

Lifetime of Health

Spring 2009



SPRING CLASSES 2009

About Your Subscription

Northwestern Memorial Hospital is developing exciting new communications that will replace *Lifetime of Health* and *Healthy Transitions*.

If you haven't contacted us with your e-mail address or confirmed your mailing address, you can do so by calling our Health Resources department at **312-926-8400** or by visiting the following links:

For *Lifetime of Health*, visit <http://subscribe.nmh.org/loh>.

For *Healthy Transitions*, visit <http://subscribe.nmh.org/ht>.



Center for Integrative Medicine and Wellness

www.nmh.org/wellness

Smoking Cessation

Smoking Cessation: Group Program

This eight-session program provides a plan for quitting, cessation medication information and techniques for staying smoke-free.
Mondays, March 23 to May 11; noon to 1 p.m.
Mondays, March 23 to May 11; 6 to 7 p.m. \$200

Smoking Cessation: Individual Program

Provides a psychological and habitual addiction assessment and ways to quit and avoid relapse. Information about cessation medications, including Zyban™ and Chantix, provided.
Appointments are \$175 per hour. **Call the smoking cessation specialist at 312-926-2069.**

Fitness and Weight Control

Most fitness classes are ranked at levels I or II. Our customer service representatives can help you determine your class level.
11-WEEK MOVEMENT CLASSES

These prices apply to the fitness classes listed below.

Take any* one class per week for 11 weeks: \$143
Take any* two classes per week for 11 weeks: \$242
Take any* three classes per week for 11 weeks: \$346.50
Take any* four classes per week for 11 weeks: \$440

*Unless designated otherwise

(Weekend and Monday classes will extend by one week due to the Memorial Day holiday on May 25)

Pilates Mat

Uses mindful movement to build strength, beginning with the abdomen, lower back and hips. Mat required.

Tuesdays, April 7 to June 16; 7 to 8 a.m. (Level II)*
Tuesdays, April 7 to June 16; noon to 1 p.m. (Level II)*
Tuesdays, April 7 to June 16; 5 to 6 p.m. (Level I)*
Thursdays, April 9 to June 18; 7 to 8 a.m. (Level I)*
Thursdays, April 9 to June 18; 1 to 2 p.m. (Level I)*
Thursdays, April 9 to June 18; 5:30 to 6:30 p.m. (Gentle Level I)
Fridays, April 10 to June 19; 12:15 to 1:15 p.m. (Gentle Level I)
Fridays, April 10 to June 19; 6:15 to 7:15 p.m. (Level I)

*Classical Pilates—vigorous and fast paced

Pilates Mat for Older Adults

At a slower pace, teaches exercises to strengthen the abdomen, lower back and hips. Not intended for those with chronic health conditions. Class is challenging. Exercises performed on the floor. Mat required.

Tuesdays, April 7 to June 16; 11 a.m. to noon
Thursdays, April 9 to June 18; noon to 1 p.m.

Strength and Balance for Older Adults

Increases strength, mobility, coordination and balance with breathing and relaxation, aerobic warm-up and resistance training. Perform exercises standing, sitting and on the floor. Modified exercises provided.

Mondays, April 6 to June 22; 11 a.m. to noon (Level II)
Mondays, April 6 to June 22; 1:45 to 2:45 p.m. (Level I)
Wednesdays, April 8 to June 17; 11 a.m. to noon (Level II)
Wednesdays, April 8 to June 17; 1:45 to 2:45 p.m. (Level II)
Fridays, April 10 to June 19; 11 a.m. to noon (Level I)

Low-Impact Aerobic Class for Older Adults *NEW*

Improve cardiovascular health while increasing coordination and mobility. Incorporates simple dance steps. Warm up, cool down and stretching included, as well as some core exercises.

Tuesdays, April 7 to June 16; 10:30 to 11:30 a.m.

Tai Chi

Slow, steady movements encourage the flow of "Chi" or vital energy. Performed in a standing position, Tai Chi helps reduce tension and builds strength and balance. Ideal for those with arthritis or joint pain.

