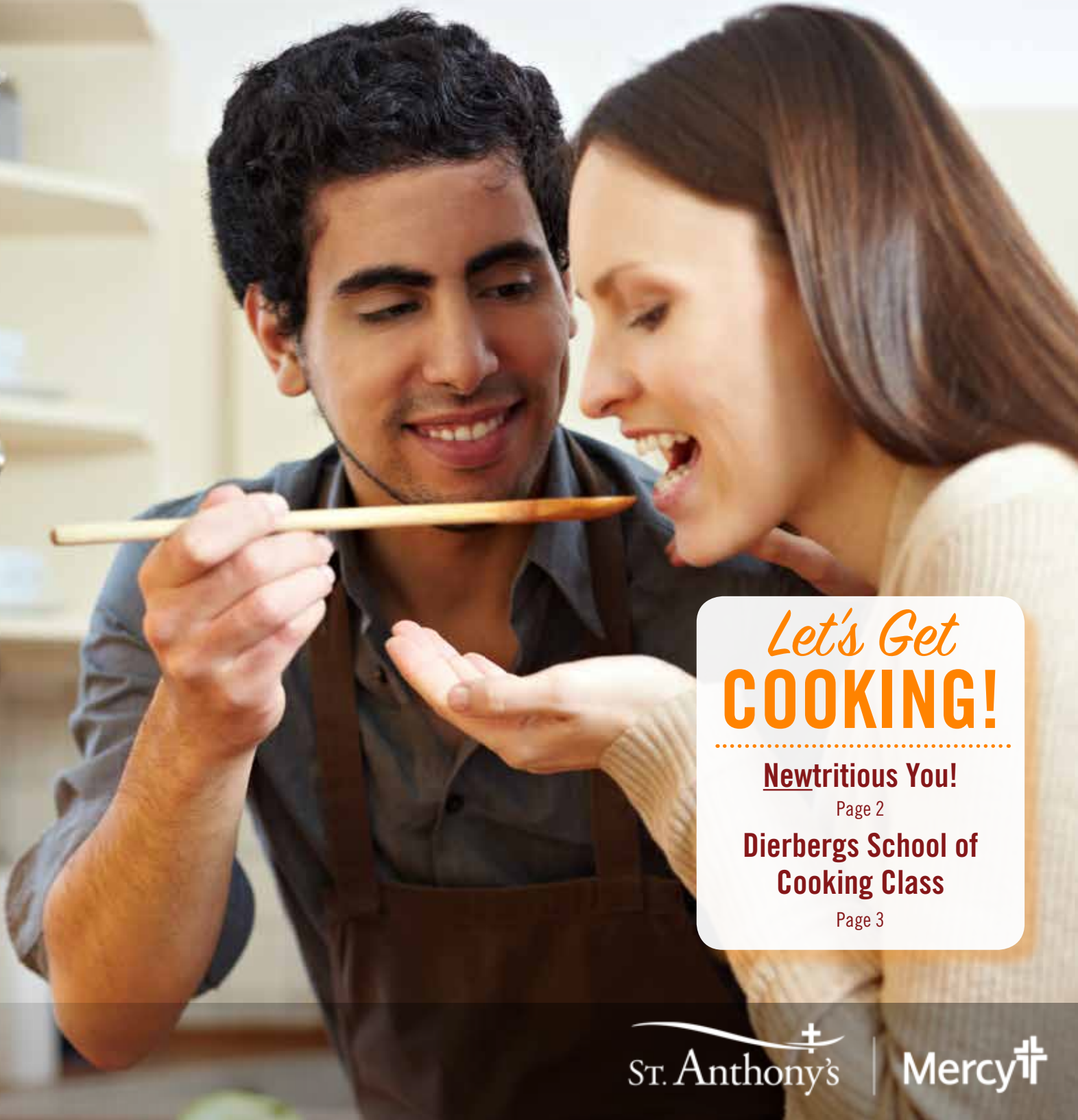


GetFit!

Your Guide to Wellness



Let's Get
COOKING!

Newtritious You!

