

CLASSES *for* your MIND, BODY and SOUL

Spring
2010



Community Health Education that Promotes a Healthier Lifestyle

Edgerton Hospital and Health Services is committed to providing exceptional health care for our communities. We offer quality programs to enrich your mind, body and soul.

Home Alone Safety

Edgerton Hospital Instructor

Designed for children ages nine and older who may be home for a short period of time without an adult. Topics covered include: injury prevention, basic first-aid, fire safety, stranger danger, handling emergency situations and healthy snack ideas. This class is intended for children only. (Lunch is included in cost). Registration required.

Edgerton Hospital Classroom: \$20

March 13 (Saturday);
9:00 a.m. – 12:30 p.m.

MAR
13

NEW!

Nutrition for the Recreational Athlete

UW Extension Rock County;

Angela Flickinger, RD, MPH

If you are planning to do a 5K, 10K, half-marathon, marathon or triathlon, you'll want to make sure that you're in the best health possible. This course will teach you how much to eat, when to eat it and why. Let the race begin!

Edgerton Hospital: FREE!

March 24 (Wednesday);
5:00 – 6:00 p.m.

MAR
24

WomenHeart Support Network Meeting

Kathleen Butler and Keynote Speaker

This support group is for women living with heart disease. The monthly meetings will not only provide a great networking opportunity, but will be fun and educational with a variety of keynote speakers and topics. To register, call Susan Kindschi at 608-884-1396.

Cardiac Rehab Room: FREE!

Meets the fourth Thursday
of every month:
March 25, April 22, May 27;
6:00 -7:30 p.m.

MAR
25

NEW!

Protect Yourself and Your Money

Terry Burrington, Community Development Advocate

Nancy Johnson, Edgerton Hospital Social Worker

Don't miss this opportunity to learn more about identity theft and fraud. We'll give you real life examples and teach you ways to avoid this from happening to you. This class will also cover what happens to savings bonds over time, how to use safety deposit boxes, funeral trusts, advance directives, etc.

Edgerton Hospital: FREE!

April 15 (Thursday); 5:30 -6:45 p.m.

APR
15

Heartsaver Plus

AED Certification

American Heart Association Instructor

Learn how to use an AED (automatic external defibrillator) and perform CPR on the adult, child and infant. In addition to CPR and AED use, participants learn how to help a choking victim. Two-year certification card is issued upon successful completion. Registration required.

Edgerton Hospital Classroom: \$35

April 19 (Monday); 5:00 – 8:00 p.m.

APR
19

Self-Defense for Women

Janesville Police Department

The Janesville Police Department and Edgerton Hospital are offering a self-defense program for women called S.A.F.E. – Self-defense, Awareness, Familiarization and Exchange. This two-hour class taught by Janesville Police Officers educates women on how to protect themselves from crime and introduces physical training methods. Registration required.

Edgerton Hospital Classroom: \$5

April 21 (Wednesday);
5:30 – 7:30 p.m.

APR
21

StrongWomen®

Certified StrongWomen Instructor

The StrongWomen class is an 11-week exercise program for middle-aged and older women. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. The class is appropriate for both sedentary and very active women. Registration required.

Edgerton Hospital Classroom: \$35

May 4 – July 15
(Tuesdays and Thursdays)
Two sessions: 9:15 – 10:15 a.m.
or 5:00 - 6:00 p.m.

MAY
4

Beginner's Yoga

Elise Wileman

Designed for first-timers, this class is dedicated to improving your physical and mental well-being through stretching and breathing techniques. This class emphasizes body awareness, mindful breathing and self-acceptance. Please bring your own yoga mat. Registration required.

Edgerton Hospital Classroom: \$35

SIX-WEEK SESSION:
May 4 – June 8 (Tuesdays);
6:30 – 7:30 p.m.

MAY
4

NEW!

Building a Strong Credit History

Consumer Credit Agency Counselor

What you don't know can hurt you! Every year dozens of important decisions affecting your life are made by people you've never met...based only on the information contained in your credit report. What you don't know about your credit can cost you money, insurance coverage, the opportunity to buy a house, car or even a job. Join us for this free educational program to understand credit.

Edgerton Hospital: FREE!

May 12 (Wednesday);
5:30 – 6:30 p.m.

MAY
12

MILTON RESIDENTS – We're now offering classes at The Gathering Place!

StrongWomen®

Certified StrongWomen Instructor

The StrongWomen class is an 11-week exercise program for middle-aged and older women. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. The class is appropriate for both sedentary and very active women. Registration required.

NEW LOCATION: The Gathering Place: \$35

May 11 – July 22
(Tuesdays and Thursdays);
No class May 20; 9:00 – 10:00 a.m.

MAY
11

Dining With Diabetes: A Cooking School for People with Diabetes and Their Families

Edgerton Hospital and Health Services/UW – Extension

This four-session class includes information on how to manage diabetes, food demonstrations and tasting healthy foods. Participants will develop a clear understanding of the importance and interaction of a balanced diet, physical activity and diabetic medications to control blood glucose.

NEW LOCATION: The Gathering Place:
\$10 per/person with diabetes; \$5 per additional
family member or caregiver

4 WEEK COURSE:
May 11, 18, 25 & June 1
(Tuesdays); 1:00 – 3:00 p.m.

MAY
11

FREE! Heart Healthy Programs...

Create a healthy heart by attending our free educational programs presented by top-notch health care professionals. These classes are specifically designed for anyone who may be at high-risk for heart disease or has previously suffered a heart attack. In 45 minutes, you'll learn the steps necessary to ensure a healthy heart! Feel free to register for as many programs as you'd like, call 608-884-1609.

The following programs are offered on Wednesdays, 9:00 – 9:45 a.m. or 2:00 – 2:45 p.m., at Edgerton Hospital:

March 24	Relaxation Techniques
March 31	The Basics of Cholesterol
April 7	Reading Food Labels
April 14	Strength Training
April 21	Stress Management
April 28	Blood Pressure
May 5	Eating Out/Modifying Recipes

Katy O'Brien, RN, BSN
Susan Kindschi, RN, BA
Amy Stepp, RD, CD
Dave Nottelson, SLP
Katy O'Brien, RN, BSN
Cassie Hutchens, RN
Amy Stepp, RD, CD

For more information, or to register with a secure payment, visit www.edgertonhospital.com.

Or call 608-884-1609 or 608-884-1489 to register.

**Edgerton
HOSPITAL**
AND HEALTH SERVICES

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