



 **Holland Hospital**
CENTER FOR GOOD HEALTH

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EASY WAYS TO REGISTER AND PAY:

- **ONLINE** at hollandhospital.org.
Visa, Mastercard and Discover accepted.
Click on Classes & Events to register or for more class details.
- **CALL** (616) 394-3344.
- **IN PERSON** at Center for Good Health; 175 S. Waverly Rd., Holland, MI 49423.

UNLESS OTHERWISE NOTED:

- Classes are held at **HOLLAND HOSPITAL** and **PRE-REGISTRATION** is required.

Presentations for Mind, Body & Spirit



WELLNESS COACHING

Confidential one-on-one coaching can make the difference between success and struggle, short-term gains and long-term sustainable changes. Our coaches help you bridge the gap between knowing what to do and doing it.

Date/Time: By appointment

Location: Center for Good Health

Fee: \$90 for 3, 30-minute sessions

HEALTHY WEIGHT, HEALTHY YOU ORIENTATION

Learn more about this eight-week series that helps individuals examine their current lifestyle trends and helps them to implement simple nutrition, exercise and coping techniques that lead to healthy weight management.

Date: Tuesday, February 2

Time: 6-7:30 p.m. **Fee:** FREE

Location: Center for Good Health

TALK SO KIDS WILL LISTEN

Learn communication techniques that encourage your children to share their views and HEAR what you say. Led by Jean Russner, MA, LLP.

Date: Monday, February 1

Time: 6:30-8 p.m. **Fee:** \$5 per couple

Self-help Programs



TOBACCO CESSATION – LEAVE THE PACK BEHIND

Improve your chances of quitting for good with our seven-week class exploring evidence-based cessation techniques including nicotine aids.

Learn ways to manage weight and stress.

Scholarships available.

Dates: Tuesdays, January 5 – February 16

OR March 9 – April 20

Time: 5:30-6:30 p.m. **Fee:** \$60 per person

YOUR HEART, YOUR CHOICE

Celebrate Heart Health Month with featured speaker Ray Vander Laan. Learn about different ways to keep your heart healthy.

Date: Saturday, February 6

Time: 9 a.m.-Noon. **Fee:** FREE; registration required, please call (616) 394-3344

Location: Haworth Inn & Conference Center

BEYOND ANGER

Explore anger triggers and patterns and learn healthy responses, communication styles and relaxation techniques in this seven-week course.

Date: Wednesdays, February 3 – March 17

Time: 7-8 p.m. **Fee:** \$60 per person

ARTHRITIS FOUNDATION'S SELF HELP COURSE

This six-week course is provided by the Arthritis Foundation Michigan Chapter and is taught by trained instructors who will teach you keys to self-managing your arthritis. Topics include strategies for decreasing pain, proper use of exercise, talking to your doctor, problem solving techniques and much more.

Date: Fridays, February 5 – March 12

Time: 3-4:30 p.m.

Location: Center for Good Health

Fee: FREE; to register call (616) 394-3344

FREE NICOTINE REPLACEMENT PRODUCTS

Are you ready to QUIT! Holland Hospital, in collaboration with the Michigan Department of Community Health Tobacco Division, will provide free nicotine patches to low income and under-insured. If you'd like more information or an appointment, call 394-3344. Patch supply is limited and will be distributed on a first come, first serve basis.

Date: Friday, January 8

Time: 9:30 a.m.-4:30 p.m.

Fee: FREE, walk-ins welcome.

Location: Center for Good Health

All Classes REQUIRE PREREGISTRATION and are at Holland Hospital unless otherwise noted.

Physical Activity



PERSONAL TRAINING

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

Date/Time: By appointment **Fee:** Call

INTRO TO FITNESS PACKAGE

Includes a fitness assessment, customized fitness plan, plus 2 one-hour personal training sessions.

Date/Time: By appointment **Fee:** \$80

GROUP FITNESS CLASSES!

Winter Session 1: January 4 – January 30

Winter Session 2: February 1 – February 27

Winter Session 3: March 1 – March 27

Winter Session 4: March 29 – April 30*

Fee: \$25 per session. Prepayment required.

CARDIO STEP – Mondays, 5:30-6:30 p.m.

Includes step, core and strength, and pilates movement.

CARDIO CIRCUIT – Tuesdays, 5:15-6:15 p.m.

