



**Be proactive
about your
brain health**

Register for one or all of our educational programs focused on the brain

If you need additional information, call us at **440.356.0670, option 4**, or visit 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)

Contents

Exercise	1-2
Qigong, Tai Chi and Yoga	3-6
Meditation	6, 10
Educational and Holistic Classes	7-10
Infants and Kids Classes	10-11
Cooking	12

Support Groups at the Wellness Center

(Except 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.

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.





According to Cleveland Clinic experts, regular aerobic exercise reduces inflammation and stimulates chemicals that affect the health and growth of cells and blood vessels in the brain. Exercise can reduce stress and anxiety, leading to better moods and improved sleep, which are also pillars for brain health. *It's never too late, start today!*

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 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 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 or call 440.356.0670, option 4.**



According to Cleveland Clinic experts, exercise is the No. 1 way to improve your body and body image as you age. And it's not just cardiovascular exercise that's important. You also need weight training. Working your muscles will not only improve your muscle-to-fat ratio, but will also increase your metabolic rate so your body will burn more calories, even while at rest.

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 or call 440.356.0670, option 4.**

Fitpaths Too (Ages 65+)

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 or call 440.356.0670, option 4.**

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

Ab Attack	Fit for All
Barre Classes	Fitpaths
Chair Yoga	Fitpaths Too

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

Jazzercise®

A fitness program for all ages and fitness levels, men and women!

Morning Schedule

Monday – Thursday | 8 a.m.

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

*(childcare available**)*

Saturday, Sunday | 10 a.m.

Evening schedule:

Monday, Tuesday, Thursday | 4:30 p.m.

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

Monday, Wednesday | 6:30 p.m.

\$179 for unlimited classes through Jan. 1, 2019*

Jazzercise instructors are expertly trained to mix in new moves with hit music so classes are always different, keeping your workouts fresh and challenging. Ongoing training programs ensure that instructors master our method which fuses cardio, resistance training, Pilates, yoga, kickboxing and modern dance. Plus, we offer different formats for the variety you need to stay motivated and break through plateaus. **Call 440.356.0337 or email kkjazzrize@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 class only. Reservations requested by the evening prior to class you'll attend. Cost: \$20 for 10 classes or \$3 a class. Call or text 440.554.4213 for to reserve childcare.



WELLNESS CENTER YOGA CLASSES

Chair Yoga

**Mondays and Wednesdays
(NEW DAY ADDED!)
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.

Chair Yoga Instructors

Mondays:

Courtney Berg, RYT-200

Wednesdays:

Lyndsey Needham, RYT-200,
Certified Yoga Therapist

Advance purchase of a 10-class card is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.

Family Yoga

Tuesdays | 5:30 to 6:30 p.m.

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

This FUN class, led by Bianca Hoye, E-RYT 200, provides an opportunity for families to cultivate bonding, wellness, and mindfulness! Practice yoga together in an engaging, developmentally appropriate manner to help your child build confidence and self-esteem, as well as a strong and healthy body. Family yoga includes posture variations to accommodate all of the students in the class. Children ages 5+. One parent per two children.

Advance purchase of a 10-class card is recommended. Register online at 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 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!

NEW! Phoenix Rising Yoga Therapy

Thursdays, Sept. 20 – Oct. 25 | 8:45 to 9:45 a.m.
\$60 a session

All levels welcome for this therapeutic and healing class.

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 at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**



NEW! Yoga for Crawlers to Toddlers (up to 3 years old)

Thursdays, Sept. 20 – Oct. 25 | 5 to 5:45 p.m.
\$60 a session (1 parent/1 baby)

Join Lyndsey Needham, RYT-200 and Certified Yoga Therapist, for a 6-week yoga session to bond with your toddler while they play on your mat, sing songs, play games and explore yoga postures. The goal of the class is to strengthen, tone and promote better sleep for your toddler and you! **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Baby & Me Yoga (Infants 6 weeks to crawlers)

Wednesdays, Nov. 7 – Dec. 12 | 5:30 to 6:15 p.m.
\$60 a session (1 parent/1 baby)

Join Lyndsey Needham, RYT-200 and Certified Yoga Therapist, for a 6-week yoga session that will help you regain strength, relieve stress and bond with your baby. You will learn techniques to soothe and support your baby's growing body, as well as fun, playful ways to incorporate your baby into yoga poses. No previous yoga experience necessary. Dads and caregivers are welcome to register. Bring a small blanket and toy for your baby and a yoga mat for yourself. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

CLEVELAND CLINIC YOGA CLASS

Cleveland Clinic Wellness Yoga Level 2

Mondays | 5 to 6 p.m.

