eight-week program that uses exercise, education and peer support to help cancer survivors improve their quality of life at any stage of treatment. Classes meet twice per week at various times. Classes are ongoing.

Amy Kleski at (614) 566-3920 or

Laura Leach at (614) 566-3880

MHHC

HIGH-RISK BREAST CLINIC

For women who have an increased risk for breast cancer, the Clinic combines the comprehensive, complete approach provided by the Breast Health Program with the Cancer Genetics Program, as well as breast imaging.

Physician referral required.

Call the High Risk Breast Clinic hotline at

(614) 566-5646 for more details.

GMC

MULTI-SPECIALTY SECOND OPINION BREAST CANCER CLINIC

An opportunity for women to learn more about diagnosis and treatment options from breast cancer specialists

(614) 566-4321

RMH: FREE

Grief Support

HomeReach Hospice grief support programs are offered at Kobacker House (KH) and the Hope Center at Grady (GMH). All group meetings and workshops are FREE. Counseling services are available. Please call (614) 566-5377 to register or for more information.

BODY WISDOM IN THE GRIEF PROCESS

Grief can be experienced in a variety of ways. The practice of Yoga can provide a healing experience which can help us cope with grief in new ways. This six-session workshop includes gentle yoga and discussion about grief. No experience required.

Jan. 10, 17, 24, 31 and Feb. 7, 14; 6:30 to 8 p.m.

Facilitated by Karen Herrmann,

LPCC-S bereavement counselor

Call (614) 566-5377. Registration limited.

KH: FREE

DREAMS AND HEALING

Throughout the ages, dreams have been revered as a source of wisdom. Explore how our dreams continue to be a source of guidance for us today, and an instrument of healing, especially as we grieve the loss of those who have died.

Monday, March 12; 7 to 9 p.m.

KH: FREE

GRIEF EDUCATION SERIES

Have you experienced the death of someone close in the past year? Would you like to learn how to effectively deal with your grief? This six-week informal and informative series is tailored to your needs. Class builds upon each week's lessons.

Jan. 26 and Feb. 2, 9, 16, 23 and March 1 OR

March 27 and April 3, 10, 17, 24 and May 1;

10 to 11:30 a.m.

Lucy Hunter, MA, LPCC-S

Transitions Counseling

230 N. Sandusky St., Delaware

GMH: FREE

HEAL (HEALING ENCOUNTERS AFTER A LOSS)

A support group for parents who found that pregnancy interruption was the most loving choice for their sick unborn baby. Counselors from MFM/RMH and Nationwide Children.

Once a month; 6:30 to 8 p.m.

Please call for dates.

Carolee Noonan, MS, MA, CGC (614-566-1027)

David Sharpe, MS (614-566-1988)

EBC/R: FREE

HELPING CHILDREN WORK THROUGH GRIEF

This workshop for parents and caregivers will provide information on how to help children and teens cope and re-adjust throughout their grieving process.

Wednesday, March 7; 7 to 9 p.m.

KH: FREE

MEN AND GRIEF

This group for men will explore issues of grief and ways men can cope. Third Monday of the month, 7 to 8:30 p.m.

Jan. 16 and Feb. 20 and March 19; 7 to 8:30 p.m.

Robert Towner-Larsen

KH: FREE

PATHFINDERS TEEN GROUP

For teens ages 13 to 18 who have lost a loved one. Sessions include discussion and activities led by a grief specialist. Meets the last Monday of the month, 6 to 7:30 p.m.

Jan. 30 and Feb. 27 and March 26; 6 to 7:30 p.m.

Call (614) 566-5377 to register.

KH: FREE

PREGNANCY AND INFANT LOSS SUPPORT GROUP

For parents who have lost a baby before, during, or within the first year after birth.

Meets first Tuesday of the month

Jan. 3 and Feb. 7 and March 6; 7 to 9 p.m.

Call (614) 566-5377 to register.

