



CENTER FOR
GOOD HEALTH

REGISTRATION

Visit hollandhospital.org
(Classes & Events)
or call (616) 394-3344 for more
information and class registration.

2019 Class Offerings January – May

Nutrition & Wellness

Diabetes Prevention— Yes, You Can!

You have the power to prevent type 2 diabetes! Join us for a fun-filled, information-packed class based on the latest research in diabetes prevention.

Diabetes Exercise

It's time to take control! This four-week series will improve blood sugars and A1c results, and increase your level of energy and fitness.

Healthy Weight, Healthy You

This eight-week program focuses on lifestyle changes to improve wellbeing and overall health. Learn ways to enjoy whole, natural foods; practice portion control; curb emotional eating and more.

Everyday Digestive Health

Put your digestive health on the right track. Irritable bowel syndrome (IBS) sufferers, join us for this four-week series on key factors involved in creating a healthy digestive environment.

One-on-One Nutrition Coaching

Realize your wellness goals through one-on-one coaching and a personalized plan developed by our registered dietitian.

Wellness Package

Exclusive package includes three 30-minute visits with a registered dietitian, three 60-minute sessions with an ACE-certified personal trainer, a body-composition assessment and resting metabolic rate (RMR) test.

Tobacco-Free Coaching

One-on-one approach that includes four 30-minute appointments to help you quit tobacco for good!

Sleep Science Coaching

Sleep quality affects many facets of health, from chronic disease risk and metabolism to memory and immune function. Learn to get better sleep with three 30-minute coaching sessions backed by scientific strategies.

Mindfulness: Stress Management 101

Got stress? Learn from a behavioral health therapist how mindfulness can be a natural remedy for decreasing the physical and emotional symptoms of stress.

Bosom Buddies Breast Cancer Support Group

Join us the first Thursday of every month (except July and August) at the Center for Good Health from 6:30 to 8 p.m.

Fitness Building Core from the Pelvic Floor Up

Four-week series that features four unique modules: Posture, Diaphragmatic Breathing and Cocontraction of Pelvic Floor; Butt and Gut Training; Recruiting Your Core in Movement; and Loading Your Core Through Weight Training.

Strength After Breast Cancer (Strength ABC)

Four-week series that teaches slow, progressive weight lifting to reduce the onset or worsening of breast cancer-related lymphedema (swelling).

Personal Training

One-on-one training designed to meet your goals, maximize workouts and minimize injury risks.

CPR Courses

CPR and first aid training for individuals, citizen responders, emergency teams, professional rescuers and health care providers at all levels of certification:

- Family & Friends CPR
- Heartsaver CPR AED
- Heartsaver First Aid CPR AED BBP
- Basic Life Support (BLS)
- Advanced Cardiovascular Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)

Pregnancy, Parenting & Birth Childbirth Education Saturday

One-day class that includes discussion on labor, relaxation techniques and birthing, and a tour of the Boven Birth Center.

Childbirth Education Online

See *What You Read: Childbirth*, a web-enhanced program, with booklet accessible for six months with PIN number.

Breastfeeding Basics

Guides you through positioning, latching and returning to work or school. Includes web-based resource. Registration includes you and a support person.

Breastfeeding Education Online

See *What You Read: Better Breastfeeding* booklet accessible for six months with PIN number.

Boven Birth Center Orientation & Tours

Family/child-friendly and adult-only tours available. A great introduction to the Boven Birth Center!