Mondays, April 6 to June 22; 5:30 to 6:30 p.m. (Level II)
Mondays, April 6 to June 22; 6:45 to 7:45 p.m. (Level I)
Tuesdays, April 7 to June 16; 8:50 to 9:50 a.m. (Level II)
Tuesdays, April 7 to June 16; 9:55 to 10:55 a.m. (Level I)
Wednesdays, April 8 to June 17; 3 to 4 p.m. (Level II)
Wednesdays, April 8 to June 17; 4:30 to 5:30 p.m. (Level I)
Wednesdays, April 8 to June 17; 5:40 to 6:40 p.m. (Level II)
Wednesdays, April 8 to June 17; 6:45 to 7:45 p.m. (Level I)
Thursdays, April 9 to June 18; 9 to 10 a.m. (Level II)
Thursdays, April 9 to June 18; 10 to 11 a.m. (Level I)
Fridays, April 10 to June 19; 12:30 to 1:30 p.m. (Level II)
Fridays, April 10 to June 19; 1:45 to 2:45 p.m. (Level I)

Yoga

Hatha yoga, the physical practice of postures, improves stamina, flexibility, cardiovascular performance, muscle tone, circulation and respiration. Classes incorporate breathing and relaxation. Poses are performed standing, kneeling, sitting and lying down. Participants must be able to rise from the floor repeatedly. Mat required.

Mondays, April 6 to June 22; 10:30 to 11:30 a.m. (Level I)*
Mondays, April 6 to June 22; 12:15 to 1:15 p.m. (Level I)
Mondays, April 6 to June 22; 5:15 to 6:15 p.m. (Level II)*
Mondays, April 6 to June 22; 6:15 to 7:15 p.m. (Level I)*

Tuesdays, April 7 to June 16; 8 to 9 a.m. (Level I)
Tuesdays, April 7 to June 16; 6 to 7 p.m. (Level II)*
Wednesdays, April 8 to June 17; 12:15 to 1:15 p.m. (Level I)*
Wednesdays, April 8 to June 17; 12:15 to 1:15 p.m. (Level II)
*Wednesdays, April 8 to June 17; 6:30 to 7:30 p.m. (Restorative**)*
Thursdays, April 9 to June 18; 6:10 to 7:10 p.m. (Level II)
Thursdays, April 9 to June 18; 7:20 to 8:20 p.m. (Level I)
*Fridays, April 10 to June 19; 1:00 to 2:00 p.m. (for Balance***)*
*Iyengar yoga includes traditional yoga positions with an emphasis on precision and alignment. Yoga strap and yoga block required.
**Restorative yoga emphasizes supported yoga postures and breathing awareness to aid in deep relaxation. Two 4-inch yoga blocks and one blanket required. Prior yoga experience required.
***Yoga for Balance uses an integrated approach aiming to bring balance to mind and body. All levels welcome.

Yoga for Fuller Figures

Taught at a comfortable pace with individual consideration. Props are used to make the poses more accessible. Poses help develop strength, coordination, balance and flexibility, which aid in greater mobility. Participants must be able to rise from the floor and have the general ability to move around. Yoga strap, block and mat required.
Wednesdays, April 8 to June 17; 5:15 to 6:15 p.m.

Older Adult or Gentle Yoga

Caters to the needs of older adults and those who want a class that is gentler than Level I. Poses help develop strength, coordination, balance and flexibility, which can lead to greater mobility. Participants must be able to rise from the floor repeatedly. Yoga strap, block and mat required.
Mondays, April 6 to June 22; noon to 1 p.m. (Level I)
Wednesdays, April 8 to June 17; 11 a.m. to noon (Level I)
Thursdays, April 9 to June 18; 10:30 to 11:30 a.m. (Level II)
Fridays, April 10 to June 19; 11:15 a.m. to 12:15 p.m. (Level I)

Prenatal Yoga

Learn to alleviate lower back and leg pain and poor posture. Includes breathing and relaxation techniques for childbirth.
Six-week series: \$198/twice a week or \$117/once a week
Tuesdays, April 7 to May 12; 6:30 to 8 p.m. (all levels)
Thursdays, April 9 to May 14; 5 to 6:30 p.m. (all levels)
Saturdays, April 11 to May 16; 9 to 10:30 a.m. (all levels)
Sundays, April 12 to May 17; 9:30 to 11 a.m. (all levels)
Five-week series: \$165/twice a week or \$97.50/once a week
Tuesdays, May 19 to June 16; 6:30 to 8 p.m. (all levels)
Thursdays, May 21 to June 18; 5:30 to 7 p.m. (all levels)
Saturdays, May 30 to June 27; 9 to 10:30 a.m. (all levels)
Sundays, May 31 to June 28; 9:30 to 11 a.m. (all levels)

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SPRING CLASSES 2009

Center for Integrative Medicine and Wellness

Continued from front page

Mommy and Baby Yoga

Rebalance your body with yoga poses, share relaxing time with your baby and meet other new moms. Bring a blanket for your baby. For moms six weeks to 10 months postpartum.