KH: FREE

SMALL STEPS PRESCHOOL PROGRAM

A grief support group with activities and discussion for parents and children ages 3 to 5 years about coping with loss.

Meets third Saturday of the month.

Jan. 21 and Feb. 18 and March 17; 9 to 10:30 a.m.

Call (614) 566-5377 to register.

KH: FREE

STEPPING STONES

For children ages 6 to 12 years who have lost a loved one. Discussion and sharing through activities.

Third Saturday of the month.

Concurrent meeting held for adults, 9 to 10:30 a.m.

Jan. 21 and Feb. 18 and March 17; 9 to 11:30 a.m.

Call (614) 566-5377 to register.

KH: FREE

STEPS TOWARD HEALING

For adults who have lost a loved one. Group meets weekly for eight sessions, four times a year.

Jan. 4 thru Feb. 22. 7 to 8:30 p.m.

Call (614) 566-5377 to register.

KH: FREE

WHEN A PARENT DIES

Losing a parent changes everything... from who you are, to where you are in the generations of your family and your role within the family. This program explores those changes, the implications for you and your family, and how to adjust.

Thursday, March 15; 6:30 to 8 p.m.

Lucy Hunter, MA, LPCC-S

Transitions Counseling

230 N. Sandusky St., Delaware, OH 43015

GMH: FREE

WHEN AN ADULT CHILD DIES

Parents of any age have special needs when grieving the loss of an adult child. Coping skills and learning how to adjust to this powerful loss are discussed.

Tuesday, April 10; 6:30 to 8 p.m.

Lucy Hunter, MA, LPCC-S

Transitions Counseling

230 N Sandusky St., Delaware

GMH: FREE

WIDOW-WIDOWERS SUPPORT GROUP

For adults who have lost a spouse.

First Wednesday of the month,

Jan. 4 and Feb. 1 and March 7; 2 to 3:30 p.m.

Maple Grove United Methodist Church

7 W. Henderson Rd., Columbus

KH: FREE

YOUNGER AND/OR STILL WORKING WIDOWS AND WIDOWERS

If you are a younger man or woman or still working and have lost your spouse, you are facing unique challenges. Learn how to cope with strong feelings and deal with practical issues.

Third Monday of the month,

Jan. 16 and Feb. 20 and March 19;

6 to 7:30 p.m.

Lower level, private dining room

GMH: FREE

YOUNGER WIDOWED PERSONS GRIEF SUPPORT GROUP

For adults who have lost a spouse.

Second Tuesday of the month, Jan. 10 and Feb. 14 and March 13; 7 to 8:30 p.m.

Call (614) 566-5377 to register.

KH: FREE

Women's Health**JOBST SUPPORT FITTINGS**

Benefit from the support and comfort offered by Jobst SupportWear® and Medical LegWear.® Fitting consultants at the Women's Boutique at the Riverside Women's Center will measure and assist you with your selection.

Appointments recommended.

Open Monday through Friday, 9 a.m. to 7 p.m.

(614) 566-5353

WC/R

MOTHER'S MILK BANK OF OHIO

The Mothers' Milk Bank of Ohio, a service of Grant Medical Center, provides human milk to premature infants and babies who are failing to thrive or have life-threatening diseases or conditions.

To learn more about donating milk, call (614) 544-0810.

GMC

THE WOMEN'S BOUTIQUE AT RIVERSIDE

Our boutique stocks a wide selection of breast pumps, nursing bras and pillows, and other breastfeeding supplies. You'll also find Jobst support stockings, pampering skin care products, unique jewelry and other intriguing items.

Open Monday through Friday, 9 a.m. to 7 p.m.

(614) 566-5353

WC/R

Pregnancy and Childbirth**BABY CARE BASICS**

Learn the basics of newborn baby care prior to baby's arrival. Topics include bathing, diapering, feeding and more. Partners are encouraged to attend at no additional cost.

Visit www.birthofamom.com for dates and times.