Cross training on cardio equipment, for beginners to die-hards. Burn 300-500 calories!

GI JANE – Wednesdays, 6:30-7:30 p.m.

Fun, moderate intensity indoor/outdoor boot-camp style training – for women only.

STRENGTH TRAINING – Wednesdays **OR**

Thursdays, 5:30-6:30 p.m. Build stronger muscles and bones using the weight tower, free weights, bands, body bar and body weight exercises.

BEGINNER YOGA – Wednesdays,

5:30-6:30 p.m. **OR** Thursdays, 5:30-6:30 p.m.

Combines body alignment and breathing with the flowing motions of basic Yoga.

BEGINNER/INTERMEDIATE YOGA –

Wednesdays, 12:10-1 p.m. (all sessions)

OR Saturdays, 9:15-10:15 a.m. (session 1, 2 and 3 only)

INTERMEDIATE/ADVANCED YOGA –

Saturdays, 10:30-11:30 a.m. (session 1, 2 and 3 only)

INTERMEDIATE YOGA – Tuesdays,

5:30-6:30 p.m. **OR** Thursdays, 4:30-5:30 p.m. Learn additional postures; balance and strength movements linked together for continuous flow.

POWER YOGA – Wednesdays, 4:30-5:30 p.m.

Vigorous workout of continuous, strength building sequences. For experienced students.

YOGA CORE – Tuesdays, 6:45-7:45 p.m.

Gentle abs and back training, primarily on the ball.

CARDIO YOGA – Tuesdays, 9-10 a.m.

Cardio machine interval training followed by yoga flow for increased strength and flexibility. Led by YogaFit Instructor, Marylynn Webster.

PRENATAL YOGA – Thursdays, 6:45-7:45

p.m. Gentle techniques for pregnant women. Emphasis on alignment and conditioning to enhance pregnancy, birth and recovery.

NOTES: All fitness classes are held at Center for Good Health. All Yoga classes led by master instructor Maribeth Leniger, unless noted. *There will be no classes held April 5-9 due to Spring Break.

Classes are on-going;
call for dates.

CPR Courses



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.

American Heart
Association®



Learn and LiveSM

Authorized Provider of CPR
and ECC Courses

ADVANCED CARDIOVASCULAR LIFE SUPPORT & ACLS RECERTIFICATION

Dates/Time: Please call.
Fee: \$220 for ACLS; \$150 for recertification

Pregnancy, Parenting & Birth



CLASES DE EDUCACIÓN PARA EL PARTO EN ESPAÑOL

Clases de educación para el parto enseñado en español están disponibles durante el año. Para más información sobre estas clases y para obtener las fechas en que son enseñadas, por favor de contactarse con InterCare al (616) 399-0200.

CHILDBIRTH EDUCATION 4-WEEK EVENING SERIES

Certified childbirth nurse educators discuss body changes during labor, relaxation techniques and the birthing process. Includes a tour of Boven Birth Center.

Dates: Mondays, March 1 – 22
Time: 6-8:30 p.m. **Fee:** \$50 per couple; fee covered by Medicaid & Priority Health after co-pay.

FIRST CLASS DELIVERY – CHILDBIRTH EDUCATION FOR TEENS

Designed for pregnant teens and their support person(s). Learn about labor, delivery and how to care for your new baby. Tour Boven Birth Center. Lunch included.

Date: Saturday, February 20 **OR** April 24
Time: 9 a.m.-4 p.m. **Fee:** \$50 per registrant and support persons; fee covered by Medicaid & Priority Health after co-pay. Scholarships available for uninsured teens.

CPR FOR FAMILY & FRIENDS

Teaches CPR and choking rescue techniques for adults, children and infants. **This class does not offer certification.**

Dates/Time: Please call.
Fee: \$15 per person; \$20 per couple

COMBINATION HEARTSAVER FIRST AID WITH CPR AND AED

Teaches CPR, AED use and how to manage illness and injuries. This course meets State of Michigan First Aid and CPR requirements for daycare providers and includes bloodborne pathogen (BBP) training. A two-year certification card is issued upon successful completion.

Dates/Time: Please call.
Fee: \$70 per person

BLS FOR HEALTHCARE PROVIDERS CPR & BLS RECERTIFICATION

Teaches one and two rescuer CPR, barrier device use, choking rescue, Automatic External Defibrillator (AED) use and bag valve mask for adults, children and infants. A two-year certification card is issued upon successful completion.

