

Ingalls Wellness Center

MARCH - MAY 2009

Located at the H-F Racquet & Fitness Club
 2920 West 183rd Street, Homewood, Illinois 708.206.0072
You do not have to be a member of the club to participate in Ingalls Wellness Center programs

Heart Health Screenings & Classes

Adult (Medically-Managed) Fitness

If you have risk factors for heart problems, or have already had a heart attack or surgery, been diagnosed with diabetes or have other medical issues and your doctor is concerned about your health, you need to be confident about where you exercise.

Fee: Free Orientation
 Date: **Tuesday, March 10 and May 12 at 2:30 p.m.**
 Call: 708.206.0072 to pre-register (1-week pre-registration required) ■

Lifeline Screening

Protect your good health! Take advantage of valuable screenings that will help reduce your risk for stroke: Carotid Artery Screening,

Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease Screening.

Tests are \$45 each, or \$109 for the vascular package.

Dates: **Call for upcoming events**
 Location: **H-F Racquet & Fitness Club and other community locations**
 Call: For appointment, 1.800.779.6353 ■

Heart Smart For Women

Learn to make physical activity and healthy eating a part of your life in order to improve your heart health for a lifetime. Heart Smart for Women is a professionally produced curriculum with innovative behavioral modification techniques that will help you get started and stay active.

Fee: **ONLY \$10**, for 12 week session, thanks to a grant awarded by the Illinois Department of Public Health's Office of Women's Health
 Location: **Various locations and times** will be available throughout the South Suburbs.
 Call: 708.206.1656 ext. 194 to register or add your name to our mailing list for upcoming classes. ■

Freedom from Smoking

Ingalls trained experts will lead the American Lung Association's 8-session group program, using a positive behavioral change approach that teaches you how to become a non-smoker for good.



Fee: **\$85 per person/ for all sessions and materials**

Call: 708.206.0072 for dates and times. Minimum of 8 people registered to run a class. ■

Homewood Rotary/Ingalls Health Fair

Check yourself from head to toe with the popular annual event that offers S10 lipid profile, free 12-lead EKG, cancer screenings, vision, hearing and allergy screenings and school physicals for just \$15. Check our website for more information, www.ingallshealthsystem.org.

Date: **Sunday, April 19, 9 a.m. - 2 p.m.**
 Location: **James Hart School, 183rd and Aberdeen, Homewood** ■

Nutrition & Weight Management

Healthy Lifestyles Adult Weight Management

Join this non-diet approach to health and weight loss. Class includes: cooking demo, grocery store tour, stress management, dining out techniques and more. Take a fun and fresh approach to changing your life.

Free Orientation: **Thursday, April 9, 9 a.m. and 6 p.m.**
 Classes will begin: **Thursday, April 16, 9 a.m. and 6 p.m.**
 Fee: \$225
 Location: **Ingalls Wellness Center**
 Call: 708.206.0072 ■

Special Bonus with H-F Racquet & Fitness Club:

The Homewood-Flossmoor Racquet & Fitness Club will provide the following SPECIAL



OFFER to those participating in the **Ingalls Wellness Center's Healthy Lifestyles Adult Weight Management Series OR Ingalls Healthy Fit Program:**

■ A 3 - MONTH FREE PREMIER MEMBERSHIP while enrolled in either program. Enjoy their 4-lane pool, steam room, whirlpool, indoor track, and state-of-the-art fitness center at your leisure.

■ Club members receive a \$20 discount off the cost of the Healthy Lifestyles Program. ■

KidFit Camp - Children's Weight Management Series

Weight management for families with children aged 9-12.

This eight-week program addresses food, activity and behavioral challenges related to the concerns of overweight children. Families attend sessions that support positive lifestyle changes through group exercise, games and other activities. A physician referral is required.

Fee: \$250/ Minimum of 6 kids
 Dates: TBA
 Call: 708.206.0072 ■

Nutrition Counseling

Schedule an individual consultation with a registered dietitian for Medical Nutrition Therapy (requires a physician referral), or to meet your personal needs for weight management, sports performance, vegetarian eating and similar lifestyle topics.



Call for current fees and to schedule an appointment, 708.206.0072. ■

Nutrition to Go

Need a speaker for your event or organization? A registered dietitian can present an interactive session on a variety of food and nutrition topics that is personalized for your group. Call for current fees. ■

Solutions - Individuals Preparing for Bariatric Surgery

If you are considering bariatric surgery for permanent weight loss, but your insurance company requires 6-12 months of a medically supervised diet, Solutions is the program for you. Solutions meets monthly, with a registered dietitian. Call 708.206.0072. ■

Lifestyle Education and Support Programs

HOPE, HELP, and HEALING: Bereavement Support

Ingalls Hospice offers a bereavement support group to

assist people through the stages of grief. For more information and to register call: 708.915.6465 ■

Pulmonary Rehabilitation

Someone with a respiratory problem like asthma, chronic bronchitis or emphysema can now exercise safely,

increase physical endurance and gain confidence in your ability to manage your daily activities. Physician referral is needed. Call for information, 708.206.0072. ■

Classes require minimum participation. Fee is due at time of registration, and is non-refundable. Visit our website at www.ingallshealthsystem.org. To register for any Ingalls Wellness Center class, call 708.206.0072.

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