DH: \$30

GMH: \$30

Destination Maternity: \$35

ABC/G: \$35

EBC/R: \$35/couple

DMH: \$35

BABY CARE BASICS FOR ADOPTIVE PARENTS

Adoptive parents prepare for newborn's arrival and learn the basics of baby care, including infant growth and development, bathing, diapering, feeding and more. A separate Infant/Child class also may be scheduled.

Saturday, Dec. 3; 2 to 5 p.m.

ABC/G: \$35

BIRTH THE SECOND TIME AROUND

A refresher on labor and birth, cesarean birth, pain management, contraction techniques, breathing, relaxation and massage. Partners welcome.

Destination Maternity: \$60

CHILDBIRTH EDUCATION: BIRTH WITH AN EPIDURAL

This one-time class reviews anatomy and physiology of birth, comfort measures for early labor and information about epidural anesthesia. Schedule maternity tour separately.

Lisa Kase, RN

For dates and times,

visit www.birthofamom.com

RMH: \$80/couple

CHILDBIRTH EDUCATION: FOUR WEEK SERIES

This comprehensive class provides an in-depth preparation for the birth experience, focusing on a variety of comfort measures including breathing and relaxation, labor positions, medication options, including epidural anesthesia.

Includes maternity tour.

For dates and times,

visit www.birthofamom.com

DH: \$85

RMH: \$95/couple: Dani Johnson, LCCE;

Marcia Smith, RN, LCCE

CHILDBIRTH EDUCATION: ONE-DAY WORKSHOP

A condensed all-day childbirth class that prepares couples for the birth experience and includes comfort measures, breathing and relaxation and medication options.

Maternity tour included.

Go to www.birthofamom.com to see class dates and times.

ABC/G: \$95/couple

DH: \$85

DMH: \$95/couple

RMH: \$95/couple; Lisa Kase, RH,

Dani Johnson, LCCE; Marcia Smith, RN, LCCE

**CHILDBIRTH EDUCATION:
TWO-DAY WORKSHOP**

A condensed childbirth class that meets twice to prepare couples for the birth experience. Content includes comfort measures, breathing and relaxation, and medication options.

For dates and times, visit www.birthofamom.com

ABC/G: \$85

RMH: \$95/couple; Lisa Kase, RN, Dani Johnson, LCCE; Marcia Smith, RN, LCCE

DH: \$85

DMH: \$95/couple

**NEW: CHILDBIRTH EDUCATION:
UNDERSTANDING BIRTH ECLASS**

Learn from your PC! An online class for expectant parents to use from the comfort of home. Covers pregnancy, labor, comfort techniques, birth and newborn care. Self-paced with interactive activities. Available for 45 days after receiving class code.

Made possible by Elizabeth Blackwell Center Service Board

Register on-line at www.BirthofaMom.com or call (614) 4-HEALTH (443-2584).

OhioHealth Events: \$75/couple

COMFORT MEASURES IN LABOR

Designed to supplement the regular Childbirth Education Class or Refresher Class, you'll learn massage techniques and comfort measures that can support you during your birth experience. It is also an additional resource for support persons.

Destination Maternity: \$40

DH: \$40

GMH: \$35

**NEW: FREEDOM FROM SMOKING
FOR MOMMIES-TO-BE**

This is a seven-week, eight-session class that provides education, motivation, and support to pregnant women/significant others to stop using tobacco, one step at a time.

Anne Shearer, RRT

(614) 544-8338

DMH: \$25

GRAND!PARENTING

Come spend an evening refreshing your memory on infant care, as well as learning about how much things have changed. We will review baby proofing, SIDS/safe sleep, support for the expectant family and tips on long-distance grandparenting.

Thursday, Jan. 26 OR Thursday, Feb. 23 OR

Thursday, March 15; 6 to 8 p.m.

Tobey Huntley

EBC/R: \$15/person; \$25/couple

MATERNITY TOURS

Prepare for baby's birth with a tour of labor and delivery, postpartum and nursery areas. A tour is strongly recommended. Tours and parking are FREE. Please register each person planning to attend the tour.