Six-week series: \$132/twice a week or \$78/once a week
Thursdays, April 9 to May 14; 3 to 4 p.m. (all levels)
Fridays, April 10 to May 15; 11 a.m. to noon (all levels)

Five-week series: \$110/twice a week or \$65/once a week
Thursdays, May 21 to June 18; 3 to 4 p.m. (all levels)
Fridays, May 22 to June 19; 11 a.m. to noon (all levels)

Mommy and Baby Pilates and Body Sculpting

Meet new moms, interact with your baby and burn calories. Please bring your baby in a car seat carrier. For moms six weeks to 10 months postpartum. Tone and strengthen thighs, glutes, abs and arms. Ask about the format for each time slot.

Six-week series:
\$132/twice a week or \$78/once a week, April 6 to May 16
Mondays, 4:30 to 5:30 p.m.

Wednesdays, 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m.
Fridays, 10 to 11 a.m.

Saturdays, 10:30 to 11:30 a.m.

Five-week series:

\$110/twice a week or \$65/once a week, May 18 to June 27
Mondays, 4:30 to 5:30 p.m.

Wednesdays, 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m.
Fridays, 10 to 11 a.m.

Saturdays, 10:30 to 11:30 a.m.

Prenatal Aerobics and Nia

Incorporates low-impact aerobics or Nia, which combines Tae Kwon Do, Tai Chi, yoga and modern dance. Builds strength and stamina for labor. Ask about the format for each time slot.

Six-week series:
\$132/twice a week or \$78/once a week, April 6 to May 16
Mondays, 5:30 to 6:30 p.m.

Wednesdays, 10:30 to 11:30 a.m. and 5:30 to 6:30 p.m.
Fridays, 9 to 10 a.m.

Saturdays, 11:30 a.m. to 12:30 p.m.

Five-week series:

\$110/twice a week or \$65/once a week, May 18 to June 27
Mondays, 5:30 to 6:30 p.m.

Wednesdays, 10:30 to 11:30 a.m. and 5:30 to 6:30 p.m.
Fridays, 9 to 10 a.m.

Saturdays, 11:30 a.m. to 12:30 p.m.

Total Control™ Women's Fitness Program for Bladder Control

More than Kegels, Total Control is an innovative fitness and lifestyle class proven to promote bladder control, sleep and better sex. All ages welcome. Ideal for women postnatal to postmenopausal.

Mondays and Wednesdays; 6:45 to 8 p.m.

Tuesdays and Thursdays; 11:45 to 1:00 p.m.

April 6 to May 21 (Level I); June 1 to June 25 (Level II);

April 6 to June 25 (full series, Levels I and II).

Level I: \$182; Level II: \$104; Levels I and II: \$264

Diabetes Classes

Call 12-926-WELL (9355) to register. Insurance might cover some costs.

Diabetes Lifestyle Skills Class 1

Conversation maps are unique tools for learning to manage diabetes. The maps engage participants in discussions about how to fit diabetes care into their lifestyles focusing on topics such as common myths, blood sugar goals and checking blood sugar and using results.

Wednesdays, 8:45 to 10:45 a.m.; March 11, April 8, May 13, June 10 and July 8

Diabetes Lifestyle Skills Class 2

Be proactive to avoid or delay the problems associated with diabetes. Discussion includes the natural course of diabetes, guidelines to prevent complications, stress management and achieving an optimal quality of life.

Wednesdays, 8:45 to 10:45 a.m.; March 25, April 22, May 27, June 24 and July 22

Diabetes Meal Planning

Learn to manage diabetes with lifestyle changes. Includes tips for meal planning, portion control, exercise and how foods affect blood sugars.

Wednesdays, 8:45 to 10:45 a.m.; March 4, May 6 and July 1

Healthy Heart for Diabetes

Learn how cardiovascular disease and diabetes are interconnected and what you can do to improve your health.

Wednesdays, 8:45 to 10:45 a.m.; April 1 and June 3 \$128/session

Prentice Women's Hospital

Prentice Women's Hospital Maternity Tours. Meet at the customer service desk at 250 E. Superior St. No registration required. Sorry, children are not allowed.

Mondays at 7 p.m., Wednesdays at 2 p.m. and the first Saturday of every month at 10 and 11 a.m. No charge

Wealth Management Strategies for Parents

A financial planner discusses college savings plans, life insurance, estate planning and what to do with a 401(k) if your job status changes. Parents are welcome to bring infants in carriers/strollers.

Wednesday, March 25 or May 13; 12:30 to 1:30 p.m. \$5/person

Wealth Management Strategies for the Single Woman

Are you thinking about retirement? Are you concerned about whether you can afford it, how much savings you will need and whether you will be covered by health insurance if you retire before the age of 65? If you are a single, divorced or widowed woman who is overwhelmed by the financial issues you will face as you get older, join a financial planner to learn about wealth management strategies to help with financial security in your later years.