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**Dierbergs School of
Cooking Class**

Page 3

E-wellness guide

Sign up to receive our free monthly e-newsletter, which includes general wellness information and upcoming classes and events. To sign up, visit our website:

www.stanthonysmedcenter.com/subscription



Newtritious You!

Date: Wednesdays, Sept. 13 to Oct. 25

Time: 6 to 7 p.m.

Location: St. Anthony's auditorium (first floor)

Parking near the Endoscopy entrance is recommended.

Fee: Free classes and materials

Registration: Advance registration is required, and space is limited.

Register online at www.stanthonysmedcenter.com/classes-events or call 314-ANTHONY (268-4669).

As part of St. Anthony's commitment to the health and wellness of our community, we're offering "Newtritious You," a FREE, seven-week, in-depth wellness, nutrition and lifestyle program that features tips from dietitians, physical therapists and social workers. St. Anthony's experts specifically developed this program for those ready to make positive changes or for those wanting tips and motivation to continue to be their personal best.

Participants will receive program materials, including a binder filled with tips and information on:

- Healthy, well-balanced meal plans with specific guidelines on what to eat
- Healthy cooking and stocking a healthy fridge and pantry on a budget
- How to prepare quick, healthy and affordable meals for your family
- The latest in nutrition research and recommendations on cholesterol, weight management, diabetes and high blood pressure
- How to understand and take steps to change your eating habits and relationship to food
- Guilt-free dining out and fast food on a budget
- How to maintain motivation
- Benefits of exercise and guidelines to follow for beginning your own program.

Participants who attend all seven classes will receive a FREE salad bowl set!



classes AND events

DIERBERGS SCHOOL OF COOKING CLASS: FALL INTO HEALTHY FOODS



Date: Friday, Sept. 22

Time: 11:30 a.m. to 1 p.m.

Location: Dierbergs Southroads,
12420 Tesson Ferry Rd, St. Louis, MO 63128

Fee: \$25

Registration: Space is limited, and advance registration is required. Registration begins Tuesday, Aug. 8. Visit www.dierbergs.com and go to the Culinary Classes & Events page, or call Dierbergs Southroads at (314) 849-3698.

Join us to celebrate the first day of fall and enjoy a healthy and delicious menu of in-season foods. Learn the health benefits of some of your favorite fall foods and healthy cooking tips while a Dierbergs culinary expert prepares your food. You'll have the opportunity to ask St. Anthony's registered dietitian Alison Brinker your nutrition questions. Participate in a fun, interactive food label game to help you better understand how to read food labels and shop smart. The winner will receive a Dierbergs gift card!

Featured recipes:

- Baby Greens with Mustard Herb Vinaigrette
- Cuban Pork, Sweet Potato and Black Bean Chili
- Roasted Brussels Sprouts and Apples
- Oat & Nut Topped Pear Crisp

Presented by:

- Jennifer Kassel
Dierbergs Culinary Professional
- Alison Brinker, RD, LD, CDE
St. Anthony's Medical Center

BALANCE SCREENINGS

Date: Tuesday, Oct. 3

Time: 8 to 11 a.m. (by appointment only)

Location: St. Anthony's Outpatient
Therapy Services, 9964-D Kennerly Rd.,
St. Louis, MO 63128

Fee: Free

Registration: Appointments are required. To make your appointment, please call (314) 849-2366.

The staff at St. Anthony's Outpatient Therapy Services will hold a FREE balance screening to establish an assessment of your fall risk. You must be able to walk without the help of someone else, but you may use an assistive device. Results can be forwarded to your doctor. If they feel it is appropriate, your doctor may choose to pursue formal therapy.

HEARTSAVER AED CPR CLASS

Date: Saturday, Oct. 28

Time: 8 a.m. to 12:30 p.m.

Location: Hyland Education & Training
Center, Great Room, on St. Anthony's
campus

Fee: \$45

Registration: Advance registration is required by Thursday, Oct. 19. Register online at www.stanthonysmedcenter.com/classes-events or call 314-ANTHONY (268-4669). Payment required for registration.

