

BE  
**STRONGER**  
THAN YOUR  
— **EXCUSES** —

Our classes can motivate you to ditch those excuses to become healthier and more productive!

January – April 2019 | **Calendar of Events**

If you need additional information, call us at **440.356.0670, option 4**, or visit [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) where our event calendar is always up-to-date.

- **Class sizes are limited.**
- **Advance registration is REQUIRED for every event.**
- **If there is a fee, your seat is not guaranteed until we receive payment.**



Like us on Facebook to see what we're doing in the community.  
[Facebook.com/clevelandclinicinyourcommunity](https://www.facebook.com/clevelandclinicinyourcommunity)

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### Support Groups at the Wellness Center

Support Groups are not held on major holidays

**Alzheimer's Support Group**

Last Thursday of the Month | 1:30 to 3 p.m.

Call 1.800.272.3900 for more information.

**Breastfeeding Support Group**

Every Monday and Friday | 1 to 3 p.m.

Call 440.356.0347 for more information.

**New Beginnings: Cleveland Clinic Bereavement Drop-In Support**

Second Tuesday of the Month | 2:30 to 4 p.m.

Call 216.209.0856 for more information.

**Parkinson's Support Group**

Third Tuesday of the Month | 1:30 to 3 p.m.

*(March – December only)*

Call 440.356.0670, option 4 for more information.

**Postpartum Depression Support Group (POEM for Moms)**

Every Tuesday | 7 to 8:30 p.m.

Call 216.373.0302 for more information.

**Stroke (Re-Set) Support Group**

Last Thursday of the Month | 5:30 to 7 p.m.

Call 216.505.0558 for more information.





The American Heart Association recommends 150 minutes of moderate aerobic physical activity per week. If you break that down, that means a half-hour, most days of the week. So, lace up those tennis shoes and join an exercise class!

## Ab Attack!

Mondays and Wednesdays | 6:30 to 7 p.m.

\$35 for a 10-class card

This 30-minute class, led by Gina Moore, AFAA certified, will help you develop a stronger, firmer core with abdominal, oblique, and lower back exercises. Please bring a mat or towel and a water bottle. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](https://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Fit for All

Mondays and Wednesdays | 5:30 to 6:30 p.m.

Fridays | 5:15 to 6 p.m.

\$35 for 10-class card

This class, led by Gina Moore, AFAA certified, offers a full body workout with a warm-up, low impact aerobics, strength training and stretching. Work at your own pace and leave feeling refreshed. Please bring a mat or towel and a water bottle. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](https://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Barre Classes

6:30 to 7:30 p.m.

\$35 for 10-class card

### Barre Flow | Tuesdays

Barre Flow class focuses on balance and flexibility that includes a 15-20 minute stretch with lighter intensity and no cardio. Participants use small and large balls, resistance bands and yoga straps.

### Barre Flex | Thursdays

Barre Flex class focuses on strength and movement goals with a slightly more intense, low-impact cardio that includes a 5-10 minute stretch, use of small and large balls and weights.

Our barre classes, led by Charlotte Petrie, IFTA, will tone, lengthen, and sculpt your whole body and improve your balance, all while having fun working out! Wear long pants and socks and bring a mat to class. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](https://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



**NEW OFFERING!**

**Pre & Postnatal Exercise Classes**

Tuesdays and Thursdays | 2 to 3 p.m.

Session 1: Jan. 8 – Feb. 14

Session 2: Feb. 19 – March 28

Session 3: April 2 – May 16

**\$150 a session**

Join Laura Thomas, Certified Pre & Postnatal Coach with Girls Gone Strong's Coaching and Training Women Academy, for a fitness class safe for anyone who is pregnant or postnatal, regardless if you are a year postnatal or more! Exercises are carefully selected and can be modified for any limitations you may have with your body. This class is designed to help you feel strong and have more energy for your new life with your baby and to take some time out for yourself! Please bring a yoga mat, water and wear comfortable gym clothes and shoes. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

**Fitpaths (Ages 50+)**

Tuesdays, Thursdays, Saturdays | 9 to 9:50 a.m.

**\$35 for 10-class card**

This 50 minute class, led by Gina Moore, AFAA certified, is for adults who want to reap the benefits of aerobic and strength training. This class is geared towards all fitness levels with many modifications available. Dress in comfortable, loose clothing, and leave class feeling energetic. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

**Fitpaths Too (Ages 60+)**

Tuesdays and Thursdays | 10 to 10:50 a.m.

**\$35 for 10-class card**

This class, also led by Gina Moore, AFAA certified, is the same as Fitpaths just a little bit slower pace. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

**Jazzercise**

**Morning Schedule**

Monday – Thursday | 8 a.m.

Monday, Wednesday, Friday \*\* | 9:30 a.m.