Visit www.birthofamom.com for dates and times.

GMH

DH

ABC/G

RMH

DMH

PREEMIE INFANTWEAR

Find adorable and practical clothing for smaller infants, including sleepers, gowns, convert-bags and specialty clothing, at the Women's Boutique at Riverside Methodist Hospital.

The Women's Boutique is open 9 a.m. to 7 p.m., Monday through Friday.

(614) 566-5353

WC/R

PREGNANCY YOGA ☀

An introduction to breath work, gentle opening yoga postures and deep relaxation for expectant mothers. Increase energy, build strength and flexibility and improve focus and concentration for labor and birth. Offered by Yoga on High.

EBC/R: \$149/person per 10 week series

Meets Mondays at 6 p.m.,

Jan. 9 through March 12; OR

Saturdays at 10 a.m., Jan. 14 through March 17.

To register, call Yoga on High at

(614) 291-4444.

GHFC: \$149

10-week series. Jan. 25 to March 28.

To register, call Yoga on High at

(614) 291-4444.

PRENATAL YOGA ☀

Ease discomforts of pregnancy and strengthen and stretch your body as you foster self-awareness and confidence to prepare for birth. Class offered at Destination Maternity in partnership with RMH and Balanced Yoga.

Meets Thursdays, Jan. 26 and Feb. 2, 9, 16, 23

and March 1 OR March 15, 22, 29 and

April 5, 12, 19; 5:30 to 6:30 p.m.

Visit www.birthofamom.com for

dates and times.

Destination Maternity: \$80/person

SIBLING CLASS

This fun, interactive class celebrates a child's special role as big brother or sister. Children learn what to expect when a new baby joins the family and what newborns can and can't do. The class includes safety basics and a visit to the nursery.

Includes visit to the nursery.

Go to www.birthofamom.com to see class dates and times.

DMH: \$10

GMH: \$10

DH: \$10

GMC: \$15

RMH: \$10/child

SIBLING CLASS FOR UNDER 3

A sibling preparation class designed for children under age three. This fun and interactive class includes hands-on activities and a visit to the nursery.

Visit www.birthofamom.com for dates and times.

RMH: \$10/child

Breastfeeding**ASSISTANCE FOR THE
BREASTFEEDING MOTHER**

Consult with a board-certified lactation consultant before or after you deliver. We also offer nursing bras with fittings, pumps to rent or buy and other breastfeeding items. **Appointments are available Monday through Friday from 9 a.m. to 5 p.m.**

GMH: (740) 615-2116

WC/R: (614) 566-3434

BABYWEIGH STATION

You might wonder if your baby is gaining the appropriate amount of weight. Bring your infant to the weigh station to find out just how much baby has gained. Please call to make an appointment.

GMH: (740) 615-2116

WC/R: (614) 566-5353

BREAST PUMP RENTAL

Continue to provide your baby with the best nutrition possible by collecting breast milk for use while you are away. Choose from a variety of breast pumps; get expert advice and assistance in selecting the most effective and efficient equipment.

ABC/G: (614) 566-9008

WC/R: (614) 566-5353. Available 9 a.m. to

7 p.m., Monday through Friday.

DH: (614) 544-2111

GMH: (740) 615-2116

BREASTFEEDING 101

Learn from Certified Lactation Consultants “how-to” and “why-to” techniques for successfully breastfeeding your infant. Partners are encouraged to attend.

Sept. 24 and Oct. 1; 3 to 4 p.m.
Destination Maternity: \$35

BREASTFEEDING HELPLINE

Speak with a board-certified lactation consultant about your breastfeeding questions and concerns.

ABC/G: (614) 566-9008
WC/R: (614) 566-3434
GMH: (740) 615-2116
DMH: (614) 544-8002

BREASTFEEDING MOMS GROUP

Join other breastfeeding mothers and share breastfeeding experiences and information. A lactation consultant is available to answer questions.