Earn a two-year certification from the American Heart Association, following completion of course and demonstration of skills for responding to adults, infants and children experiencing breathing and cardiac emergencies. (This is not the required class for EMT/Nursing healthcare professionals.)

AARP DRIVER SAFETY PROGRAM

Date: Thursday, Nov. 9

Time: 9 a.m. to 1 p.m.

Location: Hyland Education & Training
Center, Great Room, on St. Anthony's
campus

Fee: \$15 for members, \$20 for non-members

Registration: Advance registration is required. To register, please call 314-ANTHONY (268-4669) or 800-554-9550.

This refresher course for drivers age 50+ helps seniors drive defensively, deal with aggressive drivers and adjust to physical changes in perception and reaction time.

THE TRUTH ABOUT HEARING AIDS

Date: Thursday, Oct. 5

Time: 2 to 3 p.m.

Location: St. Louis County Library,
Grant's View Branch, 9700 Musick Rd.,
St. Louis, MO 63123

Fee: Free

Registration: Advance registration is required. Register online at www.stanthonysmedcenter.com/classes-events or call 314-ANTHONY (268-4669).

October is Hearing Awareness Month. Join Dr. Lauren Felton to discover the latest technology options available and answer your questions about hearing aids. Dr. Felton will share her clinical experiences, discuss expectations with various hearing solutions and share more about how you can maximize your hearing with your current hearing aids.

SMALL STEPS TO A HEALTHY TOMORROW:

PREVENTING TYPE 2 DIABETES

Date: Saturday, Oct. 21

Time: 9 to 11 a.m.

Location: Hyland Education & Training Center, Great Room, on St. Anthony's campus

Fee: Free

Registration: Advance registration is required.

Register online at www.stanthonyshospital.com/classes-events or call 314-ANTHONY (268-4669).

Have you been told that you are at risk for developing diabetes? Is your blood sugar a "little high"? Do you have a family history of diabetes? Are you 40 years of age or older, overweight and inactive? Have you been told that you have prediabetes? If you answered yes to any of these questions, then this FREE class is for you!

Join Susan Klick, MSN, RN, CNL, and Alison Brinker, RD, LD, CDE, for this free class on defining prediabetes, what you should do if you are diagnosed with prediabetes, and strategies for decreasing your risks for developing Type 2 Diabetes. Recommendations for increasing daily activities, meal planning and weight-loss strategies will be discussed.

DIABETES MEAL PLANNING



Date: Thursday, Nov. 16

Time: 10 to 11 a.m.

Location: St. Anthony's Medical Center, Lipic Founders Room inside the hospital on the main floor

Fee: Free

Registration: Advance registration is required.

Register online at www.stanthonyshospital.com/classes-events or call 314-ANTHONY (268-4669).

The Diabetes Support Program and the Diabetes Education Program at St. Anthony's Medical Center present Diabetes Meal Planning. Join us for tips and ideas to plan healthy meals for good diabetes control.

HELMET FITTINGS

Dates: First Tuesday of every month, April through October

Time: 4 to 6 p.m.

Location: Hyland Education & Training Center, lobby, on St. Anthony's campus

Fee: Free

Trained staff members from St. Anthony's Emergency Department will offer FREE bicycle helmet fittings for adults and children. Walk-ins are welcome; there is no need to make an appointment. The free helmet fittings will take place in the main lobby of St. Anthony's Hyland Education & Training Center (HETC), the building with the water moat. When you arrive, park in the HETC parking lot and enter through the main doors, located across the bridge. A helmet that meets the U.S. Consumer Product Safety Commission standards can be purchased for \$10. For more information about free helmet fittings, call 314-525-4592.



NEW MOMS NETWORK

Dates: Second and fourth Tuesdays of the month

Time: 10 to 11:30 a.m.

Location: St. Anthony's Medical Center, Family Birth Center classroom

Fee: Free

Registration: Advance registration is encouraged.

Register online at www.stanthonyshospital.com/classes-events or call 314-ANTHONY (268-4669).