Saturday, Sunday | 10 a.m.

**Evening schedule:**

Monday – Thursday | 4:30 p.m.

Monday, Wednesday, Friday | 5:30 p.m.

Monday, Wednesday | 6:30 p.m.

**\$189 for unlimited classes through April 30, 2019\***

Celebrate 50 years! Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. You'll love all of our formats. In addition to our original Dance Mixx we offer Core, Strength, Fusion and Interval Training. Mix and match formats to keep your body and mind challenged. A fitness program for all ages and fitness levels, men and women! **Call 440.356.0337 or email [kkjazzrcize@yahoo.com](mailto:kkjazzrcize@yahoo.com) with questions or to pre-register.**

*\*New customers only or those not attending in six (6) months or more. Unlimited class pass can be used in Lakewood, too.*

*\*\*Childcare available M-W-F for the 9:30 a.m. class only. Reservations requested by the evening prior to class you'll attend. Cost is \$20 for 10 classes or \$3 a class. Call or text 440.554.4213 to reserve childcare.*

**You may attend the following classes with your \$35 10-class card:**

<b>Ab Attack</b>	<b>Fit for All</b>
<b>Barre Classes</b>	<b>Fitpaths</b>
<b>Chair Yoga</b>	<b>Fitpaths Too</b>

**Your card is good for one year from purchase date. NO REFUNDS are available after purchase.**



WELLNESS CENTER YOGA CLASSES

### Chair Yoga

Mondays and Wednesdays | 10:15 to 11 a.m.

**\$35 for a 10-class card**

Chair yoga can improve your flexibility, strength, balance, and posture. Your instructor will lead you through a series of stretches and yoga postures that can be modified to accommodate limited mobility or difficulty balancing. Please wear loose, comfortable clothing. Monday's Chair Yoga instructor is Courtney Berg, RYT 200 and Lyndsey Needham, RYT-200, Certified Yoga Therapist, leads the Chair Yoga class on Wednesdays. **Advance purchase of a 10-class card is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

### Gentle Yoga

Tuesdays and Thursdays | 11 a.m. to 12 p.m.

**\$50 for a 10-class card or pay a \$10 drop-in fee (exact cash only)**

An accessible, beginner-friendly class led by Lauren Fraley, RYT 200, will introduce you to the foundations of yoga within a supportive environment. Emphasis is placed on developing clear and safe alignment, establishing mindful awareness of the body and breath, and adapting practices to suit your needs. This class is perfect for people who are interested in trying yoga, but unsure of where to start. **Advance purchase of a 10-class card is recommended. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

**YOGA WITH LYNDSEY NEEDHAM**

Space is limited for Lyndsey's classes, so call soon to reserve your spot!

**Phoenix Rising Yoga Therapy**

Thursdays | 6:30 to 7:30 p.m.

Session 1: Jan. 10 – Feb. 21

(no class Feb. 14)

Session 2: Feb. 28 – April 4

**\$72 per session**

Join Lyndsey Needham, RYT-200 and Certified Yoga Therapist, for a 6-week yoga session where you will explore movement and stillness through traditional yoga postures, as well as other shapes that feel good in the body. The intention of the class is to use yogic techniques to invite greater presence and awareness of what is, and greater the ability to embrace challenges as an opportunity for growth and change. Connect with yourself on a deeper level. Occasional journaling will be included. Please bring your yoga mat to class.

**Advance registration is required. Register online or call 440.356.0670, option 4.**

**Baby & Me Yoga**

(Infants 6 weeks to crawlers)

Wednesdays | 5:30 to 6:15 p.m.

Session 1: Jan. 16 – Feb. 20

Session 2: Feb. 27 – April 3

**\$60 a session (1 parent/1 baby)**

Join Lyndsey Needham, RYT-200 and Certified Yoga Therapist, for a 6-week yoga session to ease back into your yoga practice post baby's arrival. These sessions will help you bond with your little one, strengthen your muscle tone, relieve stress, and promote better and longer sleep. As an added bonus, these sessions also connect you with other moms in your community. No previous yoga experience necessary. Bring a small blanket and toy for your baby and a yoga mat for yourself.

**Advance registration is required. Register online or call 440.356.0670, option 4.**

**CLEVELAND CLINIC YOGA CLASS**

**Cleveland Clinic Wellness Yoga, Level 2**

Mondays | 5 to 6 p.m.

Session 1: Jan. 7 – March 30

Session 2: April 8 – June 29

**\$12 per class (General Public)**

**\$5 per class (Cleveland Clinic**

**Caregivers)**

Wellness Yoga Level 2 class will incorporate postures that are practiced on a mat, on the floor, and may be done from standing, seated, or lying down on the abdomen or back. While the instructor will be able to guide participants of all ability levels, this is primarily an intermediate level class.