Group meets every Thursday at 1:30 p.m.;
no registration necessary.
WC/R: FREE

BREASTFEEDING PREPARATION CLASS

Learn from lactation educators about the natural process of breastfeeding, lactation and physiology of the breast, positioning, identification of infant feeding cues, nutrition and storage of breast milk.

ABC/G: \$35
DH: \$35
GMH: \$30
DHC: \$35
RMH: \$35/couple

INFANT MEDICAL SCALE RENTAL

Some infants need closer weight gain monitoring. For your convenience, medical grade scales are available to rent for home use.

Call Monday through Friday, 9 a.m. to 7 p.m.
(614) 566-5353
WC/R

MOTHER'S MILK BANK OF OHIO

The Mothers' Milk Bank of Ohio, a service of Grant Medical Center, provides human milk to premature infants and babies who are failing to thrive or have life-threatening diseases or conditions.

To learn more about donating milk,
call (614) 544-0810.
GMC

NURSING BRA FITTING AND SALES

We offer the best selection of quality nursing bras in the region. Choose from styles by Bravado, Medela and Fancee Free. Bras are professionally fitted for comfort and function.

Appointment recommended and
available Monday through Friday.
WC/R: (614) 566-3434
ABC/G: (614) 566-9008

Parenting**BRIGHT FROM THE START**

Join an Elizabeth Blackwell Center parent educator to learn the kinds of sensory stimulation and play activities help babies as they embark on a lifetime journey of learning and growth.

Monday, Feb. 13; 7 to 8:30 p.m.
Yvonne Gustafson, Ph.D.
EBC/R: \$15/couple

CAR SEATS: IS YOUR BABY SAFE?

Learn basic child passenger safety information from the age of newborns up to 13 years, including proper car seat installation techniques.

Destination Maternity: \$40

HAPPIEST BABY ON THE BLOCK

Based on the work of Dr. Harvey Karp, both expectant and new parents will learn to soothe even the fussiest infant in minutes. Parents of newborns (0-3 months) are encouraged to bring their baby. Great to take during third trimester too. Includes DVD.

Sunday, Feb. 5; 2 to 4 p.m.
DMH: \$50

INFANT SIGN LANGUAGE

Learn basic sign language to use with your baby in this three-week series. Babies are welcome and should be at least 6-months-old or able to sit up (we cannot accommodate older siblings).

Jan. 12, 19, 26; 10 to 11 a.m.
Tobey Huntley
EBC/R: \$30/person

NEW MOMS GROUP

New mothers and babies (from birth to 12 months) meet with one another and share information. An EBC parent consultant is available for questions. No registration required — just drop by.

Tuesdays from 1:30 to 2:30 p.m.
Yvonne Gustafson, PhD
For more information, call (614) 566-4446.
EBC/R: FREE

PARENT COACHING

EBC Parent Coaches offer support and information (by phone appointment or onsite at the EBC) tailored to your individual needs. Learn workable solutions to help meet the challenges of parenthood.

Call (614) 566-4446 to schedule.
EBC/R: \$50/one-hour coaching session

PARENTING HELPLINE

The Parenting Helpline is available for identifying resources and/or community referrals as well as to address brief parenting questions.

Call (614) 566-4446.
EBC/R: FREE

POSITIVE DISCIPLINE

Raising children can test any parent's patience. In this four-week series you'll learn techniques to provide limits and positive discipline while building your child's self-esteem.

Jan. 17, 24, 31 and Feb. 7; 7 to 8:30 p.m.
Yvonne Gustafson, PhD.
(614) 566-4446
EBC/R: \$60/couple

TODDLER TALKS

Enrich your understanding of the toddler years by participating in our play and learn environment. Dr. Yvonne Gustafson will be available to answer questions and have informal discussions with you as you supervise your child (children's) play.