\$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 (general public). Cleveland Clinic caregivers, register online at clevelandclinic.org/employeeewellness.

QIGONG AND YOGA CLASSES WITH MARY MARTHA CORRIGAN

Qigong for Everyone

Tuesdays (ongoing) Sept. 11 – Dec. 18
(no class Nov. 20) | 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) Sept. 11 – Dec. 18
(no class Nov. 20) | 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) Sept. 12 – Dec. 19
(no class Nov. 21) | 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 | Oct. 4, 11, 18, 25
(must register by Sept. 20) | 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, Sept. 20!**

YOGA WITH CAROLE LESKO

Yoga for YOU

Mondays | Sept. 10 – Dec. 17 | 6:30 to 8 p.m.

\$72 for six classes or \$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. We will learn stretching, breathing techniques, meditation and everyone enjoys the relaxation/meditations. **Call Carole Lesko at 440.477.0270 to register.**

Yoga Flow

Wednesdays | Sept. 12 – Oct. 17
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. This class is for those new to yoga! **Call Carole Lesko at 440.477.0270 to register.**

Yoga as Therapy

Fridays | Sept. 7 – Dec. 21 (no class Nov. 23)
9:30 to 11 a.m.

\$72 for every six classes or \$12 per class

This class is open to everyone. A gentle but strengthening class utilizing 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. Everything about yoga reduces stress. Yoga is anti-aging! Some healing techniques will be shared. Chairs 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!

Wu Style Tai Chi Ch'uan

Mondays | 1 to 2 p.m. | \$50
 Oct. 1 – Nov. 5
 Nov. 12 – Dec. 17



Tai Chi Balance

Tuesdays | 9 to 10 a.m. | \$40
 Session 6 | Aug. 21 – Sept. 25
 Session 7 | Oct. 2 – Nov. 6
 Session 8 | Nov. 13 – Dec. 18

Tai Chi for Arthritis and Fall Prevention

Fridays | 10:30 to 11:30 a.m. | \$40
 Session 6 | Aug. 24 – Sept. 28
 Session 7 | Oct. 5 – Nov. 9
 Session 8 | Nov. 16 – Dec. 21 (no class Nov. 23)
 (5 weeks)

Advance registration is required for each session.
 Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.

Cleveland Clinic experts agree that if you feel aches and pain, you might find yourself reaching for a bottle of pain relievers more than you'd like. But there is a simple way to feel better: meditation.



A Mindful Meditation Experience

Mondays | 6:30 to 7:45 p.m.

\$15 per session

Join us for guided meditation and focused topical discussion sessions each month. You will experience calm and relaxation. Those new to or practiced in meditation are welcome! The meditation classes are directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. Ms. Stricklin is a Licensed Nurse Practitioner with a dedication to holistic health supported by a Master's Degree in Mental Health Nursing and extensive practice as a therapist with teens and adults.

Monday, Sept. 24 | Mindful of the Heart

Monday, Oct. 22 | Mindful Forgiveness

Monday, Nov. 12 | Mindful of Gratitude

Monday, Dec. 10 | Mindful of Feelings & Emotions

Advance registration is required for each session.
 Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.

We're delighted to host two experts from Cleveland Clinic Center for Functional Medicine for an informative series of free talks the first Friday of each month.

Kevin Heine, ACSM EP-C, Health Coach and Certified Exercise Physiologist

Lindsay Malone, MS, RD, CSO, LD, Manager of Nutrition and Health Coaching

The Mind Body Connection

Friday, Sept. 7 | 2 to 3 p.m. | Free

The mind and body share an intimate but often overlooked connection that can profoundly impact human health. Thoughts, feelings and attitude can influence physiologic health – from the gut to the immune system. Join health coach Kevin Heine to learn about this fascinating relationship and how to use the power of your mind to transform your health.

Nourish your Gut

Friday, Oct. 5 | 2 to 3 p.m. | Free

The human digestive tract (“the gut”) is responsible for so many important functions – from immunity to digestion and absorption. Nourishing the gut is essential to optimal physical and mental health. Join registered dietitian Lindsay Malone to learn what diet and lifestyle factors are essential for maintaining this vital organ system.