**Advance registration is required.**

**Register by phone at 216.448.4325, option 4 or online at [clevelandclinic.org/wellnessyoga](http://clevelandclinic.org/wellnessyoga) (general public). Cleveland Clinic caregivers, register online at [clevelandclinic.org/employeeewellness](http://clevelandclinic.org/employeeewellness).**



## QIGONG AND YOGA CLASSES WITH MARY MARTHA CORRIGAN

### Qigong for Everyone

Tuesdays (ongoing) | Jan. 8 – April 30  
6 to 6:45 p.m.

**\$13 per class or \$10 per class for two or more classes**

Transform yourself with Breath Practice, Meditation, and Qigong (“chee-gung” slow graceful movement and coordinated breathing) for better health, focus, and energy. **Register at class (room 201). If you have any questions, please call Mary-Martha Corrigan at 216.703.0777.**

### Qigong Plus

Tuesdays (ongoing) | Jan. 8 – April 30  
6 to 7:30 p.m.

**\$15 per class or \$13 per class for two or more classes.**

Zhineng Practitioners extend Qigong class with an extra 45 minutes of revitalizing Zhineng Qigong and a discussion of Zen Philosophy. The Zhineng Qigong course is a prerequisite for Qigong Plus (see Zhineng Qigong listing for details about the course). **Register at class (room 201). If you have any questions, please call Mary-Martha Corrigan at 216.703.0777.**

### Gentle Yoga & Qigong

Wednesdays (ongoing) | Jan. 9 – May 1  
10 to 11:30 a.m.

**\$15 per class or \$13 per class for two or more classes**

Restore your youthfulness. Breath Practice, Meditation, Hatha Yoga and Qigong. Experience well-being, clarity, and self-awareness. Bring mat and blanket to class. **Register at class (room 201). If you have any questions, please call Mary-Martha Corrigan at 216.703.0777.**

### Zhineng Qigong

Four Thursdays | April 4, 11, 18, 25  
(*must register by March 21*) 6 to 9 p.m.

**\$195 + \$30 materials fee payable to instructor at first class**

Empower yourself. Learn to work with your body's energy system to profoundly improve your health and well-being. Course includes 3 CDs and instructional handouts. **To register, please contact Mary-Martha Corrigan at 216.703.0777 by Thursday, March 21!**

## YOGA WITH CAROLE LESKO

### Yoga for YOU

Mondays | Jan. 7 – April 29 (ongoing)  
6:30 to 8 p.m.

**\$12 per class**

WELCOME beginners and experienced yoga practitioners! Yoga will be practiced slowly with attention to the alignment of the poses, viniyoga (step by step). This class is for all ages and beneficial for many medical conditions including people with back challenges. There is no competition in yoga, everyone listens to their body. You will learn stretching, breathing techniques and meditation. **Call Carole Lesko at 440.477.0270 to register.**

### Yoga Flow

Wednesdays | March 20 – April 24  
6:30 to 8 p.m.

**\$12 per class**

Yoga and stretching are a gentle way that flows (continues) from one pose or stretch to another. They cause the body, mind and breath to unite. It is meditation in motion that soothes every part of your being. It feels luxurious and relaxing while strengthening and coordinating the mind/body connection. Yoga Flow generates more energy as stress is released. Come try a class and see for yourself. **Call Carole Lesko at 440.477.0270 to register.**

### Yoga as Therapy

Fridays | Feb. 15 – April 26 (ongoing)  
9:30 to 11 a.m.

**\$12 per class**

Everything about yoga reduces stress. Yoga is anti-aging! Yoga as Therapy is a gentle but strengthening class that utilizes breathing techniques, meditation and asanas (poses) along with stretching and warm-ups. This class is guaranteed to empower you with techniques to feel more confident in your everyday movements. Some healing techniques will be shared. A chair may be used if desired. **Call Carole Lesko at 440.477.0270 to register.**

TAI CHI WITH MICHAEL W. STADUL

You don't need prior experience to start a new session! Please wear loose clothing and comfortable shoes to class.

Tai Chi Balance

Tuesdays | 9 to 10 a.m. | \$40

Tai Chi Balance is designed to reduce the fear and likelihood of falling, increase range of motion, stop the fear of falling cycle and improve activity levels of older adults. The program combines techniques from Tai Chi movements that focus on strengthening muscles of the ankles, knees, hips and legs.

Session 1: Jan. 8 - Feb. 12

Session 2: Feb. 19 - April 2

(no class March 12)

Session 3: April 9 - May 14

Wu Style Tai Chi Ch'uan

Thursdays | 9 to 10 a.m. | \$40

Wu Style Tai Chi Ch'uan is a classical form of Chinese exercise characterized by slow, gentle rhythmic movements of ancient martial arts origin. These graceful movements promote physical fitness, flexibility and improved health.