Jan. 19, 26 and Feb. 2, 9, 16, 23 and March 1, 8, 15, 22 OR March 29 and April 5, 12, 19, 26 and May 3, 10, 17, 24, 31; 9:30 to 11 a.m.
Yvonne Gustafson, PhD
Call (614) 566-4446 for more information.
EBC/R: \$60/family

TODDLER ZONE PLAY GYM

A flexible playtime for children and parents in our enriched play space, set up for you and your one- to three-year-old. An EBC Parent Consultant is available for parents' questions.

Monday, Tuesday, Wednesday; 9:30 to 11 a.m.
No registration required.
EBC/R: \$6/child

TRANSITIONS

As a girl becomes a woman, it's a special time. This program helps fourth-, fifth- and sixth-grade girls and their mothers face puberty issues positively and with understanding.

Wednesday, Mar. 28; 6 to 8 p.m.
Heidi Peterson/Helen Andreas
GMH: \$18/mother & daughter

Children and Teens**KID KWON DO** ☀️

Channel your 6 to 10-year-old child's energy into self-confidence with this basic self-defense series. All classes taught by a third-degree master black-belt professional instructor. Registration is required.

Six-week series, Saturdays.
Jan. 7, 14, 21, 28 and Feb. 4, 11 OR Feb. 25 and March 3, 10, 17, 24, 31; 9:30 to 10:30 a.m.
Andy Clark
GMH: \$45

Senior Topics



FOOD FOR THOUGHT SERIES

Food for Thought seminars are held weekly on TUESDAYS at the John J. Gerlach Center for Senior Health. Seminars are **FREE** for AdvantAge Members and \$5 for nonmembers. **TUESDAYS, 12:30 to 2 p.m.** Call (614) 566-4225 to register for lectures. Leave message with your class requests and dates, as well as your name and contact number.

JJGC: AdvantAge membership is offered to those 50 years of age or older and is \$15 annually for an individual, \$20 annually for a couple living at the same address. Membership is free to OhioHealth volunteers, retirees, and current associates aged 50 and over.

NEW: SENIOR SLEEP

Learn about common sleep problems as well as current assessment and treatment approaches. Tips for improving your 'sleep hygiene' will be shared.

Tuesday, Jan. 10; 12:30 to 2 p.m.
Michele Stokes, PhD, MS, Gerlach Center

NEW: LEAVE A LEGACY BY SHARING YOUR LIFE STORIES

Research shows that life review and reminiscence are important and enriching to individuals, families and communities. We can easily preserve memories for generations to come. Hear ideas and tips for recording your legacy.

Tuesday, Jan. 17; 12:30 to 2 p.m.
Paula Taliaferro, Central Ohio Area Agency on Aging

SENIOR WOMEN'S HEALTH

A discussion about health and wellness after babies and menopause.

Tuesday, Jan. 31; 12:30 to 2 p.m.
OhioHealth nurse with Women's Health

PUTTING HEALTH INTO MOTION - EAT

Find out if you are at risk for nutritional problems. Presents a food guide pyramid for older adults and covers the vitamins and minerals you need. Includes simple steps for eating healthfully so you can dig in!

Tuesday, Feb. 7; 12:30 to 2 p.m.
Sally Henkalin, MSN, Central Ohio Agency on Aging

THE HEART OF THE MATTER

On Valentine's Day, join us as we focus on your heart health. Recent research findings will be shared.

Tuesday, Feb. 14; 12:30 to 2 p.m.
Michele Stokes, PhD, MS, Gerlach Center

HEALTH CARE REFORM UPDATE

This class will discuss potential impacts on your health insurance and Medicare coverage as a result of health care reform.

Tuesday, Feb. 21; 12:30 to 2 p.m.
Matt Byrne, Central Ohio Professional Education Committee

CONVERSATIONS THAT LIGHT THE WAY

A discussion of how to guide conversations about end-of-life wishes with a loved one (or for making decisions for yourself). This end-of-life expert will address the personal, emotional and legal aspects of this planning.