Get Well Together

Friday, Nov. 2 | 2 to 3 p.m. | Free

When it comes to your health there is truth in the African proverb that states “If you want to go fast, go alone, if you want to go farther, go together.” Join health coach Kevin Heine as he discusses the power of community, support and environment in achieving and maintaining good health.

The Anti-Inflammatory Lifestyle Prescription

Friday, Dec. 7 | 2 to 3 p.m. | Free

Inflammation is an integral part of a healthy immune system in times of trauma but constant, chronic inflammation is harmful to human health. Join registered dietitian Lindsay Malone as she reviews the role of diet and lifestyle in reducing and preventing chronic inflammation.

Advance registration is required.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.



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

SEPTEMBER

STRESSED? We've Got Solutions!

Wednesday, Sept. 19 | 6:30 to 8 p.m. | \$25

Cleveland Clinic experts suggests that stress can bring on or worsen certain symptoms or diseases. Managing stress is essential to reduce strain on the mind and body. Come to this talk to learn simple techniques to help manage stress so you can lead a happier, healthier life. This class is directed by Mary Lou Stricklin, a Licensed Nurse Practitioner with a dedication to holistic health supported by a Master's Degree in Mental Health Nursing and extensive practice as a therapist with teens and adults. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Understanding Alzheimers and Dementia

Thursday, Sept. 20 | 3:30 to 4:30 p.m. | Free

Join us to hear directly from a staff member from the Alzheimer's Association about the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. The event will include video interviews with professionals, patients with dementia, and caregivers discussing real-life issues. A discussion and Q&A will follow. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Early Heart Attack Care

Tuesday, Sept. 25 | 6:30 to 7:30 p.m. | Free

According to the American College of Cardiology Foundation, 85% of heart damage occurs within the first two hours of a heart attack. Come to this important educational talk to learn about Early Heart Attack Care. Jennifer Neil, CNP, will discuss the subtle danger signs of a heart attack, how symptoms can be very different for men and women and why you should act upon them before heart damage occurs. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

OCTOBER

Understanding Essential Tremors

Wednesday, Oct. 3 | 6 to 7 p.m. | Free

According to Cleveland Clinic experts, essential tremors (ET) affects about 4 percent of adults 40 years of age and older. Living with ET can be stressful and challenging. Come to this informative talk presented by Michal Gostkowski, DO, a neurologist with Cleveland Clinic Center for Neuro-Restoration. He will discuss practical tips for someone living with ET to make their

day-to-day life easier and maintain an active social life and when physician-prescribed treatments are recommended. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

How Psychic Are You? Boost the Power of Your Intuition

Wednesday, Oct. 10 | 6:30 to 8:15 p.m. | \$25

Merriam-Webster defines intuition as, "the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference." Everyone has an innate sense of knowing – your "gut feeling" or "flashing sense". Come to this fun introductory class and experience how to be in tune with yourself. This class is directed by Mary Lou Stricklin, a Licensed Nurse Practitioner with a dedication to holistic health supported by a Master's Degree in Mental Health Nursing and extensive practice as a therapist with teens and adults. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

You Can Win the Battle Over Pain

Thursday, Oct. 11 | 6 to 7 p.m. | Free

If you live with chronic pain, you understand how it can control your life. Come to this talk presented by Ian Stephens, DPT, who will share evidence-based strategies that help 'retrain your brain' and understand how to better manage your pain and reduce your fear of movement. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Your Brain and Aging: The (Almost) Fountain of Youth

Thursday, Oct. 18 | 10:30 to 11:30 a.m. | Free

Do you feel like your brain is getting slower or less precise with age? If you're over 45 (or even 35, according to some very recent studies), your brain is in decline! Come discover how to take advantage of your brain's capacity to change and improve itself through the science of brain plasticity. You'll learn techniques to help slow down—and even reverse—this process of brain aging. This class is directed by psychologist Dr. Jean Alvarez. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

For Women Only | Managing Bowel and Bladder Function

Thursday, Oct. 18 | 6 to 7 p.m. | Free

What is normal bowel and bladder function and how do you get there? We have answers! Come to this important talk, for women only, presented by Jill Marie Dubbs, PT, DPT, a Cleveland Clinic Physical Therapist specializing in pelvic health. She will discuss how improving the function of your pelvic floor muscles can assist in reducing stress and urge incontinence. Dr. Dubbs will also touch on strategies to improve bowel health. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Mental Health First Aid

Saturday, Oct. 27 | 8 a.m. to 5 p.m.