Wednesday, March 18, 6:30 to 8 p.m. \$5/person

Baby 101: Essentials for First-Time Parents

Complete the first five classes listed below and receive a \$45 refund.

Great Expectations Prepared Childbirth

Certified childbirth educators provide instruction on birthing options, labor stages, hospital procedures, pain management, comfort techniques and postpartum care.

Four-class series:

Mondays, Tuesdays or Wednesdays; 6:30 to 9 p.m. \$120/couple

Two-class series:

Fridays; 5 to 9 p.m. \$150/couple (includes dinner)

One-day class:

Saturdays or Sundays; 8:30 a.m. to 5:30 p.m. \$120/couple

Breastfeeding: The Best Beginning

Designed for pregnant couples and taught by lactation specialists, this class provides information about milk production, techniques/positions, milk pumping and storage and tips for breastfeeding success. Includes ways dads can help. Participants receive an educational package with a breastfeeding DVD, book and Mommy 'n Me breastfeeding wrap.

Wednesday mornings and evenings and Saturday and Sunday mornings and afternoons. Call for dates and times. \$50/couple

Infant/Pediatric CPR and Safety

Learn car seat and home safety, CPR and anti-choking techniques for newborns and children from American Heart Association Guidelines. Hands-on training with manikins. Includes CPR handbook.

Patient Education

Bereavement Support Group

For anyone who has experienced the death of a loved one. Reflect on feelings, thoughts, memories and ways to grieve. Call 312-926-4600 for more information or to register.

The first and third Tuesday of every month; 6:30 to 8 p.m. No charge

Patient Power Health Webcasts

Listen to archived webcasts of Andrew Schorr's Patient Power. Northwestern Memorial experts discuss health issues such as sleep disorders and how stress can impact overeating. To log in, visit www.ihealth.nmh.org.

No charge

Health Learning Center

Wellness Wednesday: Nutrition

Eating healthy is important to our overall health and wellness. Yet including a variety of the food groups in the proper portion sizes can be a challenge. Join us and learn how you can make healthy changes to improve your diet.

Wednesday, March 4: Healthy Behaviors for Everyday Eating
5:30 to 6:30 p.m. No charge

Wednesday, March 11: Nutrition Makeover: Refresh Your Fridge
5:30 to 6:30 p.m. No charge

Wednesday, March 18: Hassle Free Healthy Eating: Cooking Demonstration
2 to 3 p.m. \$10

EatWise

Do you wonder if you are eating healthy and getting enough of the right nutrients? This one-on-one assessment combines specialized software with accessible Internet tools to help you

Saturdays and Sundays; 10 a.m. to 12:30 p.m. or 1 to 3:30 p.m.

Tuesdays and Thursdays; 6 to 8:30 p.m.

Call for dates. \$40/person or \$60/couple

Newborn Baby Care: The Basics

Learn the essentials of parenting and newborn care from birth to 3 months, including infant behavior, sleep patterns, illness recognition, comforting techniques, growth and development. Emphasis on feeding, sleeping and calming techniques developed by national experts. CD, DVD and book included. Instructors trained in ways to calm infants.

Monday and Thursday evenings and Saturday and Sunday mornings and afternoons. Call for dates and times. \$45/couple

Pediatric Care: Baby's First Year

A pediatrician will address common medical issues and office visit routines during the first year of life. Participants receive "Baby 411." Mondays, March 9 and 23, April 13 and 27 and May 4 and 11; 7 to 9 p.m. \$15/couple

Car Seat Inspection and Installation *NEW*

More than 83 percent of infant and child car seats are installed improperly. Correctly securing your infant or child in a safety seat is the best way to minimize or prevent injury during a car accident. Certified child passenger safety technicians provide education and hands-on instruction to parents about placement and use of their car seat in their vehicle. Expectant parents should participate before delivery. Please bring your own car seat to the session.

Saturday mornings and afternoons or Wednesday evenings
Call for dates and times. \$49 per infant car seat/per vehicle or \$59 per convertible seat/per vehicle

Pregnancy/Postpartum

Bowser and the Baby

Is your dog ready to welcome your new baby? Learn how to teach even old dogs new behaviors that will make them safe, happy and more like a baby's best friend. Babies are welcome, but please leave Bowser at home. Participants receive an illustrated dog training book that won the Humane Society of the United States Compassionate Care Award.

Wednesday, March 24 or Tuesday, May 26; 6 to 8 p.m. \$35/couple

Great Expectations Refresher

Designed for those who have taken a childbirth course but would like to review the latest options and hospital procedures. Includes hospital tour.

Saturdays, March 14 or May 9; 9 a.m. to noon \$50/couple

analyze your nutritional habits and gain a better understanding of healthy eating.