Tuesday, Feb. 28; 12:30 to 2 p.m.
Doug Cluxton, MA, LPC, OhioHealth HomeReach Hospice

WHAT IS YOUR GUT FEELING?

An overview of common gastrointestinal and digestive issues, including irritable bowel syndrome (IBS), gastritis, diverticulosis, diverticulitis, celiac disease and colitis.

Tuesday, March 6; 12:30 to 2 p.m.
Jean Yaretts, RN, BSN, Gerlach Center

DO YOU HEAR WHAT I HEAR?

Learn about hearing loss and its effects, hearing aid options, ringing in the ears and other important information. Become more aware of the effects of your surroundings on your ability to hear.

Tuesday, March 13; 12:30 to 2 p.m.
Karen Mitchell, Au.D., Columbus Speech and Hearing Audiologist

TO SELL OR NOT TO SELL?

Is this a good time to consider selling your home and moving -- or should you wait?

A discussion of the current market and considerations for helping you make this decision.

Tuesday, March 20; 12:30 to 2 p.m.
Milton Lustnauer, Central Ohio Professional Ed. Committee

NEW: WHAT ARE OLD PEOPLE FOR? HOW ELDERS WILL SAVE THE WORLD

This lecture and discussion is based on the book by Dr. Bill Thomas - founder of the Eden Alternative. Joel is the radio host of Journey Through Aging, heard every Saturday morning on radio station 880AM at 8 a.m.

Tuesday, March 27; 12:30 to 1:30 p.m.
Joel Wrobbel, MBA, Westminster-Thurber Community

BALANCE™ YOGA

A 60-minute gentle workout. Focus on natural alignment to decrease aches and pains. Gentle stretching. Mondays and Wednesdays, 3 to 4 p.m. Fridays, 11 a.m. Pre-registration is not required.

Mary Sinclair, RYT, LMT,
Certified Balance™ Trainer
JJGC: \$2 for members, \$4 for non-members

COMPLIMENTARY COMPUTER TUTORING FOR ADVANTAGE MEMBERS

DJ's Cyber Café: Free one-on-one, on-site computer tutoring on a scheduled basis for one-hour sessions weekly. Peer volunteers individualize material to a student's needs and pace. Training can encompass Word-based products, Internet and e-mail.

Gerlach Peer Tutors
Call (614) 566-4226 for screening and to register.

JJGC: FREE

GENTLE AEROBICS FOR STRENGTH AND LUNG EXPANSION

A 50-minute aerobics and strength class for those who want to begin or maintain a fitness program with your physician's approval.

Mondays and Wednesdays at 9 a.m.
Tuesdays at 8:45 a.m.

Fridays at 8:30 a.m. and 9:30 a.m.

Pre-registration not required
Two choices of instructors and five class options.

JJGC: \$2 for members, \$4 for non-members

T'AI CHI FOR MOVEMENT AND BALANCE

A 45-minute class to improve movement and flexibility. Tuesdays and Thursdays at 10 a.m. Pre-registration is not required.

Dr. Yijing Sun

JJGC: \$2 for members, \$4 for non-members

Computer Classes



ATTEND COMPUTER CLASSES AT THE GERLACH CENTER

Instructors from Web Wise Boomers and Seniors offer hands-on training and practice in a small group setting. All equipment is provided. Classes are two-part unless noted otherwise and held at the Gerlach Center.

Barbara Bergmann

Call (614) 566-4225 to register.

Please leave your contact information and indicate your class choice and dates.

JJGC

BASIC COMPUTERS 1 & 2

No previous computer knowledge required. Learn how to turn the computer on/off, about the Windows program, use of the mouse and the functions of various keys. Also learn to input information, explore and other basics. Plan to attend both classes.

Feb. 7, 14; 2 to 4 p.m.