\$150 (If 5 or more people register together, the cost is \$125/person)

This 8-hour course, presented by Recovery Resources, will teach you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. By attending this course you will be certified as a Mental Health First Aider, which is nationally-recognized certification and lasts three years. An application has been submitted to provide continuing education for nurses.



Register online at <http://bit.ly/MHFA1027> or call Carol Metlicka, from Recovery Resources, at 216.431.4131 for multiple registrations or to register by phone.

NOVEMBER

Memory and the Aging Brain

Tuesday, Nov. 6 | 6 to 7 p.m. | Free

Are you or a family member having trouble with your memory? Do you want to learn ways to keep your mind sharp? Join Cleveland Clinic Speech Therapists, Emily Bales, MA, CCC-SLP and Kirsten Wagner, MS, CCC-SLP, to learn about memory, cognitive exercises, strategies, and when to be concerned about your memory. Free cognitive screenings will be available for all attendees! **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

The Healing Power of Color

Wednesday, Nov. 7 | 6:30 to 8 p.m. | \$25

Color has an amazing effect on emotions and mood. Colors interact with chakra human energy in unique ways. Learn how to combine color power with meditation to achieve balance and healing. This class is directed by Mary Lou Stricklin, a Licensed Nurse Practitioner with

a dedication to holistic health supported by a Master's Degree in Mental Health Nursing and extensive practice as a therapist with teens and adults. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Boost Brain Function with Neurofeedback

Thursday, Nov. 8 | 10:30 a.m. to 12 p.m. | Free

Are you bothered by insomnia, ADD, anxiety, depression, memory problems or any other issue rooted in the brain? Neurofeedback is not a treatment for any specific emotional or physical condition, but is a way of helping the brain learn to self-regulate. Nothing is done TO the brain—it simply receives feedback about its own activity—and very often, symptoms like these simply go away. Come to this program to learn more, ask your questions, or experience a brief session. This class is directed by psychologist Dr. Jean Alvarez. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Living with Low Vision

Friday, Nov. 9 | 11 a.m. to 12 p.m. | Free

Low vision is defined as the loss of sight that is not correctible with prescription eyeglasses, contact lenses, or surgery. According to Cleveland Clinic experts, one in six adults over age 45 has low vision; one in four adults over age 75 has low vision. If you or a loved one has low vision, you won't want to miss this talk presented by Cleveland Clinic Occupational Therapist, Virginia Birkhimer. She will discuss the anatomy of the eyeball, common eye conditions, review adaptive equipment and offer rehabilitation goals to help you gain or maintain as much independence as possible using remaining vision. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Lymphedema Awareness

Tuesday, Nov. 13 | 7 to 8 p.m. | Free

Lymphedema is an abnormal buildup of fluid that causes swelling, most often in the arms or legs. The condition develops when lymph vessels or lymph nodes are missing, impaired, damaged or removed. Lymphedema can sometimes be a result or side-effect of cancer or cancer treatment. Early diagnosis and treatment are important when managing lymphedema. Come to this informational talk presented by Cleveland Clinic Occupational Therapist, Annette Lipaj, OT/L, CLT, to understand the signs and symptoms of lymphedema; how you can lower your risk or prevent getting lymphedema; and learn the best ways to manage upper and lower extremity lymphedema. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

All About Your Brain (Includes Stroke Risk Assessment)

Thursday, Nov. 15 | 6:30 to 8 p.m. | Free

Please join Peter Bambakidis, MD, from the Cleveland Clinic Neurological Institute at Fairview Hospital as he shares timely information about your brain including healthy aging of your brain, risk behaviors that can be modified and understand and recognize stroke signs and symptoms, so you will know what to do if you or someone around you may be having a stroke. This event includes a free blood pressure screening and stroke risk assessment. The screening will begin at 6:30 p.m., the talk will begin at 7 p.m. Space is very limited. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

DECEMBER

Just Chill! Meditation IS for You!

Saturday, Dec. 1 and 8 | 11 a.m. to 12:30 p.m.