Sessions are available throughout March.

One-hour session \$15

Library 101

Are you overwhelmed with all the health information available online? This class provides instructions on how to find trusted, reputable sources and will teach you how to navigate those resources on the Internet.

Friday, March 20: Nutrition on the Net

Friday, April 17: Diabetes on the Net

Friday, May 15: Cancer on the Net

11 a.m. to noon No charge

Aging Well

Many factors contribute to maintaining good health as we age. This series welcomes older adults and their family members to increase their understanding of how to age well. Join our experts and discover how to make the most of your health.

Tuesday, March 17: Nursing Homes: Why, When, Where

Tuesday, March 24: Hospice Care: Improving Quality of Life

5:30 to 6:30 p.m. No charge

Wellness Wednesday: Diabetes

Join Northwestern Memorial Hospital experts, including a dietitian and an exercise physiologist, to learn about the latest in diabetes prevention and care. This three-part series will focus on lifestyle changes that can help reduce your risk for or control your diabetes.

Wednesday, April 8: Defeat Diabetes: Choosing a Wellness Lifestyle
Wednesday, April 15: Diet and Diabetes: Becoming a Mindful Eater
Wednesday, April 22: Exercise and Diabetes: Building a Fitness Plan
5:30 to 6:30 p.m. No charge

Lifetime of Health

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

Vice President of Public Relations, Marketing and Physician Services: Holli Salls Director of Communications: Bonita Brodt Editor: Kristi O'Brien Art Direction/Design: Martin Austin Lifetime of Health is published by the Division of Public Relations, Marketing and Physician Services of Northwestern Memorial Hospital as a service to the community. If you have comments or suggestions regarding this publication or would like to reproduce any part of this publication, please contact Public Relations, Marketing and Physician Services at 312-926-2038, or write to: Editor, Lifetime of Health, Northwestern Memorial Hospital, 240 E. Ontario St., Suite 450, Chicago, IL 60611-3223 or LOH@nmh.org. © January 2009. Northwestern Memorial Hospital 1346-08

REGISTER NOW! PLEASE CALL 312-926-8400

www.nmh.org/maternity

Infant Massage Classes

Learn the art of infant massage from a certified infant massage instructor. Massage can ease indigestion, boost the immune system, promote sleep, help with circulation and raise stimulation threshold. For newborns 4 weeks to pre-crawling. Group and private classes available.

Wednesday afternoons. Call for times.

\$75/series of three classes or \$60/hour for private classes

Transitions to Motherhood Series

Guides new moms through discussions on caring for their newborns. Clinical experts talk about feeding and sleep issues, fussy babies, how a baby can affect marriage and dealing with difficult emotions.

Wednesdays, 10:30 a.m. to noon. Call for details. \$85/series

Expectant Grandparents

This session for soon-to-be grandparents covers current trends in childbirth, newborn safety and care and tips for supporting new parents. Includes two complimentary publications, "Grandparenting Joys and Challenges" and "101 Ways to Spoil Your Grandchild."

Sundays, March 22 or May 31; 1 to 3 p.m. \$20/couple

Breastfeeding for Grandparents

This two-hour interactive class brings expectant grandparents up to date on the changing trends of breastfeeding and how to assist the new breastfeeding family. Classes are taught by a certified lactation educator.

Sundays, March 22 or May 17; 10 a.m. to noon

\$20/person or couple

Tike Hike

This class helps soon-to-be older brothers and sisters prepare for a new sibling. Includes a tour of Prentice and a goodie bag with stickers, coloring book and more. For children ages 3 and older.

Every other Thursday; 11 a.m. to noon

Every other Saturday; 10 to 11 a.m. and 11:30 a.m. to 12:30 p.m.

Call for dates. \$10/child

Great Expectations for Teens

A childbirth class for expectant teens and those who plan to be with them at delivery. Take-home book included. Pizza served.

Fridays, March 27 or April 29; 4 to 7 p.m.

Call for details. No charge

Comfort Measures

For pregnant women and their partners who already have taken a birthing class, but want to prepare for an unmedicated birth. Couples can practice comfort measures for labor at a slower pace. In addition, couples will learn about alternative-birthing choices such as water birth and hypnosis. Participants should have taken a Great Expectations childbirth class or have a strong knowledge of labor stages.

Saturdays, March 7 or May 2; 1 to 3:30 p.m.

\$45/couple

Transplant

Call 312-695-0828 to register or to speak with a transplant coordinator.

