

2010

January | February | March

HEALTH & WELLNESS PROGRAMS

The KCH Health & Wellness Center, 1500 Provident Drive, is open seven days a week for your convenience. Personal training, wellness screenings, walking passes, group exercise classes and community outreach programs are available to meet your wellness goals. Visit www.kch.com for further information or call 574.372.7890 and our fitness experts can assist you. **Please note that not all classes and programs below are currently in-session. Call for a complete wellness schedule.*

Wellness Screenings

Screenings are offered the third Thursday of each month. The next screening is Thursday, January 21 from 6:30-8:30 am at the KCH Health & Wellness Center.

Diabetes Support Group

Monthly meetings are held on the third Thursday at 1:00 pm at the KCH Health & Wellness Center.

Fall Proof

A 12-week comprehensive balance and mobility-training program designed to reduce fall rates and fracture occurrences in the mature adult.

Weight Management Programs

The ProMed Program is a comprehensive medically monitored weight loss program for adults needing to lose more than 30 pounds. Clients have weekly medical visits and on-going exercise programs to complete.

Living Lean is a 12-week weight loss program for healthy adults that focuses on improving health while encouraging weight loss. The next session for Living Lean begins January 12, ending on March 30. Deadline for registration is Friday, January 8. Classes are held Tuesday evenings at 7:30 pm.

The Pediatric Weight Management program is for children ages 5-16 and focuses on increasing physical activity and improving food choices to hold weight steady while the child grows.

health dates & events

F.O.R.M.

An 8-week program designed to help those who suffer from arthritis and the discomfort/pain that may result. The focus is how to maintain or increase physical activity levels without increasing joint pain, inflammation and swelling.

Nutrition Consultations

Registered Dietitians can assist you with dietary changes to which you can easily adjust in order to start feeling better.

Rehabilitation Programs

Cardiac Rehabilitation Services are designed to help patients recover from heart-related events. Pulmonary Rehabilitation Services are designed to help patients who suffer from debilitating lung diseases.

Group Exercise Classes

Group exercise classes are included in the KCH Health & Wellness Center memberships. Members can sign-up monthly for the classes they wish to attend. Sign-ups are limited to ensure that classes are not overcrowded. Non-members may join unlimited classes monthly (except yoga) for \$35.00 per month. Unlimited yoga classes are available to non-members for \$35.00 per month.

Corporate Health

Looking for ways to reduce your company's healthcare costs? Offer an easy to follow corporate wellness program to help your employees improve their overall health and wellness while helping ensure your employee resources are healthy. Make a commitment to the health of your company.

PREPARED CHILDBIRTH CLASSES

Wednesdays | 7-9 pm
January 6, 13, 20, 27, February 3
February 17, 24, March 3, 10, 17

Thursdays | 7-9 pm
January 7, 14, 21, 28, February 4
February 18, 25, March 4, 11, 18

This program will prepare you and your labor partner for the birth of your child.

This is a 5-session class held in the KCH Administration Classroom. The cost is \$50.00. Call 574.372.7882 for information or to register

BREAST FEEDING SUPPORT

Nursing Mothers' Group

Every Tuesday | 9:30-10:30 am
Breast feeding mothers and their infants 0-6 months. No siblings please.

Every Tuesday | 10:30-11:30 am
All breast feeding mothers welcome.
Infants and up. Siblings welcome.

For moms who want to give their babies the best possible start. Come share, support and encourage each other. Located in the OB Classroom. Please call 574.372.7640 for information.

Working Mothers' Nursing Support Group

January 18, February 15, March 15
6-7:30 pm

Women can return to work and continue to breast feed. This group is for working moms and their infants. Moms will be able to learn about breast feeding options while heading back to the workforce. Located in the OB Classroom. Please call 574.372.7640 for information.

Breast Feeding Class

February 11, March 25 6:30-9 pm

Knowing what to expect and becoming familiar with the process of breast feeding can reduce anxiety and allow a natural experience. Class information will include advantages and barriers to breast feeding, how to establish breast feeding and techniques to help accomplish satisfactory results. Located in the KCH Administration Classroom. The cost is \$25 if not attending prenatal classes. Registration is required by calling 574.372.7882.