Dates/Time: Please call.
Fee: \$50 for BLS; \$40 for recertification

CHILDBIRTH EDUCATION WEEKEND

Certified childbirth nurse educators answer labor and childbirth questions in a convenient, one-day class that includes a tour of Boven Birth Center. Feel free to bring a snack and beverage. Lunch provided.

Dates: Saturdays, classes ongoing; please call.
Time: 9 a.m.-4 p.m. **Fee:** \$50 per couple; fee covered by Medicaid & Priority Health after co-pay.

CHILDBIRTH EDUCATION REFRESHER

Join a certified childbirth nurse educator and other couples in an open forum to discuss up-to-date terms, labor symptoms and coping skills. Tour Boven Birth Center and take home the book, *Another Time Around*.

Date: Monday, February 15
Time: 6-8 p.m. **Fee:** \$20 per couple; fee covered by Medicaid & Priority Health after co-pay.

BREASTFEEDING BASICS

Taught by an Internationally board-certified Lactation Consultant, this one-night class offers information on positioning, latching, duration and returning to work or school. Partners are strongly encouraged to attend.

Dates: Tuesdays, please call.
Time: 6-8:30 p.m. **Fee:** \$15 per couple

BOVEN BIRTH CENTER: TOUR & ORIENTATION

Find out what our Boven Birth Center has to offer and tour our state-of-the-art facilities.

Date: Monday, March 29
Time: 6-7 p.m. **Fee:** FREE

Preregistration and
prepayment required.

Classes for Children



BIG BROTHER/BIG SISTER

Help your child(ren), ages 2+ prepare for a new baby. Includes a Boven Birth Center tour and a “New Big Brother (or Sister)” T-shirt. An adult must accompany the child.

Dates: Thursdays, monthly
Time: 6:30-7:30 p.m. **Fee:** \$10 per child

EXTREME BABYSITTING

Kids ages 10-15 learn basic child care and first aid. Includes the AHA book *First Aid for Children* and a copy of *Babysitting 101 Guide*. Snacks provided. Pre-registration required prior to class.

Dates: Saturdays, January 30, February 20, March 20 **OR** April 17

Time: 9 a.m.-12:30 p.m.
Fee: \$20 per person

EXTREME CPR

This follow-up to “Extreme Babysitting” teaches 10-15 year olds AHA’s “CPR for Family and Friends”. Learn CPR and choking rescue techniques for adults, children and infants. CPR certification not offered.

Date: Thursday, February 25
Time: 6-8 p.m. **Fee:** \$15 per child

All support groups are
FREE of charge to attend.



Support Groups

ALZHEIMER’S Contact: Sue at (616) 786-3952

ARTHRITIS & FIBROMYALGIA

Contact: Doug at (616) 669-3833

BETTER BREATHER’S PULMONARY DISEASE

Contact: Cristina at (616) 394-3175

BREAST CANCER SUPPORT CIRCLE

Contact: Denise at (616) 394-1268

CHEER – HEART FAILURE

Contact: Ginger or Mary Ellen at (616) 494-4031

HOSPICE OF HOLLAND

Contact: (800) 255-3522 or (616) 396-2972

JUVENILE DIABETES

Contact: Jodi at (616) 394-3486

LAKESHORE HEAD INJURY

Contact: Scott at (616) 355-3994

LA LECHE LEAGUE – BREASTFEEDING

Contact: Christy at (616) 396-9221

DIABETES SUPPORT GROUP

Contact: Kathy at (616) 394-3270

TEARS OF JOY – POSTPARTUM DEPRESSION

Contact: Susan at (616) 394-3413

WIDOWED PERSONS SERVICE

Contact: Norma at (616) 786-9415

Preregistration & prepayment REQUIRED

Health Screenings



BLOOD PRESSURE CHECKS

High blood pressure increases risk for heart disease, kidney disease and stroke. Take action to prevent or control high blood pressure.

Date: Friday, February 19 **OR** April 16

Time: 10-11 a.m. **Fee:** FREE

Location: Northside Meijer, walk-in only.

FREE BLOOD PRESSURE CHECKS

Call Center for Good Health at (616) 394-3344 for an appointment.