Kidney Transplantation

Learn about kidney transplantation from placement on the waiting list to recovering from surgery. Discussion includes current medications, Northwestern Memorial's "Prednisone-Free" transplant program and the living donor program. Instructor: Michael I. Abecassis, MD, MBA, chief of Organ Transplantation at Northwestern Memorial and J. Roscoe Miller Distinguished Professor of Surgery and Microbiology-Immunology at Northwestern University's Feinberg School of Medicine. Transplant patient meetings held weekly at the hospital and monthly at the Northwestern Organ Transplant Clinic in Oak Brook, Ill., Glenview, Ill. and in Portage, Ind. Sessions available in Spanish.

Call for dates. 1 to 2:30 p.m.

No charge

Pancreas Transplantation

Learn about pancreas transplantation, surgery and success rates at Northwestern Memorial. Instructor: Dixon B. Kaufman, MD, PhD, director of Pancreas and Islet Cell Transplantation at Northwestern Memorial and professor and vice chair, Research, Division of Organ Transplantation at the Feinberg School. Patient meetings held monthly.

Call for dates. 1:30 to 3 p.m.

No charge

Cesarean Birth Class

This class is designed for people who have been told by their doctor that they will be giving birth by cesarean section. The class includes indications for the cesarean section, your partner's role in the operating room, a brief explanation of the surgery, newborn procedures and what to expect during the postpartum and recovery period. Each couple will receive a copy of "The Essential C-Section Guide."

Saturdays, March 7 or May 2; 1 to 3:30 p.m.

\$45/couple

For Multiples

Great Expectations for Multiples

This two-week program for those expecting twins or more features information from the Great Expectations class with emphasis on multiples. Two-part series on Tuesday evenings or daytime Saturdays.

Sundays, March 8 and 15 or May 17 and 24; 9 a.m. to 3:30 p.m.

Wednesdays, April 1 and 8; 6 to 9 p.m.

\$150/couple (includes lunch or dinner)

Great Expectations for Multiples Refresher

Designed for those who have taken a childbirth course but are expecting their first set of twins and would like to review the latest trends, options and hospital procedures with an emphasis on multiples. Includes a tour of maternity areas in the hospital. Classes scheduled as requested. Call for details.

Breastfeeding Multiples

Couples learn techniques and tips for breastfeeding twins or more. Includes information on the role fathers play in breastfeeding multiples.

Saturday, April 25; 9 a.m. to noon

Wednesdays, March 17 or May 19; 6 to 9 p.m.

\$50/couple

Support Groups

New Moms Support Group

This group is intended for those who wish to talk more personally about the struggles and challenges of becoming a new mom. It is an ongoing, unstructured discussion group facilitated by a clinician with expertise in helping women successfully cope with the challenges of the childbearing years. This series is six weeks long, but you can join at any time. Complimentary on-site baby-holding service is available for group members. For moms whose children are newborns to one year of age.

Every Monday morning. Call for details.

\$125/six sessions

Endometriosis Support Group

This support group helps women with endometriosis deal with problems associated with the disorder. Members offer support and share ideas on coping. The group also offers information pertinent to the disorder and its treatment.

Second Thursday of each month; 7 to 9 p.m.

No charge

Parents of Multiples Group

Parents of multiple children may have concerns about the psychological and physical needs of their families. This group allows parents and soon-to-be parents of multiples to swap ideas.

Guest speakers discuss individuality, nutrition, sleep habits, savings and more. An open discussion follows to promote education and support for families.

Tuesday, April 21; 6 to 7:30 p.m.

No charge

Together in the Loss of a Child

This SHARE support group is for parents of infants who have died during pregnancy or shortly after. Speakers discuss subsequent children, handling the holidays and more.

One Thursday evening each month. Call for details.

No charge

Cancer Resources and Support Groups

Treatment for cancer patients at Northwestern Memorial Hospital is provided in collaboration with the Robert H. Lurie Comprehensive Cancer Center of Northwestern University.

Cancer Connection Days

An opportunity for patients and family members to have cancer-related questions answered on-site by Lurie Cancer Center experts and the staff of local cancer support organizations. **Connection Days are held at Northwestern Memorial Hospital's Galter Pavilion, 675 N. Saint Clair St., 21st Floor.** No registration required.

March 11: Colorectal Cancers/Covering the Cost of Care

April 9: Head, Neck, Mouth and Oral Cancers/Rehabilitative Therapy

May 13: Survivorship/Sun Protection/Skincare

11 a.m. to 2 p.m.

Breast Cancer Wellness Program

Classes focus on needs of women undergoing breast cancer treatment and are designed to help manage areas of life that can be controlled and enhance quality of life. Classes all on Tuesdays, noon to 1 p.m.