This is a great opportunity to bring your baby and enjoy interacting with other new moms and their babies. Meet new friends as you discuss the challenges and rewards of parenting. Very informal.

Would you like to have St. Anthony's *Get Fit! Classes and Events Guide* mailed to your home? Join our mailing list by calling 314-ANTHONY (268-4669), or visit www.stanthonyshospital.com/subscription.



SMOKING CESSATION

During group or individual sessions, participants will receive guidance, information and resources to help them quit smoking. This program focuses on behavioral changes and is structured on Substance Abuse and Mental Health Services Administration recommendations for smoking cessation. For more information or to register, call **314-525-7296**.

FEE \$21 per session **DATE/TIME** Varies; please call for information
LOCATION Counseling Clinic, second floor of Hyland Education & Training Center, on St. Anthony's campus

ANGER MANAGEMENT CLASSES

During six group sessions, participants will learn the aggression cycle, assertiveness, conflict resolution, triggers that lead to anger and how to develop an anger control plan. For more information or to register, call **314-525-7296**.

FEE \$126

DATE Thursdays, Aug. 24 to Sept. 28; Oct. 5 to Nov. 9; Nov. 16 to Dec. 28.

TIME 6 to 7:20 p.m.

LOCATION Counseling Clinic, second floor of Hyland Education & Training Center, on St. Anthony's campus

SURGICAL WEIGHT LOSS EDUCATION SEMINAR

If you are obese and have struggled to lose weight through diet and exercise, surgical weight loss may be the solution for you. This surgeon-led seminar will discuss surgical options that modify the stomach and intestines to decrease the amount of food that can be eaten. For information, times and locations, please call **314-525-4319**. Advance registration is required for this free seminar; space is limited.

MASSAGE THERAPY

Massage helps reduce pain, muscle tension and stress, increases circulation, improves mobility of joints and promotes restful sleep and relaxation. Our licensed massage therapists at St. Anthony's Sports and Therapy Services customize massage sessions to your needs and preferences. A 10-percent discount is offered to seniors and St. Anthony's employees. For details or to set up an appointment, call **314-849-2366**.

DIABETES EDUCATION

St. Anthony's Diabetes Education Program provides diabetes self-management training for a variety of topics, including diabetes lifestyle changes, meal planning and weight-loss strategies, blood glucose monitoring, medication management and problem-solving skills. Individual and group classes are available. Instructors include Certified Diabetes Nurse Educators and Certified Diabetes Dietitian Educators.

Many insurance companies will cover Diabetes Self-Management Training or Medical Nutrition Therapy with a physician's referral.

Visit talk-diabetes.org for updates and diabetes news. Diabetes Education is located at 9964-D Kennerly Road. For more information about our services, call **314-525-4523**.

NATURAL FAMILY PLANNING

Attend the **Creighton Model Fertility Care** introductory session, which is held on the first and third Thursday and Friday of every month. Advance registration and payment is required.

For more information or to register, email Ashley Frank, BS, CFCP, at aefrank.crms@gmail.com.

FEE \$35 per couple

TIME 6:30 to 7:30 p.m..

LOCATION Third floor of the John K. Pruellage Heart & Vascular Center, on St. Anthony's campus

The Aware Center, a natural family planning agency, teaches couples the Billings method of ovulation on the second Thursday of every month. For more information or to register, call **314-525-1622** or email awarefp@att.net.

FEE \$25 per couple

TIME 7 p.m.

LOCATION Hyland Education & Training Center, on St. Anthony's campus

CHILDBIRTH EDUCATION CLASSES

St. Anthony's Family Birth Center offers a variety of classes to prepare expectant parents and their families for the birth and care of a new baby. For information, times and locations, or to schedule a tour of the Family Birth Center, register online at www.stanthonysmedcenter.com/classes-events or call **314-ANTHONY (268-4669)**.

SPEAKERS BUREAU

Our speakers bureau is provided as a benefit to the community free of charge. Speakers are health care professionals from a variety of medical fields. They are knowledgeable and passionate about their specialties and are eager to reach out and share their knowledge with the community.