Session 1: Jan. 10 - Feb. 14

Session 2: Feb. 21 - April 4

(no class March 14)

Session 3: April 11 - May 16

Tai Chi for Arthritis and Fall Prevention

Fridays | 10:30 to 11:30 a.m. | \$40

Tai Chi for Arthritis program will give you valuable techniques to better cope with arthritis. It is easy to learn, enjoyable and provides many health benefits in a relatively short period of time.

Session 1: Jan. 11 - Feb. 15

Session 2: Feb. 22 - April 5

(no class March 15)

Session 3: April 19 - May 31

(no class on May 24)

Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.

MINI-CLASSES FOR REFLECTION AND MEDITATION

Join us for instructive sessions that consist of lecture and discussion, followed by guided reflections or meditation. You will be guided through a variety of practices that can be integrated into your daily routine of self-care. These sessions, facilitated by Mary Lou Stricklin, MSN, APN, FAAN, are ideal for the release of stress and anxiety, calming your mind and emotions and awakening your spirit. You will further your development in spiritual and emotional growth as we explore specific life issues and topics.

Learn to Calm Your Mind

Monday, Feb. 4 | 6:30 to 7:45 p.m. | \$15

Stress and pace of daily life challenges our problem-solving and decision-making. Exercises on guided meditation will support improved concentration and focus while becoming more relaxed and calm.

Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.

Be Mindful of Your Body

Monday, March 4 | 6:30 to 7:45 p.m. | \$15

The body and mind are inseparable. Awareness of the body is a window to our emotional state. We will focus on the breath and body to release tension and become aware of our renewed skills to relax. Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.

Observing Your Mind and Emotions

Monday, April 8 | 6:30 to 7:45 p.m. | \$15

We would all like to better understand what we are feeling or thinking about a particular person or situation. We will choose a personal situation to act as a focus, and through a guided reflection and meditation, better understand the attitudes and feelings we experience. Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.





**Note: Registration is required for every class – no drop-ins allowed. Please make your reservation at least five (5) days prior to the class date.**

## **JANUARY**

### **The Ketogenic Diet for Health**

**Friday, Jan. 4 | 2 to 3 p.m. | \$10**

The ketogenic diet is a low carbohydrate diet that induces the metabolic, fat burning state of ketosis. This diet has been studied as nutrition therapy for a variety of conditions including diabetes, obesity and cancer. Join Functional Medicine dietitian Rachel Stockle as she teases out truths and misconceptions about this popular diet and potential health benefits. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



### **Food, Fitness and Fun: A Wellness Reset for Women**

**Four Saturdays: Jan. 5, 12, 19 and 26 OR March, 2, 9, 16 and 23 | 9 to 10:30 a.m. | \$80 + \$10 food fee each class**

Join Laura Marshall, Health and Professional Coach and Doreen Gardner, Certified Yoga Instructor, for four 1½ hour sessions designed to provide you with a Wellness Reset for the New Year.

- Come hungry. You will taste healthy food, learn to make the recipes and how to meal prep for the week.
- You will learn easy moves to strengthen, stretch and gain balance.
- You will learn new activities that are sure to bring more fun and enjoyment into your life.

At the conclusion of the Reset, we're confident you will understand how to implement a plan for healthy eating and incorporate exercise and play into your daily routine all while receiving great support from your instructors and classmates! **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



### **Yoga for a Strong Back**

**Wednesday, Jan. 16 | 6 to 7 p.m. | Free**

This class, presented by Judi Bar, yoga specialist for chronic pain and disease, E-RYT 500, C-IAYT Yoga Program Manager Cleveland Clinic Center for Integrated and Lifestyle Medicine, will discuss yoga for back care and show you simple accessible yoga poses using a chair that can be easily done - without having to get on the ground or use any special equipment. No experience needed, everyone is welcome. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

### **Healthy Habits to Improve Diabetes Control**

**Tuesday, Jan. 22 | 2 to 3 p.m. | Free**

Evidence based medicine has shown that what we eat and how we spend our time has a direct link to our long term health. The cornerstones of blood glucose management are healthy eating, physical activity, medications and blood glucose monitoring. Please join Cleveland Clinic Diabetes Educator, Rosalinde Witkowski, MSN, RN, who will help you identify and establish healthy habits to improve your blood glucose control. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Your Health Starts with YOU!

