

Class Schedule Through May



REGISTRATION

Online – *hollandhospital.org.* Visa, Mastercard and Discover accepted. Click on Classes & Events to register or for more info.

Phone - Call (616) 394-3344

In-Person - Center for Good Health 175 S. Waverly Rd., Ste. A, Holland, MI 49423

Pre-registration required for all classes and are held at Holland Hospital unless otherwise noted.

CUSTOMER SERVICE

Cancelations/Refunds/Credits – Call the Registration Administrator at (616) 394-3344 to discuss a class refund or transfer.

Weather-Related Cancelations – Classes canceled due to weather are posted by 3 p.m. the day of the class at (616) 394-3344 as well as local radio and TV stations. Class cancelations are not based on school cancelations.

Payments – Payment is required for fitness classes at time of registration, and three business days before class begins for seminars.



Each month you can hear a local primary care or specialty physician discuss a variety of medical topics, share the latest technology and treatments and answer your questions.

Dates: Thursdays, January 9, February 13,

March 13, April 10 & May 8 Time: 6-7 pm Fee: FREE



Hip & Knee **Presentations**

Experienced orthopedic surgeons who specialize in hip and knee care will explain a variety of surgical and non-surgical solutions to reduce pain, improve mobility and help you enjoy a healthy, active life.

Dates: Monday, April 21 OR June 16 Time: 6-7 pm Fee: FREE



CPR Courses

CPR for Family & Friends

This class does not offer certification. Fee: \$15 per person; \$20 per couple

Heartsaver First Aid, CPR, **AED & BBP**

Fee: \$70 for three classes combined!

Advanced Cardiovascular Life Support & ACLS Recertification

Fee: \$220 for ACLS: \$150 for recertification

BLS for Health Care Providers CPR & BLS Recertification

Fee: \$50 for BLS: \$40 for recertification

BLS & First Aid for Health Science Majors

This class meets the requirements of many college health science intro classes.

Fee: \$102

Pediatric Advanced Life Support & PALS Recertification

Fee: \$220 for PALS; \$150 for recertification

The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion needed for AHA material, do not represent income to the Association.







Healthy Weight, Healthy You

Start 2014 off right! This 8-week program focuses on lifestyle changes to improve your health and achieve a healthier body weight. The curriculum focuses on eating whole foods, portion control, emotional eating and physical activity. Learn techniques for long-term lifestyle change. Biometric measurements will be taken before and after the program.

Dates: Monday, January 13-March 3

Time: 6-7:30 pm

Fee: \$60/person: \$90/couple Location: Center for Good Health

Budge Your BMI

Learn how to budge your Body Mass Index (BMI) and make your Better Biometrics resolution a reality. Explore effective strategies to maximize caloric expenditure and fat metabolism. Learn how to take on a tolerable exercise plan, adopt reasonable nutrition practices, and commit to a lifestyle you can live with.

Date: Monday, January 6

Time: 6-7 pm **Fee:** \$5 (not refundable) Location: Center for Good Health

Spring Clean Your Diet

Does your diet have a case of the winter blues? Join us for Spring Clean Your Diet, a fun and informative class that will give you tips on cleaning up your eating habits, stocking a nutritious pantry, and ways to incorporate more fresh and healthy foods into your diet.

Date: Tuesday, March 11 **Time:** 6-7:30 pm **Fee:** \$5 (not refundable) Location: Center for Good Health

Healthy Whole Foods

Eating a diet rich in whole foods can help you lose weight and improve your health. Attend this class to learn the benefits of eating a whole foods diet as well as practical tips for meal planning, grocery shopping and meal preparation based on nutritious whole foods.

Date: Monday, April 14 **Time:** 6-7:30 pm **Fee:** \$5 (not refundable) Location: Center for Good Health

Humor and Health

Laughter is the best medicine! It positively affects your well-being. Laughter can help strengthen your immune system, and help you recover from illness. This fun, entertaining seminar, will teach the physical and mental health benefits of humor. Be prepared to laugh!

Date: Tuesday, April 1

Time: 6-7 pm Fee: \$5 (not refundable) Location: Center for Good Health

Pre-Diabetes: Steps to Re-Gain Control

If you've been told that you have prediabetes, borderline diabetes, or impaired glucose tolerance, this class is for you. Learn ways to prevent or delay the onset of Type 2 Diabetes through healthy eating, regular movement, and weight loss.

Dates: Thursday, January 9, March 20

OR May 15

Time: 6-7:30 pm Fee: \$5 (not refundable) Location: Center for Good Health

Advance Care Planning: Making Choices Michigan

This presentation workshop will help you learn how to choose a Patient Advocate who would assure your values concerning medical treatment will be honored if you are unable to speak for yourself. Patient Advocate forms will be available and staff will assist with any questions that you or your Patient Advocate may have.

