

2016 Class Schedule

September – December

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., Suite A | Holland, MI 49423

All classes require pre-registration and are at Holland Hospital unless otherwise noted.



Nutrition & Wellness



Fueling the Athlete

A healthy diet is key for athletes and active individuals looking to reach peak performance. Learn how to pump up your nutritional playbook through this research-based and practical sports nutrition class taught by a registered dietitian. Getting a leg up on nutrition may make meeting your sports performance goals a little easier than you think!

Date: Thursday, November 10

Time: 6-7:30 PM

Fee: \$5, not refundable

Location: Center for Good Health

Chef Series: Healthy Back to School Snacks

NEW!

Why not get a little more creative when battling the back to school snack attack by joining chef and Registered Dietitian Jen Plaggemars as she creates delicious and healthy snack ideas that are sure to please. Class participants will try snacks like rainbow veggie pinwheels, cherry vanilla overnight oats and peanut butter energy bites. Come prepared for samples and leave with great ideas and recipes!

Date: Monday, September 19

Time: 6 – 7 PM

Fee: \$10

Location: Center for Good Health

Chef Series: Healthy Harvest–Cooking with Autumn’s Bounty

There’s no shortage of delicious produce harvested in the fall. Join chef and Registered Dietitian Jen Plaggemars as she creates delicious autumn dishes like pumpkin risotto, goat cheese, walnut and roasted grape bruschetta, and butternut squash soup. Recipes and samples will be provided!

Date: Tuesday, October 11

Time: 6 – 7 PM

Fee: \$10

Location: Center for Good Health

Chef Series: Healthy Holiday Appetizers

We’re often inundated with unhealthy foods around the holidays. Why not make delicious and healthy appetizers for your next gathering. Join chef and Registered Dietitian Jen Plaggemars as she whips up some healthy seasonal favorites like asparagus pesto toasts with crispy prosciutto and sweet and spicy roasted chickpeas. Participants will sample a variety of appetizers and leave with all the recipes!

Date: Tuesday, December 13

Time: 6 – 7 PM

Fee: \$10

Location: Center for Good Health

Shop Smart for a Healthy Weight

Are you struggling with your weight but don’t know what to do? The grocery store may be an excellent place to start! Join our Registered Dietitian on a Family Fare grocery store tour as she helps you to navigate through the often confusing nutrition jargon and gives suggestions on foods to whittle your waistline. Participants will receive tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Tuesday, October 18

Time: 6 - 7:30 PM

Fee: \$10

Location: Family Fare, 1185 Washington Ave,
Holland

Shop Smart for a Healthy Heart

The answer to a healthier heart could be found in the grocery store aisles! Join our Registered Dietitian on a Family Fare grocery store tour as she helps to give some direction through the often unclear nutritional messages and suggests foods to help improve heart health. Participants will receive tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Tuesday, November 15

Time: 10 – 11:30 AM

Fee: \$10

Location: Family Fare, 1185 Washington Ave,
Holland

Supermarket Smarts

Hate to grocery shop? Why not learn from a pro by shopping one-on-one with a Registered Dietitian. We’ll begin by meeting to discuss meal planning and creating an efficient shopping list. Then we’ll take off to your favorite grocery store where you will learn how to make healthier choices while shopping and have the opportunity to ask questions about grocery items you frequently buy. This 2 ½ hour learning opportunity will undoubtedly be worthwhile! Call the CfGH to register.