Wednesday, Jan. 23 | 4 to 5 p.m. | Free

Feeling overwhelmed about how to make sustainable healthy lifestyle changes? Need simple healthy solutions for your busy life? Come join Cleveland Clinic Health Coaches Kristal Grunick, RN and Danielle Naples, RD, who will share ideas and tools for finding ways to put yourself and your health on top of the priority list! Learn practical meal preparation tips, ways to reduce added sugar, how to incorporate simple daily movement, and using mindfulness to support living your best life! **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Planning for the Future: Legal and Financial Issues for People with Dementia

Thursday, Jan. 24 | 3:30 to 4:30 p.m. | Free

This program, presented by the Alzheimer's Association, is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## When Your World is Spinning (aka Vertigo) Tips and Treatments

Tuesday, Jan. 29 | 2 to 3 p.m. | Free

Vertigo is a feeling that you're standing still but the world around you is spinning or tilting. Come and learn from Cleveland Clinic Physical Therapist, Kara Seese, PT, DPT, NCS, about the causes, general anatomy of the inner-ear for balance and "What are crystals, and can they make me spin?" She will discuss a simple self-assessment method and generalized treatment of the most common cause of vertigo and where to seek ongoing care if the symptoms should persist. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## FEBRUARY

### Sitting is the New Smoking: How Small Changes in Daily Activity Have a Big Impact on Health

Friday, Feb. 1 | 2 to 3 p.m. | \$10

Can standing for a few extra hours daily add years to your life? Do short bursts of activity reverse aging at a cellular level? Can taking the stairs reduce your risk of obesity? Join Cleveland Clinic Center for Functional Medicine Health Coach Kevin Heine, ACSM EP-C, as he explores how small changes in how you move through your day can have a profound impact on your health. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Take a Deep Breath to Experience the Healing Power of Your Breath

Saturday, Feb. 2 | 11 a.m. to 12:30 p.m. | \$20

Your breath is the 'steering wheel' to reduce stress, improve sleep and be calm. It is free and effective and with you all the time. Discover your preferred powerful techniques for use at anytime, anywhere! This class is facilitated by Mary Lou Stricklin MSN, ANP, FAAN. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Mindful Living. What's it all about?

Tuesday, Feb. 5 | 6:30 to 8 p.m. | \$25

It's on everyone's radar; Old Buddhist practices are now mainstream. What do mindful people do differently? Practice easy techniques to be fully present and learn to live with your imperfect life! This class is facilitated by Mary Lou Stricklin MSN, ANP, FAAN. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## The Fourth Trimester for Women - Practical Tips from a Physical Therapist

Wednesday, Feb. 6 | 6 to 7 p.m. | Free

Delivering your baby is just the beginning. Dealing with the unexpected things that happen to your body in the months after childbirth is worth talking about. If you are experiencing incontinence, back pain and feelings of instability in your core, we invite you to join us for an informative talk with Katie Coughlin PT, DPT and Jill Dubbs PT, DPT who will discuss the best steps to recovery after giving birth.

Additional topics that will be discussed include:

- Returning to an exercise regimen
- Addressing incontinence issues and pelvic floor muscle function
- C-Section and perineal scar management
- Evaluating core muscle health

**Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



## Go Nuts (and Cook with Oils)

Tuesday, Feb. 12 | 6 to 7 p.m. | Free

A healthy diet and lifestyle are your best weapons to fight diseases and promote longevity. Nuts, seeds and oils not only do this – but also provide crunch, protein, texture and taste to meals and snacks. This program, presented by Cleveland Clinic dietitian Andrea Dunn, RD, LD, CDE, will provide information on these plant-based fats, which are unique in the vitamins, minerals and calories that they bring to the table. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Early Heart Attack Care + Hands-Only CPR

Tuesday, Feb. 26 | 6 to 7:30 p.m. | Free

When it comes to heart health emergencies, many Americans don't have the knowledge to aid others, and often don't know the proper way to help themselves, according to a Cleveland Clinic survey. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Come to this important presentation to learn about Early Heart Attack Care that will include Hands-Only CPR. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## MARCH

### Eat Yourself Well: Superfoods and Simple Swaps to Upgrade your Diet

Friday, March 1 | 2 to 3 p.m. | \$10

Overwhelmed with all the diet advice out there but want to make some positive changes to your plate? Join Lindsay Malone, MS, RD, CSO, LD, Manager of Nutrition and Health Coaching at Cleveland Clinic Center for Functional Medicine, to learn how to get the most nutritional bang for your bite with simple daily diet swaps and the inclusion of nutrient rich superfoods. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

### Food, Fitness and Fun: A Wellness Reset for Women

Four Saturdays: March, 2, 9, 16 and 23  
9 to 10:30 a.m. | \$80 + \$10 food fee each class  
(see page 7 for details.)