Series 1: April 7, Nutrition; April 14, Physical Fitness; April 21, Stress Management; April 28, Weight Management

Series 2: May 5, Nutrition; May 12, Physical Fitness; May 19, Stress Management; May 26, Weight Management

Series 3: June 2, Nutrition; June 9, Physical Fitness; June 16, Stress Management; June 23, Weight Management

No charge

4th Annual Prevention Program: Cancer

Empower yourself during this three-part series addressing the issues of cancer prevention. Learn cancer basics, as well as what you can do to reduce your risk for cancer with healthy nutrition, physical activity, smoking cessation and sun protection. Attend all three sessions to develop your personal risk reduction plan.

Tuesdays, May 5, 12 and 19; 5:30 to 7 p.m.

No charge

Look Good...Feel Better

Attend an American Cancer Society makeover with a licensed cosmetologist. Complimentary products provided. **Call 312-926-4282 to register.**

Mondays, March 23, April 27 and May 25; 10 a.m. to noon

No charge

Prostate Cancer Information Group

Monthly sessions for patients, families and friends offering information on prostate cancer and discussion of issues with healthcare professionals and/or survivors. **For information, call 312-926-4032.**

The second Thursday of the month; 5:30 to 7 p.m.

No charge

STAR Program (Survivors Taking Action and Responsibility)

A comprehensive long-term follow-up program focused on meeting the specific medical and psychological needs of adult survivors of pediatric cancer. **For information, call 312-695-4979.**

Regain Function After Breast Cancer Surgery

Physical and occupational therapists lead exercises and provide instruction in scar massage to help breast cancer patients regain shoulder flexibility after surgery. Education on lymphedema prevention and treatment is provided. Registration and surgeon's consent required.

The second Tuesday of the month; 4 to 6 p.m.

\$15/class

Cancer Survivors' Celebration and Walk

Save the date for the Robert H. Lurie Comprehensive Cancer Center of Northwestern University's 16th annual Cancer Survivors' Celebration and Walk on June 7 in Grant Park. Register online at www.cancer.northwestern.edu. No pledges required. **For additional information call 312-695-1304.**

Support Groups

Brain Tumor Support Group

Open to interested patients diagnosed with brain tumors, previously treated for brain tumors, their family, friends and interested healthcare workers. **For information, call 312-695-2183.**

Breast Cancer Network of Strength Loop Group (formerly the Y-ME Breast Cancer Support Group)

Experts in medical, psychosocial and other areas speak to current and former breast cancer patients, families and friends. **For more information contact Y-ME of Illinois at 312-364-9071 or visit www.y-me.org/illinois.** Registration not required.

The second Saturday of every other month.

No charge

Myeloma Patient and Caregiver Support Group

Provides patients with information about the disease, insurance and billing, nutrition and pain management. **For more information, call 312-695-4523.**

See *Healthy Transitions* calendar on back page. ➔

Healthy Transitions[®]

SPRING 2009 A HEALTHCARE RESOURCE FOR OUR FRIENDS WHO ARE 55-PLUS



Healthy Transitions Calendar of Events

To register or obtain information for any of these events, call the Health Resources and Physician Referral Service at 312-926-8400, Monday through Friday between 8 a.m. and 6 p.m. or Saturday between 8 a.m. and 2 p.m.



March Recap

Registration is still open for the following March classes:

Hearing Loss: Facts and Treatments

Presented by: Pamela Fiebig, AuD, CCC-A
Wednesday, March 4; 11 a.m. to noon

Osteoporosis and Exercise Considerations

Presented by: Catie Sullivan, PT, MPT; Jo Fasen, PT, OCS; and Jill Stein
Friday, March 13; 11 a.m. to 12:30 p.m.

Understanding Peripheral Arterial Disease

Presented by: Mary McGrae McDermott, MD
Thursday, March 19; 11 a.m. to noon

Program and assistant professor of Medicine at the Feinberg School, will identify who is a good candidate for a cardiac rehab program and possible benefits one can achieve. Dr. Maganti also will highlight the components of a cardiac rehabilitation program.

From Heartburn to Esophageal Cancer

Presented by: Srinadh Komanduri, MD, MS
Friday, May 1; 11 a.m. to noon

When is heartburn more than just an annoyance? Left untreated, it can cause damage to the esophagus and can lead to esophageal cancer and Barrett's esophagus, which is a complication of severe gastroesophageal reflux disease (GERD). Join Srinadh Komanduri, MD, MS, an interventional gastroenterologist on the medical staff at Northwestern Memorial and assistant professor of Gastroenterology at the Feinberg School, to learn when you should discuss heartburn symptoms with your physician. Dr. Komanduri also will discuss the risk factors, common diagnostic tests and treatment options for GERD, Barrett's esophagus and esophageal cancer.