Fee: \$75.00 per person

Location: Center for Good Health

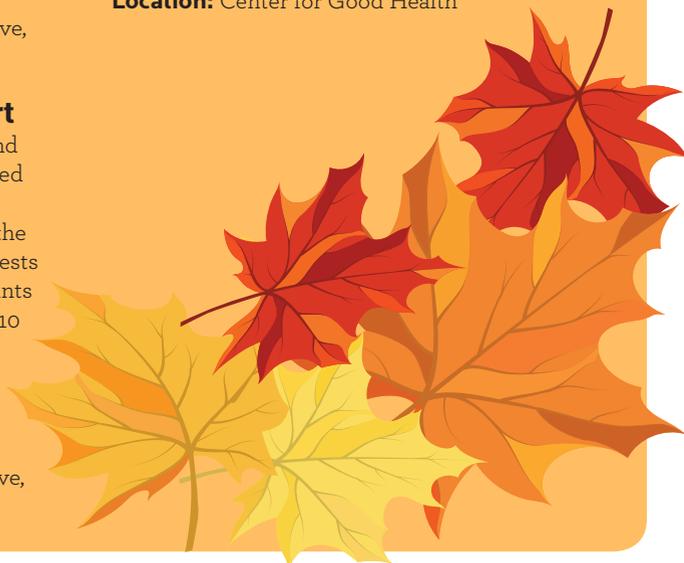
1-on-1 Nutrition Coaching

Struggling to lose weight? Diet demanding a makeover? Meeting with a Registered Dietitian may be just what you need to get started toward your wellness goals. One-on-one nutrition coaching provides direct access to our Registered Dietitian who will work with you to create a customized plan to fit your nutritional and healthy weight needs. This service is comprised of three 30-minute sessions, which include body composition and Resting Metabolic Rate (RMR) testing.

Date/Time: By appointment

Fee: \$115 per person for three 30-minute sessions

Location: Center for Good Health



CUSTOMER SERVICE

Cancellations/Refunds -

Call the Registration Administrator at (616) 394-3344 to discuss a class refund or transfer.

Weather-Related Cancellations -

Classes canceled due to weather are posted by 3 p.m. the day of the class at 616.394.3344 as well as the Holland Hospital website, hollandhospital.org. Like us on Facebook and Twitter to see closing updates there as well.

Payments - Payment for fitness classes is required at time of registration. Payment for other classes is required three business days before class begins.

PRE-REGISTRATION IS REQUIRED. Classes 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.


Children and Teens
Big Brother/Big Sister

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

Date: Tuesday nights monthly: Sept. 6, Oct. 4, Nov. 15 **OR** Dec. 6
Time: 6-7 p.m. **Fee:** \$10 per child

Babysitting 101

Become a safe babysitter by learning basic first aid and CPR skills, what to do in case of an emergency, and tips for caring for infants and children. Included are "Babysitting 101 Guide," the AHA's book "CPR for Family and Friends" and a first aid kit. This class is appropriate for teens and preteens ages 10-15 interested in babysitting. Walk-ins and substitutions can NOT be accommodated. Pre-registration required.

Date: Saturdays, Sept. 10, Oct. 1, Nov. 5 **OR** Dec. 3
Time: 9 a.m.-12:30 p.m. **Fee:** \$25


Fitness
Wellness Package

Looking to improve your diet and fitness level? Need help reaching your personal health goals? This Wellness Package includes three 30-minute visits with a Registered Dietitian and three 60-minute personal training sessions. Includes a body composition assessment and a Resting Metabolic Rate (RMR) test. Call the CfGH to set up an appointment.

Fee: \$225 per person
Location: Center for Good Health

Intro to Fitness Package

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

Date: Ongoing, call for an appointment
Fee: \$120

Personal Training

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

Date: By appointment
Fee: Call

Heart Rate Training Test

Train with purpose and precision. Take out guesswork by establishing your Lactate Threshold Heart Rate (LTHR) and defining your 5 energy zones from Recovery to All Out Effort. Your training profile will be determined by performing an intense eight minute cycling test monitored by ACE Certified Personal Trainer and triathlete Tina Vande Guchte, BA.

Date/Time: By appointment
Fee: \$40
Location: Center for Good Health

Group Fitness Classes -

Location: All fitness classes are held at the Center for Good Health.