CHOLESTEROL & GLUCOSE

Lab work requires a 12-14 hr. fast.

Date/Time: On-going; must pre-register one week prior to labwork and complete testing within 30 days of registration.

Fee: \$20 **Location:** Holland Hospital Laboratory Services, 854 S. Washington Ave.

DEPRESSION

Privately discuss results from a short questionnaire. For more information, (616) 355-3937.

Date: 2nd Thursday each month

Time: 9:30 a.m.-6 p.m. **Fee:** FREE

Location: Behavioral Health Services, 854 S. Washington Ave.

ALCOHOL & SUBSTANCE ABUSE

Call Behavioral Health Services at (616) 355-3937 to schedule a free appointment.

JOINT OR MUSCLE PAIN SCREENINGS

Suffering from troublesome muscle or joint aches or recurring pain from an injury? Get expert advice from Adam Cote, Orthopaedic Surgeon at The Bone & Joint Center. Free walk-in screenings. No appointment required. Space is limited.

Date: Friday, January 15 & February 19

Time: 9-11 a.m. **Fee:** FREE

Location: The Bone & Joint Center 3299 N. Wellness Dr., Bldg. C, Ste. 240 Lakeshore Medical Campus

Nutrition Classes



IS STRESS FATTENING?

Is there a connection between chronic stress and weight gain? Evidence-based research shows a correlation. Learn how chronic stress negatively affects your health and ways to remedy the effects.

Date: Thursday, March 25

Time: 6-7:30 p.m. **Fee:** \$5 per person

Location: Center for Good Health

BODY WORKS – BUILDING A HEALTHY HAPPY FAMILY

Learn new tools and strategies to improve family eating and activity habits. Help support adolescent girls and boys to reach and maintain a healthy weight. Children are invited to attend with parents/caregivers.

Date: Tuesdays, March 9-April 13

Time: 6-7:30 p.m. **Fee:** \$30 per family

Location: Center for Good Health

ANTI-INFLAMMATORY DIET AND CHRONIC CONDITIONS

Do you suffer from a chronic condition? Learn how an anti-inflammatory diet can help you feel your best and help maintain your health.

Date: Thursday, January 7

Time: 6-7:30 p.m. **Fee:** \$5

Location: Center for Good Health

All Classes REQUIRE PREREGISTRATION and are at Holland Hospital unless otherwise noted.

Customer Service



PUBLIC TRANSPORTATION

Call for more information on many low-cost options for transportation in the Holland area. Lift-equipped vehicles are available upon request. Macatawa Area Express offers public bus service, call (616) 355-1010.

SCHOLARSHIPS

Financial assistance is available for a limited number of classes. Contact our office at (616) 394-3344 to request an application.

CANCELATIONS/REFUNDS/CREDITS

Call the Registration Administrator at (616) 394-3344 to discuss a class refund, transfer or credit. The following options are available:

- Cancellations more than 3 business days prior to first class are eligible for one of the following: refund minus \$5 non-refundable fee; one-time transfer to another session; or full account credit to be used within 6 months.

- Cancellations less than 3 business days prior to first class are eligible for one of the following: one-time transfer to another session; or account credit to be used within 6 months.
- Medical-related absence. Call the Registration Administrator before the end of the class series. A physician's statement is required.
- Full refunds are provided only in the unlikely event that an entire class/series is canceled. No refunds or transfers after classes have begun.

REFUNDS WILL NOT BE ISSUED FOR:

- scheduling conflicts; cancellations made less than 3 business days prior to the first class; once class has started; vacation; or classes canceled due to inclement weather or other circumstances beyond our control.

WEATHER-RELATED CANCELATIONS

- Classes canceled due to weather are posted by 3:00 p.m. the day of class on:
 - Radio WHTC 1450 AM; VAN 92.7 FM
 - TV station WOOD TV8
 - CfGH phone recording

Class cancellations are not based on school cancellations. We are unable to issue refunds for classes canceled due to bad weather or other circumstances beyond our control, however, will attempt to reschedule.

PAYMENTS

Payment is required 3 (business) days before class begins. Non-payment will result in cancellation and your seat offered to those on a waiting list. We do not accept payment at the door, and walk-ins are only accepted for free events or where indicated.

- Returned/NSF check return fee: \$30
- Refund Processing Fee: \$5
- CPR book refunds allowed ONLY if unopened.