## Diabetes 101

Tuesday, March 5 | 6 to 7 p.m. | Free

The Centers for Disease Control and Prevention reports there are 30.3 million people with diabetes (9.4% of the US population) including 23.1 million people who are diagnosed and 7.2 million people (23.8%) undiagnosed. Please join us for an informative talk focused on diabetes, presented by Cleveland Clinic Outpatient Diabetes Dietitian at Lakewood Family Health Center and Richard E. Jacobs Health Center, Margaret Doyle, RD, LD, CDE. She will offer an introduction to what diabetes is, what increases the risk to develop it, how it's diagnosed, and how to manage it. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Self-Defense Class with Riverview Martial Arts and Fitness

Wednesday, March 6 | 6 to 7:30 p.m. | \$10

Come to this hands-on basic personal protection strategies training class offered by the staff of Riverview Martial Arts and Fitness. Participants will perform defensive moves to protect against strikes, grabs, holds, and chokes that don't require a lot of practice or a high level of physical fitness to execute. The instructor will also teach attendees how to use a variety of defensive devices including pepper spray. Most importantly, you will learn what signals predators look for and how NOT to send those signals. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

*This presentation is brought to you by Fairview Hospital Trauma Center, the Northern Ohio Trauma System (NOTS) and Riverview Martial Arts and Fitness.*

## Optimizing Brain Health: What You Can Do to Stay Healthy AND Stay Sharp!

Thursday, March 7 | 6:30 to 7:30 p.m. | Free

Your lifestyle has a profound impact on your brain health. Unlike aging and genetics, you have control of your lifestyle choices: what you eat and drink, how much exercise and sleep you get, the way you socialize and deal with stress, the hobbies you develop, and the medications you take to control your blood pressure or diabetes. All of these decisions are critically important to helping you create a brain span that matches your life span. This talk will be facilitated by Christine F. Nelson, MSN, Geriatric Clinical Nurse Specialist at Cleveland Clinic Center for Brain Health. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

### Colorectal Cancer: Let's Talk About It

Wednesday, March 20 | 6:30 to 7:30 p.m. | Free

The American Cancer Society lists colorectal cancer as the number two cause of cancer deaths in the United States - even though it's one of the most preventable and treatable forms of cancer, if caught early. Learn more by joining Cleveland Clinic surgeon, Joseph Trunzo, MD, who specializes in colorectal surgery as he discusses colorectal cancer prevention, treatment, and current screening guidelines. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## APRIL

### Stop the Bleed: Learn the Basics of Bleeding Control

Thursday, April 4 | 6 to 7:30 p.m. | Free

Severe blood loss is one of the leading causes of preventable death. Stop the Bleed is a national campaign that encourages



bystanders to be trained to help in a bleeding emergency before professional help arrives. Join Tod Baker, EMS coordinator for Northern Ohio Trauma System (NOTS) to learn skills that could help you save a life during a bleeding emergency. The class will begin with a lecture and move to hands-on practice skills for bleeding control and tourniquet use. *EMS, nurses or physicians can become instructors after taking this course.* Due to graphic nature of this class, 18+ only. No medical experience is required. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

*This presentation is brought to you by Fairview Hospital Trauma Center and the Northern Ohio Trauma System (NOTS).*

### Total Joint Pre-Operative Education Class

Wednesdays | Free

1 to 2:30 p.m. | March 13

6:30 to 8 p.m. | Jan. 16, Feb. 13 or April 10

During this informative class, you will learn about:

- Preparing for surgery
- What to expect immediately after surgery
- Physical and Occupational Therapy
- Care options after your hospital stay

You will receive materials specific to your type of joint replacement. You will also have an opportunity to speak with an orthopaedic nurse specialist, a physical therapist and a skilled nursing representative. **Advance registration is required. Call 216.476.9004 or register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) (search by the date).**

## Stress Less: Reduce the Physical Burden of Stress While Creating a Calmer Day and Clearer Mind

Friday, April 5 | 2 to 3 p.m. | \$10

The human stress response is innately positive, it serves to protect us during traumatic and life threatening events. Conversely, chronic or ongoing stress has a negative impact on human health. The physiologic stress response is a factor in 5 of the 6 leading causes of death in the US and plays a role in an estimated 60-80% of all doctor visits. Improve your health and reduce your risk of chronic disease by learning to turn off your chronic stress response. Join Cleveland Clinic Center for Functional Medicine Health Coach Kevin Heine, ACSM EP-C, as he reviews simple, manageable stress management techniques to relax the body and clear the mind. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

### Worry Too Much? Learn to Stop that Runaway Stress

Saturday, April 13 | 10:30 a.m. to 12:30 p.m.  
\$30 (inc. workbook)

Our brains are hardwired for worry. It can create a negative cycle of suffering. Learn tried and true solutions that use the healing power of your mind to help you solve problems with calm and clarity. This class is facilitated by Mary Lou Stricklin MSN, ANP, FAAN. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

### NEW OFFERING!

Have you been diagnosed with osteoarthritis of the knee? Join us for a free educational program!