Fall Session 1: Sept. 12 - Oct. 28
Time: Seven week session
Fee: \$42 - Prepayment is required

Fall Session 2: Oct. 31 - Dec. 16
Time: Six week session: No classes Thanksgiving week
Fee: \$36 - Prepayment is required

Barre Core - Ballet-inspired calisthenic class, suitable for beginners and athletes. Lengthening and strengthening movements target weak glutes and counteract tight calves and hip flexors. Includes Benderball abdominal exercises.

Day: Mondays **Time:** 4:30-5:30 p.m. **OR**
Day: Wednesdays **Time:** 12-1 p.m.

Very Beginner Yoga - New to yoga?

Learn basic poses, proper body alignment and breathing.

Day: Thursdays **Time:** 4:30-5:30 p.m.

Beginner Yoga - Combines body alignment and breathing with a slowly paced flow of basic yoga poses.

Day: Tuesdays **Time:** 4:30-5:30 p.m. **OR**
Day: Thursdays **Time:** 5:30-6:30 p.m.

Intermediate Yoga - Additional postures; balance and strength movements linked together for continuous flow.

Day: Tuesdays **Time:** 5:30-6:30 p.m.

Yoga Core - Combines yoga flow with a series of balance poses, followed by core strength and stretch on the ball.

Day: Wednesdays **Time:** 4:30-5:30 p.m.

Fit Pregnancy - Strengthening to prepare for the demands of labor, birth, and motherhood. Improves posture, flexibility, breathing and circulation to alleviate discomfort caused by your ever-changing body. Includes Birthing Ball movements.

Day: Wednesdays **Time:** 5:30-6:30 PM

Foam Rolling - Roll out "knots" (trigger points) of tension developed through stress, overuse, underuse, movement imbalances and injuries. If ignored, these adhesions can lead to further dysfunction or injury. Foam rolling increases circulation of blood and nutrients, producing healthier, more pliable muscle tissue and a more effective fitness program. Excellent for preparation and recovery from exercise. 30 minutes of guidance followed by 15 minutes optional restorative stretch.

Day: Mondays **Time:** 5:45-6:15 PM

10-Class Punch Pass - Drop in to any class, on a first-come, first-served basis. ONLY registered participants are guaranteed a spot. If no space is available, community Punch Pass holders may use CfGH fitness studio for a punch.

Fee: \$70 Community | \$60 HH Employee
Note: Punch Cards expire four months from purchase date. Lost cards will not be replaced.

**Pregnancy, Parenting & Birth**

NOTE: It is recommended that you complete childbirth classes no later than one month before your due date. Register early in your pregnancy to secure the preferred class dates.

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

Convenient one-day class. A childbirth educator will discuss labor, relaxation techniques and birth. Included is a tour of Boven Birth Center. Bring your own lunch, snacks and beverages. Registration required.

Day: Two Saturdays a month, please call.
Time: 9 a.m.-2 p.m. **Fee:** FREE

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: Tuesday, Sept. 13 **OR** Nov. 8
Time: 6-8:30 p.m. **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 six months by using the pin number supplied.

Note: Call to register. **Fee:** \$10

**Diabetes Education****Diabetes Prevention - Yes You Can!**

If you're at risk for diabetes, take heart. There's good news! Type 2 diabetes is largely preventable. Just knowing you are at risk is the first step. We'll teach you where to go from here. Join us for this fun-filled, information-packed class based on the latest research in diabetes prevention. This 2-hour class, led by a Certified Diabetes Educator, will address your questions and concerns and help you take action to prevent or delay the onset of type 2 diabetes. You'll leave with the tools you need to change your future.

Date: Thursday 9/22, Monday 10/17
OR Monday 11/28.
Time: 6 - 8 PM
Fee: \$30
Location: Center for Good Health

Breastfeeding Education Online

"See What You Read: Better Breastfeeding" answers many of your breastfeeding questions. This program includes web-enhanced information and six months of access to dozens of online videos and resources.

