

# CLASSES for your MIND, BODY and SOUL

Summer 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.

## HEARTSAVER PLUS AED CERTIFICATION

*American Heart Association Instructor*

Learn how to use an AED (automatic external defibrillator) and perform CPR on an adult, child and infant. In addition to CPR and AED use, participants learn how to help a choking victim. Two-year completion card is issued upon successful completion. Registration required. Edgerton Hospital Classroom: \$35

June 7 (Monday); 9:30 a.m. – 12:30 p.m.



## 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

June 12 (Saturday); 9:00 a.m. – 12:30 p.m. or August 27 (Friday); 9:00 a.m. – 12:30 p.m.



**NEW!**

## MAKING THE HOSPICE CHOICE

*Lisa Brown, Hospice Care Inc.*

What is hospice? Who is eligible for hospice care? What hospice services does Medicare cover? When should I call? Can I stay at my home if I receive hospice services? How do I locate a hospice provide for my loved one in a different state? What are the differences between a non-profit and a for-profit hospice? This seminar will answer these questions and more as participants find out about the many hospice services and programs and how choosing hospice means choosing a higher quality of life. Edgerton Hospital: FREE!

June 21 (Monday); 10:30 a.m. – 12:00 p.m. or 6:00 – 7:30 p.m.



## 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 key note speakers and topics. To register, call Sue Kindschi at 608-884-1396. Cardiac Rehab Room: FREE!

Meets the fourth Thursday of every month: June 24, July 22, August 26; 6:00 - 7:30 p.m.



## 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

July 10 (Saturday); 9:00 – 11:00 a.m.

**NEW!**

## GRANDPARENT CPR

*American Heart Association Instructor*



As a grandparent you have learned to expect the unexpected. In a few short hours, you can learn and be confident about 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

July 27 (Tuesday); 9:00 a.m. – 12:00 p.m.



**NEW!**

## MORNING OF YOGA & MEDITATION

*Katy O'Brien, RN*

Take a morning for yourself and relax your mind, body and soul. This interactive class will introduce the basics of meditation, yoga and relaxation techniques. Please bring a yoga mat. Edgerton Hospital Classroom: \$10

August 7 (Saturday); 9:00 – 11:00 a.m.



## 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: \$40

August 24 – November 23 (Tuesdays and Thursdays); (No Class on October 7); Two sessions: 9:15 – 10:15 a.m. or 5:00 – 6:00 p.m.



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

**NEW!**

## STEP IT UP

*Angie Sullivan, MS, CHES and guest speakers*

If you are 50 or older, get ready for an exciting new walking program brought to you by Edgerton Hospital, St. Mary's Hospital and The Gathering Place. Jumpstart your intentions to become more active and healthy by participating in this motivating and personally challenging walking program. Each educational session will include health information from a medical professional, along with other tips to help you Step It Up. **NEW LOCATION: The Gathering Place: \$20 (Includes: pedometer, walking kit and t-shirt)**

Please call 884-1609 to register no later than May 28

June 10, July 8, August 5 & September 2 (Thursdays); 5:30 p.m.



**NEW!**

## GRILLING SUMMER VEGGIES

*Amy Stepp, RD, CD*

Learn how to cut and cook fabulous summer vegetables. This will be an interactive, hands-on class taught by Edgerton Hospital's registered dietician.

**NEW LOCATION: The Gathering Place: \$10**

July 21 (Wednesday); 5:30 – 7:30 p.m.

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**NEW LOCATION: The Gathering Place: \$40**

August 24 – November 23 (Tuesdays and Thursdays); 9:00 – 10:00 a.m.



Keep up to date on Edgerton Hospital happenings!

For more information, or to register with a secure payment, visit [www.edgertonhospital.com](http://www.edgertonhospital.com).

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

**Edgerton HOSPITAL**  
AND HEALTH SERVICES

313 Stoughton Road, Edgerton, WI 53534

0216 05/10

Summer  
2010

CLASSES *for*  
*your* MIND,  
*and* BODY SOUL

## 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.



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

June 9	The Basics of Cholesterol	Susan Kindschi, RN, BA
June 16	Reading Food Labels	Amy Stepp, RD, CD
June 23	Blood Pressure	Cassie Hutchens, RN
June 30	Eating Out/Modifying Recipes	Amy Stepp, RD, CD
July 7	Strength Training	David Nottelson, SLP
August 4	Relaxation Techniques	Katy O'Brien, BSN

For more information, or to register with a secure payment, visit [www.edgertonhospital.com](http://www.edgertonhospital.com). Or, call Jamie at 608-884-1609.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address (City, State, ZIP) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_ Email Address \_\_\_\_\_

COURSE TITLE(S)	START DATE	TIME	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please make checks payable to Edgerton Hospital or

Charge to: \_\_\_\_\_ Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_ American Express

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Send form to: Edgerton Hospital and Health Services c/o Community Education, 313 Stoughton Road, Edgerton, WI 53534