Speakers are available to give presentations, plus time for questions on a variety of topics. If you are unsure about which topic best fits your organization, please contact us for suggestions.

BOOKING POLICY:

- Please submit your request at least two months in advance of desired event date.
- There must be at least 25 people attending the event.

For more information or to request a speaker, email us at speakersbureau@samcstl.org or call **314-525-4733**.



NUTRITION COUNSELING

Appointments are available for Medical Nutrition Therapy. Patients may meet with a registered dietitian for education, coaching, counseling and intervention for nutrition-related medical diagnoses including gastrointestinal conditions, renal disease, cardiovascular disease, weight management and diabetes.

The team includes registered, licensed dietitians. A physician's referral is required for an appointment. The cost of the session may be covered by insurance.

Nutrition counseling services are offered at our Diabetes Education office, located at 9964-D Kennerly Road. For more information, call **314-525-4523**.



PARENTING YOUR TEENAGER: CONCEPTS FROM "LOVE AND LOGIC" AND "HOW TO TALK SO KIDS WILL LISTEN"

During six group sessions, participants learn how to engage their child's willing cooperation, avoid unwinnable power struggles and arguments, stay calm and empathetic in upsetting situations, set enforceable limits, deal with their child's negative feelings (frustration, disappointment, anger), avoid enabling and start empowering their kids, and raise children who are family team members. For more information or to register, call **314-525-7296**.

TIME 6 to 7:30 p.m. for six weeks (see below)

FEE \$126 for six-week course

(FREE to residents of St. Louis County, with the support of the Children's Service Fund. Scholarships available to other participants.)

DATES Choose from the following sessions:

Mondays, Sept. 18 to Oct. 23

Mondays, Oct. 30 to Dec. 4

Tuesdays, Sept. 12 to Oct. 17

Tuesdays, Oct. 24 to Nov. 28

LOCATION Counseling Clinic, second floor of Hyland Education & Training Center, on St. Anthony's campus

non-discrimination policy

St. Anthony's Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Bosanski: Ako govorite bosanski, besplatne prevodilačke usluge su vam na raspolaganju. Nazovite 314-525-1976 (TTY: 1-800-735-2966).

Español: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 314-525-1976 (TTY 1-800-735-2966).

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 314-525-1976 (TTY 1-800-735-2966).

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 314-525-1976 (TTY 1-800-735-2966).

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 314-525-1976 번으로 전화해 주십시오(TTY 1-800-735-2966).

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 314-5205-1976 (TTY 1-800-735-2966).

العربية (Arabic):

مقر (314-525-1976) مقرب لصتا. ناجم لابل كل رفاوتت ةىوغ للال ةدعاسم ل تامدخ نإف، ةغللال ركذا ثدحتت تنك اذا: ةظوح لم ه مصل مكل او: (1-800-735-2966).

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 314-525-1976 (TTY 1-800-735-2966).

हिंदी (Hindi): ध्यान द: यद आप हदी बोलते ह तो आपके लिए मुफ्त म भाषा सहायता सेवाएं उपलब्ध ह। 314-525-1976 (TTY 1-800-735-2966).

Shqip (Albanian): KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 314-525-1976 (TTY 1-800-735-2966).

Kiswahili (Swahili): KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 314-525-1976 (TTY 1-800-735-2966).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 314-525-1197 (TTY: 1-800-735-2966).

繁體中文 (Chinese): 請注意: 如果您的語言為 (在此輸入語種, 您可以得到免費的語言幫助。請致電314-525-1976 (聽力障礙者致電: (1-800-735-2966)

Somali: DIGTOONOW: Haddii aad ku hadasho Somali, adeegyada kalmeynta luqada, lagac la'aan, ayaa lagu heli karaa. Wac 314-525-1976 (TTY: 1-800-735-2966).