## Move Smart

Last Wednesday of Every Month

5 to 7 p.m. | Free

Move Smart is a FREE educational program designed for patients referred to Physical Therapy with a diagnosis of osteoarthritis (OA) of the knee to learn more about arthritis and what you can do to stay healthy! Physical Therapists from Cleveland Clinic Rehabilitation & Sports Therapy will share information on the following topics:

- Overview and introduction of Osteoarthritis (OA)
- Common symptoms and risk factors
- Myths and Facts about OA
- What activities are safe with OA
- Treatments options available

**Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) (search by the date) or call 440.356.0670, option 4.**

## Exercise Classes for Pre & Postnatal Moms

See page 2

## Baby & Me Yoga

See page 4

## Infant Massage Class – Learn How to Massage Your Baby!

Mornings: Jan. 8; Feb. 12; March 12; April 9; May 7; or June 4 | 10 to 11 a.m.

Evenings: Jan. 16; Feb. 20; March 20; April 17; May 15; or June 19 | 6:30 p.m. to 7:30 p.m.

**\$30 per class, plus \$4 booklet fee due at class** (exact change)

Bring your baby to this fun, interactive and educational class led by Lisa Falkenstein, CPD, CNMI. You will learn hands-on infant massage techniques to enhance your baby's digestion; improve circulation; promote a deeper and more restful sleep; promote bonding; and many other benefits! This class is open to new parents and caregivers with newborns to pre-crawlers. Pregnant and expectant parents are also encouraged to attend, a doll will be used for practice in class. All attendees will leave with a detailed booklet for reference to continue to massage at home with confidence. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter). Call 440.356.0670, option 4 if you have any questions.**

### NEW OFFERING!

## Safe@Home by Safe Sitter®

Thursday, Jan. 17 or March 14 | 4:30 to 6 p.m.  
\$25

Safe@Home is a NEW program that prepares students in grades 4 to 6 to be safe when they are home alone. Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. **Advance registration is required. Please register in the parent's name and download the required paperwork for your child to attend this class. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



Cleveland Clinic Children's

## Baby's First Foods

Thursday, March 14 | 7 to 8:30 p.m.

Free

Nutrition during the first year of your baby's life is important for proper growth and development. Join us for a class led by a certified Pediatric Registered Dietitian from Cleveland Clinic Children's. They will discuss proper introduction of solids, how to prepare fresh and nutritious homemade baby foods and touch on common food allergies. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Toddler and Early School Age Nutrition – Your Picky Eater

Thursday, April 11

7 to 8:30 p.m. | Free

Your child has transitioned to solid foods and is much more active than he/she was as an infant. Good nutrition is important for growth, health and increased energy levels. Join us for a class led by a certified Pediatric Registered Dietitian from Cleveland Clinic Children's to learn best practices to encourage healthy eating and to ensure your picky eater is maintaining adequate nutrition. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

## Safe Sitter® Essentials with CPR

Saturday, Feb. 16 or Saturday, April 13  
9 a.m. to 3:30 p.m. | \$65

The course, taught by Registered Nurses, provides hands-on practice in lifesaving techniques to students in grades 6 to 8 who are home alone, watching younger siblings, or babysitting so they are equipped with the skills and confidence to act in an emergency. They will learn basic first aid; infant, child choking rescue; and CPR (please note, they are not certified in CPR). Students also receive instruction on how a child's age affects how to care for them; how to prevent problem behavior; and how to run their own babysitting business. **Advance registration is required. Please register in the parent's name and download the required paperwork for your child to attend this class. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



## Cooking Classes

**Food, Fitness and Fun: A Wellness Reset for Women**  
(see page 7 for details)

### Eat Well. Live Healthy.

Sara Bisheimer, Co-Owner of Floressa Café will offer healthy cooking demos. Not every class will be hands-on, but they will be interactive! Sara grew up in a farming community where local agriculture was organic and abundant. These roots influenced her passion for supporting local organic initiatives, cooking, and preparing meals for large groups and events.

#### **Clean Eating: Whole30®**

Tuesday, Jan. 8 and Jan. 22 | 6 to 7:30 p.m.  
\$30 for both classes + \$10 food fee due each evening

Are you committed to eating clean as a New Year's resolution? Join Sara for this fun, informative 2-part class. You'll meet like-minded people who understand the importance of clean eating all while learning how to be successful on the Whole30®. Sara will share techniques and dinner options to make healthy eating a lifestyle! To help keep those clean eating vibes going, Sara will go a little more in-depth at the Jan. 22 class. She will share additional Whole30® recipes and discuss strategies for preparing meals that make you feel better about eating healthy, especially when you're on the go. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