Dates: February 20, May 15 OR June 19

Time: 6-7:30 pm Fee: FREE



Babysitting for Tweens & Teens

Be a safe babysitter by learning basic first aid and CPR skills, what to do in an emergency, and tips for caring for infants and children. Included are "Babysitting 101 Guide", the AHA's book "First Aid for Children" and a first aid kit. This class is great for kids ages 10-15 babysitting siblings. Snacks provided. Walk-ins and substitutions can NOT be

accommodated. Pre-registration required. Dates: Saturdays, January 4, February 1, March 1, April 5 OR May 3

Time: 9 am-12:30 pm Fee: \$25

Big Brother/Big Sister

This class will help your children of all ages to prepare for the new baby. Includes a tour of Boven Birth Center and an "I'm a New Big Brother (or Sister)" T-shirt. An adult must accompany the child.

Dates: Tuesdays, January 7, February 4,

March 4, April 1 OR May 6 Time: 6-7 pm Fee: \$10 per child



Westshore Walkers

Expert guidance offered as you stride on a climate controlled route, free of pets and potholes. Finishes with toning and stretch. No registration required.

Day: Wednesdays
Time: 1-2 pm Fee: FREE

Location: Courtyard near Dunhams

at Westshore Mall

Barre Sampler

Set the stage for success in the New Year and discover the dancer within by sampling the upcoming Barre class. Try-before-you-buy our uniquely safe method of Barre training.

Dates/Times:

Tuesday, December 17 at 12-12:45 pm OR Thursday, December 19 at 4:30-5:15 pm Fee: FREE to first 15 registrants Location: Center for Good Health

Personal Training

One-on-one training specifically designed to meet your goals, maximize workouts and minimize risk of injury. Packages available.

Date: Ongoing, call for an appointment.

Fee: Please call.

Location: Center for Good Health

Explore Belly Dance!

"Let go" and sway to calming rhythms in a colorful CfGH coin sash.

Date: Wednesday January 22

Time: 5:30-6:15 pm **Fee:** \$5 (not refundable)

Location: Center for Good Health

Intro to Fitness Package

Includes a fitness assessment, a customized plan and two 1-hour personal training sessions.

Date: Ongoing, call for an appointment.

Fee: \$120

Location: Center for Good Health

Wellness and Fitness Package

Feeling stuck? Need some encouragement and motivation to meet your goals? This Wellness Package includes three 30-minute visits with a Registered Dietician and three 60-minute personal training sessions. You will also receive a Health Age Plus Health Risk appraisal.

Date: Call for appointment. **Fee:** \$200 **Location:** Center for Good Health

Hippy Movement

Wake things up below-the-belt with an introduction to the multi-dimensional movements of Hula Hooping, Barre, and Belly Dancing. Take a load off your lumbar and get your grove on!

Date: Wednesday, March 19

Time: 5:30-6:20 pm **Fee:** \$5 (not refundable)

Location: Center for Good Health

Group Fitness Classes - 7 weeks long.

Session 1: JAN 6 – FEB 22 **Session 2:** FEB 24 – APRIL 12 **Session 3:** APRIL 14 – MAY 31

Fee: \$42 per session. Prepayment required. **Location:** All fitness classes are held at the Center for Good Health unless noted.

NOTES:

- No classes held on Memorial Day, May 26.
- All Yoga classes led by master instructor Maribeth Leniger, unless noted.

Barre — Guided posturing of the body in three planes of movement to lengthen and strengthen muscles against gravity. Progression to barre-free balance training is encouraged to correctly utilize core. Includes Benderball core strengthening.

Day: Tuesdays **Time:** 12-12:50 pm **OR Day:** Thursdays **Time:** 4:30-5:20 pm

Very Beginner Yoga – New to yoga? Learn basic poses, proper body alignment and breathing to prepare for "Beginner Yoga". Yoga mats provided.

Day: Mondays Time: 4:30-5:30 pm

Beginner Yoga – Combines body alignment and breathing with basic Yoga motions.

Day: Wednesdays Time: 4:30-5:30 pm

Beginner/Intermediate Yoga –

Day: Mondays Time: 6:30-7:30 pm

Gentle Yoga – Slowly paced practice with therapeutic adaptations to assist those recovering from or living with health challenges not addressed in basic yoga.

Day: Tuesdays Time: 4:30-5:30 pm

Intermediate Yoga – Additional postures; balance and strength movements linked together for continuous flow. Must be able to perform push-ups and other weight bearing poses on wrists.

Day: Tuesdays **Time:** 5:30-6:30 pm **OR Day:** Wednesdays **Time:** 6:30-7:30 pm

Prenatal Yoga – Gentle techniques emphasizing alignment and conditioning to enhance pregnancy, birth and recovery.

Day: Tuesdays Time: 6:30-7:30 pm

Cardio Core & Calm – Guided cardio and strength training using CfGH cardio equipment and weight training tower. Finishes with calming meditation and stretch. All levels.

Day: Mondays & Wednesdays **Time:** 5:30-6:30 pm

Cardio Step – Includes step, strength, core and Pilates movements.

Day: Mondays Time: 5:30-6:30 pm

Pilates – Smooth motions of Pilates realign and balance the body, decompress joints and stimulate circulation. Emphasizes breathing to relieve stress. Led by instructor Tanya Eaton.