\$60, includes workbook

Holiday Stress? Learn to just chill! The number one reason to meditate is to relieve stress and anxiety. It is one of the best things you can do for your body. Come to this two-part class to learn how you can deepen your awareness of the present and learn to retrain your mind so that worry subsides and is replaced with a balanced mood. This class is directed by Mary Lou Stricklin, a Licensed Nurse Practitioner with a dedication to holistic health supported by a Master's Degree in Mental Health Nursing and extensive practice as a therapist with teens and adults. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Total Joint Pre-Operative Education Class

Wednesdays | Free

1 to 2:30 p.m. | Sept. 12 or Dec. 12

6:30 to 8 p.m. | Oct. 17 or Nov. 14

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 the 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 (search by the date).

Cleveland Clinic Children's



Learn From the Experts on What's Best to Feed Your Child

Baby's First Foods

Thursday, Sept. 13 | 7 to 8:30 p.m. | Free

Nutrition during the first year of your baby's life is important for proper growth and development. Babies are also developing oral and motor skills. Join us for a class led by two certified Pediatric Registered Dietitians 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 or call 440.356.0670, option 4.**

Toddler and Early School Age Nutrition – Overcome the Picky Eater

Thursday, Nov. 8 | 7 to 8:30 p.m. | Free

Your child is now learning to eat more 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 two certified Pediatric Registered Dietitians from Cleveland Clinic Children's. They will discuss proper transition to solid foods from breastfeeding, formula and baby foods all while maintaining adequate nutrition for toddlers through early school age children. **Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Infant Massage Class – Learn How to Massage Your Baby

Now offering evening classes!

Tuesday Mornings | Sept 11; Oct 9; Nov 13; Dec 11
10 to 11 a.m.

OR

Wednesday Evenings | Sept. 19, Oct. 17 or Dec. 19
6:30 to 7:30 p.m.

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

Bring your baby and partner to this fun and educational class led by Lisa Falkenstein, CPD, CNMI, who will teach you 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 or call 440.356.0670, option 4.

We offer yoga classes for the entire family! See pages 3-5 for details!

Safe Sitter® Essentials with CPR

Saturday, Sept. 29 or Friday, Dec. 28

9 a.m. to 3:30 p.m.

\$60 per student (This class is for young teens in grades 6 – 8)

The course, taught by Registered Nurses, provides hands-on practice in lifesaving techniques to teens in grades 6 - 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 be sure to download the required paperwork for your child to attend this class. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.**

Chef Amee's Cooking Classes for Kids Ages 7 to 14



"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity." — Guy Fieri

Young Chefs, ditch the chicken nuggets, expand your palate and join Chef Amee this fall for some fun-filled cooking classes. At every class Chef Amee will teach you important cooking skills such as measuring, understanding and following a recipe, using knives safely and most importantly, cleaning the kitchen to ensure a safe cooking environment.

Breakfast of Champions

Saturday, Sept. 29 | 11 a.m. to 1 p.m.

\$20 registration fee + \$10 supplies fee paid directly to instructor

The menu for Breakfast of Champions will include Apple Fritter Waffle Cakes, Cheesy Scrambled Eggs and Peach Oatmeal Smoothie

Sunday Dinner

Saturday, Nov. 17 | 11 a.m. to 1 p.m.

\$20 registration fee + \$10 supplies fee paid directly to instructor

The menu for Sunday Dinner will include chicken and stuffing casserole, baked asparagus with parmesan cheese and whole wheat pumpkin muffins.

Advance registration is required for Chef Amee's classes. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4. If registering online, please register in the parent's name. Also, download the consent forms and return to the Wellness Center main office at least three (3) business days prior to class.

Cooking Classes with Judi Strauss of The Charmed Kitchen

These classes are **DEMONSTRATION ONLY** – unless noted!

- Come hungry – there's always a lot of food to taste – and bring a container for leftovers
- Plan ahead, register early to avoid class cancellation due to low enrollment
- Advance registration is required for the cooking classes. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 4.

Tea Time

Monday, Sept. 10 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

With the royal wedding still fresh in your memory, why not join us to learn how to make proper tea and all the tasty treats that are part of a proper tea party. From scones to lemon cake, cucumber sandwiches and crumpets you will get a chance to taste and learn how to make these delightfully English treats for the next royal celebration.

Go Green! Cook Leafy Green Vegetables

Monday, Sept. 17 | 7 to 9 p.m.