Note: Call to register. **Fee:** \$10

Boven Birth Center Orientation & Tour

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

Dates: Thursday, Sept. 15, Oct. 13, Nov. 10 and Dec. 8
Time: 6-7 p.m. **Fee:** FREE

Infant Care for Grandparents

The needs of infants have not changed over the years, but many health recommendations and infant care products have changed. New or expectant grandparents will learn current safety information and tips on being a helpful and knowledgeable newborn caregiver. A Boven Birth Center tour is included.

Dates: Thursday, Oct. 6 **Time:** 6-8 p.m.
Fee: \$5 per person not refundable

Diabetes Recharge!

If you can relate to the term "diabetes burnout," this class is for you! This informative, entertaining, one-hour seminar will provide the spark you need to recharge your routine. Led by a Registered Nurse/Certified Diabetes Educator, the class will cover a bit of everything, from the latest research and technology to new medications and recipes - all designed to make life with diabetes a little easier.

Date: Monday, November 21
Time: 6 - 7 PM **Fee:** \$5 not refundable
Location: Center for Good Health

Diabetes Self-Management Education Program

The Diabetes Self-Management Education Program is for adults who are ready to learn more about their diabetes and obtain the tools needed for better control. Our Certified Diabetes Educators provide comprehensive ongoing education, in both one-on-one and group settings. Group classes are offered on Monday mornings and on Thursday evenings. This is an insurance-covered program. To learn more, please call (616) 394-3273.

Pregnancy, Nutrition & Fitness

The greatest gift you can give your soon-to-be-born baby is a healthy and fit pregnancy. This class, co-taught by a Registered Dietitian and Certified Personal Trainer, explores unique prenatal nutrient needs and wholesome baby-building food choices. Also learn how to become or stay fit with safe workout tips for each trimester. Includes exercises to ease aches and prepare for labor.

Dates: Thursday, Oct. 6 **Time:** 6-7:30 p.m.

Fee: \$5 per person, not refundable
Location: Center for Good Health

Healthy Mom, Healthy Baby Web Portal

NEW! Get connected to pregnancy and post-partum resources for free with our online portal. Simply provide us with an email address and we will set up a secure account for you. Find information about Holland Hospital prenatal classes and resources on the portal, as well as gain access to an extensive health library, online pregnancy workshops, tracking tools and much more. Call to register.

Just for Dads

Are you expecting a new little person in your life soon? Wondering what life will be like as a new dad? Come to this class to learn the basics on diapering and feeding an infant, surviving on very little sleep, how to help mom recover and more, from a dad who's been there. You'll leave feeling more confident about how to care for your new baby and support your partner during those first few months at home.

Date: Thursday, October 20
Time: 6:30 - 8 PM **Fee:** \$10

Shop Smart with Diabetes

Diet can have an enormously positive impact on your health, especially if you have diabetes. But choosing healthy foods can be confusing and frustrating. Join this informative tour, led by a Registered Dietitian and a Registered Nurse/Certified Diabetes Educator, and learn how to navigate those often baffling grocery store aisles. Your guides will answer questions and suggest which foods to choose and which to avoid. You'll also leave with some tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Wednesday, November 9
Time: 6 - 7:30 PM
Fee: \$10
Location: Family Fare, 1185 Washington Ave, Holland

Diabetes Support Group -

This walk-in support group is led by Certified Diabetes Educators.
Dates: Thursdays, 9/1, 10/6 and 11/3.
Time: 6 - 7 PM



CPR Courses

CPR for Family & Friends

This class is perfect for kids, parents, grandparents, coworkers and anyone who does not require certification.

Fee: \$5 per person

Heartsaver First Aid

Fee: \$40

Heartsaver First Aid, CPR, AED & BBP

Fee: \$70 for three classes combined!