#### **Healthy Valentine's Day Dinner? Absolutely!**

Thursday, Feb. 7 | 6 to 7:30 p.m.  
\$15 per person + \$10 food fee due that evening

Don't use Valentine's Day as an excuse to indulge! Come to this class (make it a date night!) and learn how to make a romantic meal without derailing your health goals. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

#### **Make Ahead Meals - Spice It Up!**

Tuesday, March 12 | 6 to 7:30 p.m.  
\$15 + \$10 food fee due that evening

Get out of your rut (or comfort zone)! Join Sara to learn how to prep to save time and have make-ahead meals all while using different and delicious spices and herbs. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

#### **Hors D'oeuvres for Dinner**

Tuesday, April 16 | 6 to 7:30 p.m.  
\$15 + \$10 food fee due that evening

Hors d'oeuvres for dinner? Absolutely! This is a perfect class to bring kids to. We'll explore how to set out a beautiful spread perfect for entertaining, taking on a picnic, or to simply enjoy yourself. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**



#### **The Art of the Quick and Easy Dinner**

Tuesday, Jan. 29 | 6:30 to 8:30 p.m.  
\$15 per person + \$8 food fee due that evening

Do you think you are too busy to eat right? In this fast-paced world, cooking does not need to be a tiresome, time consuming work load. Join Anne from The Olive Scene as she demonstrates how to quickly cook Sausage Fassoulia with Roasted Vegetables, a healthy, tasty, easy dinner, using fresh pressed extra virgin olive oils.

You will have an opportunity to learn the difference between a single varietal olive oil, an infused olive oil, and a fused olive oil as Anne leads the class in a comparative tasting. This demonstration will last approximately 1½ hours and will include a sampling of the dinner. **Advance registration is required. Register online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter) or call 440.356.0670, option 4.**

# Registration Information

## Confirmations, Cancellations and Refund Policies

Once registered, the Wellness Center does NOT mail confirmations. Unless you hear from us, please attend the class as scheduled.

**Refunds will only be granted if a class is canceled or we receive your cancellation ONE WEEK prior to the class.**

No refunds will be given for the exercise classes.

## Late or No Registration

- When space permits, late registrations will be accepted at full cost.
- Attendance is by pre-registration only –walk-ins are NOT permitted for any classes.

## Handicapped Accessibility

We encourage handicapped individuals to participate in our programs. If you have special needs, please notify us when you register.

## Registration

Classes fill-up quickly, so register early!

## Bring or mail registration to:

Fairview Hospital Wellness Center  
3035 Wooster Rd.  
Rocky River, OH 44116-4100

- Please include your check or money order payable to Fairview Hospital
- You may register for most classes online at [fairviewhospital.org/wellnesscenter](http://fairviewhospital.org/wellnesscenter)

**NOTE:** All payments with credit cards must be made in person or over the phone

## Office Hours

Monday – Friday from 8 a.m. to 4 p.m.

## Liability policy

No liability is assumed by Rocky River Board of Education, Fairview Hospital, Cleveland Clinic and its employees and any of its affiliates in the event of accident or loss of personal property at any time.



# Wellness Center Registration Form

Please print or type all information. If you need more registration forms than supplied, please write information on a separate sheet.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Email \_\_\_\_\_

**Total fee for all classes:** \$ \_\_\_\_\_

Mail this registration form with your check (payable to Fairview Hospital) to Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River, Ohio 44116-4100.

To register by phone, please call 440.356.0670, option 4.

\*If you are registering for more than one class and paying by check, please make a separate check for each class.

**Course Name\*** \_\_\_\_\_

Start date \_\_\_\_\_

Days \_\_\_\_\_

Time \_\_\_\_\_

\$ \_\_\_\_\_ fee

**Course Name** \_\_\_\_\_

Start date \_\_\_\_\_

Days \_\_\_\_\_

Time \_\_\_\_\_

\$ \_\_\_\_\_ fee

**Course Name** \_\_\_\_\_

Start date \_\_\_\_\_

Days \_\_\_\_\_

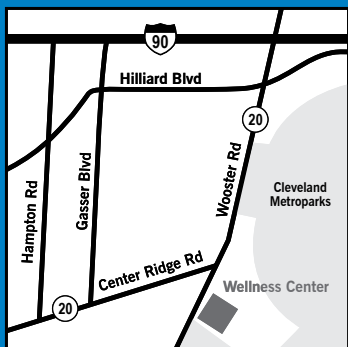
Time \_\_\_\_\_

\$ \_\_\_\_\_ fee

**Fairview Hospital Wellness Center**

3035 Wooster Rd, Rocky River, OH 44116

440.356.0670, option 4



**The Cleveland Clinic Foundation**

9500 Euclid Ave., AC311

Cleveland, OH 44195

[fairviewhospital.org](http://fairviewhospital.org)

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