Day: WednesdaysTime: 12-1 pmDay: SaturdaysTime: 9:30-10:30 am

High Intensity Interval Training -

Raise your heart rate, fitness level, and calorie expenditure with short bursts of high intensity cardio, calisthenics, and power moves. Positive team energy elevates your mood and metabolism. Led by Personal Trainer Tina Vande Guchte.

Day: Thursdays Time: 5:30-6:30 pm

10 Class Punch Pass – Punch Pass holders may drop in to any class (except Very Beginner Yoga), on first come first served basis. ONLY registered participants are guaranteed a spot in class. If no space is available, community Punch Pass Holders may use CfGH Fitness studio in exchange for a punch.

Fee: \$60 Community | \$50 HH Employee Note: Punch Passes expire May 31, 2014. Lost cards will not be replaced.

PRE-REGISTRATION REQUIRED for all classes and are at Holland Hospital unless otherwise noted. To register, call The Center for Good Health at (616) 394.3344 or log on to hollandhospital.org.



NOTE: It is recommend you complete Childbirth classes no later than one month before your due date. Register early in your pregnancy to secure the preferred class dates. A tour of the Boven Birth Center is included.

Clases De Preparación Para El Parto

Durante el año, clases de preparación para el parto en español están disponibles. Para obtener más información y las fechas en que se impartirán las clases, por favor llame a InterCare al (616) 399-0200.

Childbirth Education Saturday

One-day child birth class providing information on pregnancy, labor and delivery, and after care for mom and baby. A Boven Birth Center tour is included. Feel free to bring your own lunch and beverages.

Day: Two Saturdays a month, please call. Time: 9 am-2 pm

Boven Birth Center Orientation & Tour

This is a one-hour introduction to what Boven Birth Center has to offer. Great for expectant couples not taking a childbirth class. Registration required.

Dates: Thursdays, January 16, March 20

OR May 15

Time: 6-7 pm Fee: FREE

Breastfeeding Education On-line

"See What You Read: Better Breastfeeding" answers many of your breastfeeding questions. This book includes web-enhanced information which can be accessed for 6 months by using the pin number supplied. Dozens of video clips and helpful handouts are available for parents to view at home. Call to register. Fee: \$10

Breastfeeding Basics

Breastfeeding is one of the most important gifts you can give your baby. This one time class guides you through positioning, latch, and returning to work or school. Partners are strongly encouraged to attend. A web-based resource is included. Taught by an International Board Certified Lactation Consultant RN.

Dates: Tuesdays, January 14, March 11 OR May 6 Time: 6-8:30 pm Fee: \$20 per couple

Childbirth Education On-line

A web enhanced program for busy families. "See What You Read: Childbirth" includes dozens of short video clips. The booklet includes information which can be accessed for 6 months by using the pin number supplied. **Fee:** \$10



Wellness Services

Leave the Pack Behind

Improve your chances of quitting for good with our 7-week class exploring evidence-based cessation techniques including nicotine replacement therapies. Learn ways to manage weight and stress. Scholarships are available. Please call to register.

Dates: Tuesdays, January 7-February 18 Time: 5:30-6:30 pm Fee: \$45 Location: Center for Good Health

Problem Gambling: No One Wins

Whether you know a problem gambler or treat clients with a gambling addiction, this promises to be an eye-opening look at a serious mental health concern and the effective solutions that are available in our area. NOTE: Care providers can receive 1.0 social work credit hours for attending.

Date: Thursday, March 20 Time: 6-7 pm Fee: FREE

1-ON-1 Wellness Coaching

Do you struggle with your weight, quitting tobacco, managing your anger or coping with a chronic medical condition? We offer confidential coaching that provides the direction you need to achieve health and wellness goals. Call for more information.

Date: Call for an appointment. Fee: \$90 for 3. 30-min. sessions Location: Center for Good Health



Health Screenings

Know Your Numbers: Cholesterol & Glucose Screen

To participate in this important screening, please call to register one week prior to desired date of lab draw. You must fast for 12 hours and must complete lab draw within 30 days of registration.

Dates: On-going, call to register. Fee: \$20 Location: Any Holland Hospital Lab

Body Composition Test

Meet with a Health Educator and get your height, weight, body fat and BMI measurements along with resources for healthy living. Results are private and confidential.

Date: On-going, call for an appointment. Fee: \$10 Location: Center for Good Health

Depression Screenings

Privately discuss results from a short questionnaire. For more information or to schedule an appointment call (616) 355-3937.

Date: Walk-ins welcome Monday - Friday Time: 9:30 am-5:30 pm Fee: FREE Location: Behavioral Health Services 854 S. Washington Ave., Suite 330

Blood Pressure Checks

Date: On-going, call for an appointment. Fee: FRFF

Location: Center for Good Health

Alcohol & Substance Abuse

Call Behavioral Health Services at (616) 355-3937 for more info. or to schedule an appointment.

Worksite Wellness Programs

Did you know that Holland Hospital offers comprehensive worksite wellness programs to local employers? To learn more, contact the Holland Hospital Worksite Wellness Team at (616) 394-3344.

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