BLS for Health Care Providers CPR & BLS Recertification

Fee: \$50

The Center for Good Health provides CPR and first aid training with a wide variety of classes for the entire community. Basic and Advanced Life Support courses provide two-year certifications for physicians, nurses, paramedics and other health care providers. Heartsaver courses offer certified training for teachers, day care providers, emergency response teams and other lay responders. Non-certified classes are perfect for family members wishing to know the basics of CPR. **All courses are ongoing and held at different times throughout the year.** Private and corporate training sessions are available. Check online for more information about finding the perfect class for you.

Advanced Cardiovascular Life Support & ACLS Recertification

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

Pediatric Advanced Life Support & PALS Recertification

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



American Heart Association® **AUTHORIZED TRAINING CENTER**

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 of fees needed for AHA material, do not represent income to the Association.



Wellness Services

Tobacco Free

This six week class guides you through stages of quitting nicotine and tobacco. Explores nicotine replacements and e-cigarettes and offers methods to cope with triggers and withdrawal symptoms. Enables you to manage weight and stress with lifestyle changes that support a tobacco-free life. Scholarships are available.

(For HH employees the fee is covered by the HH Wellness Initiative, please call to register.)

Dates: Tuesdays, Sept. 13 – Oct. 18
Time: 5:30-6:30 p.m. **Fee:** \$45
Location: Center for Good Health

Scholarships available!

Resting Metabolic Rate Testing

Metabolic testing is one of the best ways to determine the specific number of calories YOUR body needs for healthy weight loss. In the past, metabolic rates were either estimated (with a wide margin of error), or measured directly with expensive, cumbersome equipment. Today, a portable device allows us to accurately determine your Resting Metabolic Rate (RMR), or the number of calories your body burns at rest, through a simple, 10 minute breath test. Calculating your RMR will help determine your caloric "budget" and provide information to help create a diet and exercise program that will fit your specific weight loss goals. This 30-minute service also includes a feedback session with a Registered Dietitian or an ACE Certified Personal Trainer.

Date/Time: By appointment
Fee: \$50
Location: Center for Good Health

1-on-1 Wellness Coaching

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

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

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.

Addictions 101

Recognizing an addictive pattern, addiction and the brain, the impact on the family and available treatment and support options for the addict and their family.

Date: Thursday September 29
Time: 6 – 7 PM **Fee:** \$5, not refundable

Relaxing with Essential Oils –a make and take workshop

We all experience some form of stress in our daily life, and it's important to know how to manage it well. Come to this fun, new workshop to learn how easy it is to implement essential oils into your life for a chemical free way to less stress, better sleep and more energy. You will experience why and how essential oils can be so helpful in reducing and managing stress and explore hands-on the benefits and uses of some common essential oils for relaxation and well-being. All attendees will leave with their own rollerball remedy for relaxation

Date: Thursday, November 3
Time: 6 – 7:30 PM **Fee:** \$15
Location: Center for Good Health



Health Screenings

Body Composition Assessment

Find out what you're made of! Are you heavy but fit? Slender but soft? It's not just pounds that matter. If you're curious about your BMI, percent body fat or basal metabolic rate, we've got the answers. Come in for a private, confidential screening, and leave with resources for making healthy lifestyle choices that can tip the numbers in your favor.

Date: Ongoing, call for an appointment.
Fee: \$10 **Location:** Center for Good Health

Depression or Alcohol Abuse Screenings

Call (616) 355-3937 for more information or to schedule an appointment.

Know Your Numbers: Cholesterol & Glucose Screening

Keeping an eye on your blood sugar and cholesterol helps protect you from diabetes, heart disease and stroke. What you don't know can hurt you, and knowledge is power! **Requires a 12-hour fast.** May attend one week after registration and must complete lab draw within 30 days of registration.

Dates: Ongoing, call to register. **Fee:** \$30
Location: Any Holland Hospital Lab

Pre-registration & pre-payment REQUIRED

PRE-REGISTRATION IS REQUIRED. Classes 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.