Barbara Bergmann

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

CD BURNING AND FLASH DRIVES

Burning CD's used to be the way to store information. A flash drive is now the way to quickly save, copy and backup information. Learn how to save data and photos and correctly install and remove the flash drive from your computer. A one-day class.

Tuesday, March 27; 6 to 8 p.m.

Call (614) 566-4225 to register.

You will pay at the class.

JJGC: \$18 for members, \$20 for non-members

COMPUTER TUNE-UP

Bring in your laptop for an overhaul to set up the mouse and screen to your liking. Learn how to clean up the memory to help your computer work more efficiently. Learn and practice - even if you don't own or bring in your own laptop. A one-day class.

Tuesday, March 27; 2 to 4 p.m.

Call (614) 566-4225 to register.

You will pay in the class.

JJGC: \$18 for members, \$20 for non-members

DIGITAL CAMERAS 1 & 2

Learn about choosing and using a digital camera. Learn how to take, transfer, edit, print and e-mail photos. Learn how to download the free Picassa photo editing program. Camera provided or bring your own (with the cord). Plan to attend both classes.

Jan. 10, 17; 2 to 4 p.m.

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

EMAIL 1 & 2

Prerequisite: Basic Computers and Internet 1 & 2 or equivalent knowledge. Learn the basics of e-mail: how to read, write, send, forward and reply to messages. Set up your address book; learn to send attachments and more. Plan to attend both classes.

March 13, 20; 2 to 4 p.m.

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

FACEBOOK

Learn to connect online with the people in your life. Read what your "friends" are sharing about their lives and add your own comments. Share photos, play games and more. Internet experience is helpful. Plan to attend both classes.

Jan. 24, 31; 2 to 4 p.m.

Barbara Bergmann

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

FILE MANAGEMENT

Review and apply the skills learned in Basic Computers. Learn to save information effectively, find it and organize it on your computer or on a flash drive. Learn how to install new programs & customize your computer. Plan to attend both classes.

March 13, 20; 6 to 8 p.m.

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

INTERNET 1 & 2

Prereq: Basic Computers or equivalent. Learn about search engines and browsers, connect to the Internet and navigate around the web. Download programs, search more effectively, store favorites and avoid viruses. Plan to attend both classes.

Feb. 21, 28; 2 to 4 p.m.

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members

MICROSOFT WORD 3 & 4

Prerequisite: Word 1 & 2 or equivalent knowledge. Practice creating documents, signs and letters. Discover how to create bulleted and numbered lists, how to insert photos and borders and how to customize your work. Plan to attend both classes.

Feb. 21, 28; 6 to 8 p.m.

Barbara Bergmann

Call (614) 566-4225 to register.

You will pay at the first class.

JJGC: \$45 for members, \$47 for non-members



REGISTER FOR
WINTER CLASSES
NOW!

What's better than one top hospital? Eight of them.

- + RIVERSIDE METHODIST HOSPITAL
- + GRANT MEDICAL CENTER
- + DOCTORS HOSPITAL
- + GRADY MEMORIAL HOSPITAL
- + DUBLIN METHODIST HOSPITAL
- + DOCTORS HOSPITAL – NELSONVILLE
- + HARDIN MEMORIAL HOSPITAL
- + MARION GENERAL HOSPITAL



How did OhioHealth get to be named one of the nation's Top 10 health systems three straight years by Thomson Reuters? *WE* do it by saving more hearts and treating more stroke patients than all of the other health systems in central Ohio combined.

WE do it by offering you 370 dedicated physicians treating 50 different types of cancer. And by making sure all eight of our hospitals work together for your best care. That's how *WE* do it. To learn more, go to OhioHealth.com

BELIEVE IN *WE*™  OhioHealth

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM + RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL
GRADY MEMORIAL HOSPITAL + DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL – NELSONVILLE + HARDIN MEMORIAL HOSPITAL
MARION GENERAL HOSPITAL + HOMEREACH + OHIOHEALTH NEIGHBORHOOD CARE + WESTERVILLE MEDICAL CAMPUS + 21,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