\$15 + \$8 food fee due that evening

We know we should eat them but many of us just aren't sure what to do with leafy green vegetables. This class will give plenty of tasty recipes using all sorts of greens. From delicate salad greens to the hearty winter greens you will learn how to prepare them all. Collards, beet greens, kale, broccoli rabe, spinach, chard, dandelion greens and many more.

Cooking with Maple Syrup

Monday, Sept. 24 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

This natural sweetener provides both sweetness and unique flavor to everything. From desserts to salads to main dishes. Learn how to cook with maple syrup in ways you never thought of before. It's more than just a topping for pancakes.

Apples and Pears

Monday, Oct. 1 | 7 to 9 p.m.

\$15 + \$8 food fee due that evening

While available all year, these tasty fruits are at their best in autumn. They are very versatile and can be used in desserts, baked goods and even in main dishes. In class you'll learn about many of the varieties on the market and about many ways to use them. There will also be a section on freezing for later use.

Soup's On

Monday, Oct. 8 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

What could be nicer than a simmering pot of homemade soup? In this class

you'll learn how to make wonderful soups starting with how to make stock from scratch. You'll have a chance to taste Tomato Bisque, Cabbage Soup and Bean and Barley soup. Come hungry!

Wontons

Monday, Oct. 15 | 7 to 9 p.m.

\$15 + \$8 food fee due that evening

These little squares and circles of dough are for more than just soup. Easy to work with and versatile they can be transformed in minutes into appetizers, main dishes, sides dishes and desserts. No time to cook? Wontons may be the answer. In class you will learn how to roll and fold them to make many dishes including Crab Rolls, Chicken Chowder Bites, Pumpkin Ravioli, Cheddar Bacon Rolls, Pot Stickers, Chocolate Fried Pies and so many more.

Skillet Dinners

Monday, Oct. 22 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

Simple and fast is a good way to describe skillet dinners. In class you'll get plenty of recipes and tasty samples of meals made on top of the stove. Many are made in 30 minutes or less, perfect for weekday dinners or any time you want a home-cooked meal in less time. Some take more time, but are well worth the wait.

Wok This Way

Monday, Nov. 5 | 7 to 9 p.m.

\$15 + \$8 food fee due that evening

Stir-frying can be a fun and fast way to prep dinner. With wok cooking vegetables are still crisp and colorful and you haven't spent the whole evening in the kitchen. It also does not need to be only Asian-style dishes. In class you'll learn to cook dishes from all over the world using a wok.

Turkey Dinner, Turkey Dinner, Gather Round!

Monday, Nov. 12 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

Who will eat the drumstick? If this will be your first time hosting Thanksgiving dinner, don't worry – we've got you covered! From making a timeline and cooking the perfect turkey to making

mouth-watering side dishes and desserts, your dinner would make grandma proud. There will be plenty to taste and take home, so come hungry and bring a container for leftovers.

Appetizers, Fast and Easy

Monday, Nov. 19 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

Entertaining can be fun, but can also be time consuming and wear you out. Come to this fun class to learn about recipes and ideas for simple, tasty appetizers. Many can be prepared ahead and frozen until you need them. Some of the recipes include Brie Truffles, Artichoke Dip, Empanadas and many more. So if you have more friends and family than you have time, learn how to make your next party fun for you, too.

Gifts from the Kitchen

Monday, Dec. 3 | 7 to 9 p.m. (Hands-On!)

\$15 + \$9 material fee due that evening

Homemade gifts are always appreciated because they are more personal than store bought gifts. In class you'll get lots and lots of ideas on easy homemade gifts from food. There will be a hands-on project, samples to taste in class, and lots of recipes to take home.

Holiday Baking

Monday, Dec 10 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

Create that home for the holiday feeling by learning how to bake some traditional favorites. You'll also learn how to bake some less-traditional foods, too. There will be several treats to sample in class including tree-shaped sweet rolls and cheese puffs. Use of these goodies as gifts will also be discussed.

Make Brunch and have a Sunday Funday!

Monday, Dec 17 | 7 to 9 p.m.

\$15 + \$9 food fee due that evening

Whether it's for a few friends or the whole neighborhood, brunch can be a fun way to entertain. Brunch enchiladas, easy Danish and stuffed French toast are just a few of the recipes you will receive in class.

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, filled 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.
- 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 payable to Fairview Hospital*
- You may register for most classes online at fairviewhospital.org/wellnesscenter

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

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