Common Eye Conditions from A to Z

Presented by: John W. Yang, MD
Thursday, May 7; 11 a.m. to noon

The latest on common eye conditions, including recent treatments, will be discussed by John W. Yang, MD, an ophthalmologist on the medical staff at Northwestern Memorial and instructor of Clinical Ophthalmology at the Feinberg School. The conditions include blepharitis, cataracts, dry eyes, glaucoma, macular degeneration and posterior vitreous detachment (floaters and flashes).

Mindfulness: A Technique in Managing Stress

Presented by: Jenny H. Conviser, PsyD
Friday, May 22; 11 a.m. to noon

One can be mindful by focusing on the task at hand while allowing awareness of thoughts, feelings, sensations and related behaviors. Mindfulness can allow a moment to feel more manageable and improve the ability to cope. Join Jenny H. Conviser, PsyD, a clinical psychologist on the medical staff at Northwestern Memorial and clinical assistant professor of Psychiatry and Behavioral Sciences at the Feinberg School, to learn about the principles and benefits of mindfulness. Participants will be invited to participate in a mindful exercise to practice the principles introduced.

Workshops

How to Handle Medical Bills

Facilitator: Yvonne Henry

Tuesday, March 10; Wednesday, April 1; or
Tuesday, May 5; 10:30 to 11:30 a.m.

Are you overwhelmed by the paperwork associated with medical bills? Do you find it difficult to understand Medicare benefits? Led by a representative from the Billing Inquiry Unit at Northwestern Memorial, this session will help you keep everything straight.

Health Resources

Health Learning Centers

Northwestern Memorial Hospital offers up-to-date and trusted healthcare information. Our Health Learning Centers are state-of-the-art health information libraries that offer resources for patients, their families and members of the community seeking the most reliable answers to your healthcare questions.

Services

- Health reference services via walk-in, telephone or e-mail
- Nutrition assessments
- Accurate, current information about drugs, herbs and supplements
- Cancer resources and support services
- Multifaceted collections that facilitate learning on any health topic
- Comprehensive, personalized and friendly service for health questions

Locations

Health Learning Center

Galter Pavilion, third floor, Room 3-304
251 E. Huron St., Chicago, Illinois 60611

Alberto Culver Women's Health Learning Center

Prentice Women's Hospital, first floor
250 E. Superior St., Chicago, Illinois 60611

Contact Information

For more information or to schedule a free consultation, call 312-926-LINK (5465) or e-mail hlc@nmh.org. Visit our Web site at www.nmh.org/hlc.

Spring Classes

Exercise Demonstrations: Learn the Benefits

Presented by: Jill Stein

Thursday, April 9; 11 a.m. to noon

Northwestern Memorial's Center for Integrative Medicine and Wellness offers exercise classes for older adults, including Strength and Balance, Pilates Mat, Tai Chi, Yoga and Total Control. Join Jill Stein, coordinator of the Fitness Class Program at the Center for Integrative Medicine and Wellness, to learn about the benefits of these exercise programs and see demonstrations.

Take Control in Managing Osteoarthritis

Presented by: Linda Mileti, MD

Friday, April 10; 11 a.m. to noon

Learn how to take control, minimize pain and increase flexibility. Linda Mileti, MD, an internist on the medical staff at Northwestern Memorial Hospital and clinical instructor of Medicine in the section of Rheumatology at Northwestern University's Feinberg School of Medicine, will explain how arthritis develops and discuss treatment options including injections, prescription and over-the-counter medications. She also will talk about the importance of exercise.

The Long and the Short of Long-term Care

Presented by: Diane B. Breslow, MSW, LCSW

Monday, April 20; 11 a.m. to noon

Navigating the healthcare system and care options can be overwhelming. This program focuses on long-term care available to you and your family member. Diane B. Breslow, MSW, LCSW, clinical social worker and center coordinator of the Northwestern Parkinson's Disease and Movement Disorders Center, will explain the range of options from in-home services to adult day programs to assisted living and nursing home care and help you decide which is right for you and your loved one. Please join us to learn more about how to access care and who pays for it.

Exercise for a Healthy Heart

Presented by: Kameswari Maganti, MD

Thursday, April 30; 11 a.m. to noon

Exercise is one of the cornerstones in risk reduction for heart attacks. Kameswari Maganti, MD, a cardiologist on the medical staff at Northwestern Memorial and medical director of the Cardiac Rehabilitation

FOR A REFERRAL TO A PHYSICIAN ON THE MEDICAL STAFF AT NORTHWESTERN MEMORIAL HOSPITAL, CALL 312-926-8400.

Spring 2009
Lifetime of Health

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