فارسی (Farsi):

توجه: اگر به زبان فارسی صحبت می کنید، خدمات ترجمه به صورت رایگان در اختیارتان قرار می گیرد. با شماره 314 525 1976 (TTY: 1-800-735-2966) تماس بگیرید.

fitness classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pilates Mat Class 9:15 - 10:15 a.m. Jean Curtis</p>	<p>Chair Yoga for Seniors 10:15 - 11:15 a.m. Debbie Daugherty</p>	<p>Pilates Mat Class 9:15 - 10:15 a.m. Jean Curtis</p>	<p>Feldenkrais Method® 10 - 11 a.m. I. Free the shoulders and neck II. Free your back Kelly Feder</p>	<p>Stretch and Roll 9 - 10 a.m. Jean Curtis</p>
<p>Arthritis Exercise Class+ 12:30 - 1:30 p.m. Kym Huie</p>	<p>Senior Strength and Balance 12:15 - 1:15 p.m. Jean Curtis</p>	<p>NEW! Foam Roller Exercise 10:30 - 11:30 a.m. Jean Curtis</p>	<p>Stretch, Balance and Strength for Seniors 12:15 - 1:15 p.m. Jean Curtis</p>	<p>Saturday Strength Training 8 - 9 a.m. Jean Curtis</p>
<p>Tai Chi for Health 1:45 - 2:45 p.m. Kym Huie</p>		<p>Tai Chi for Health 1:30 - 2:30 p.m. Kym Huie</p>	<p>Arthritis Exercise Class+ 1:30 - 2:30 p.m. Kym Huie</p>	<p>PiYoga 9:15 - 10:15 a.m. Debbie Daugherty</p>
<p>NEW! Yoga for Relaxation 4:45 - 5:45 p.m. Debbie Daugherty</p>	<p>Pilates Mat Class 4:45 - 5:45 p.m. Jean Curtis</p>	<p>Yoga 4:30 - 5:30 p.m. Rita Oldani</p>	<p>Basic Yoga 4 - 5 p.m. Kym Huie</p>	
<p>Yoga for Relaxation 6 - 7 p.m. Debbie Daugherty</p>	<p>Stability Ball for Strength 6 - 7 p.m. Jean Curtis</p>	<p>Yoga 5:45 - 6:45 p.m. Debbie Daugherty</p>	<p>Pilates Mat Class 5:15 - 6:15 p.m. Jean Curtis</p>	
<p>Zumba® 7:15 - 8:15 p.m. Maria Rivera</p>	<p>Basic Yoga 7:15 - 8:15 p.m. Kym Huie</p>	<p>Gentle Yoga 7 - 8 p.m. Rita Oldani</p>	<p>Strength Training for Women 6:30 - 7:30 p.m. Jean Curtis</p>	

FOAM ROLLER EXERCISE
Foam rolling relieves muscle tension and soreness (myofascial release) while improving flexibility, range of motion and circulation. It also increases core strength and stability. Mild discomfort or pain is sometimes experienced while using a foam roller, especially when this firm roller goes over a "knot" in the muscle. In this floor class, participants will bring a 36 inch cylindrical foam roller and use their body weight to apply moderate pressure to specific muscles or muscle groups. Foam rolling exercises are not suitable for people who are pregnant, have osteoporosis or varicose veins.

+ Participants for the Arthritis Exercise Class sign up for the twice-a-week class held on Monday and Thursday.

FALL SESSION I (Six weeks)

Week of Sept. 25 through week of Oct. 30.

FALL SESSION II (Six weeks)

Week of Nov. 6 through week of Dec. 11. Five weeks for Thursday only classes. **No classes on Thursday, Nov. 23.**

CLASS LOCATIONS

All classes are held in the Body, Mind, Spirit Center in the Medical Plaza building, 12700 Southfork Rd., Suite 240.

TO REGISTER

Cost is \$50* per session (10-percent discount for seniors, employees or those enrolling in multiple classes). To register, call **314-ANTHONY** (268-4669) or toll free **800-554-9550**. Or register online at www.stanthonysmedcenter.com on your computer, phone or tablet 24/7 and see a full description of fitness classes. For online registration, discounts for senior citizens, St. Anthony's employees and multiple classes are automatically deducted at checkout. Payment for class(es) by debit or credit card must be processed before registration is complete. **No checks or cash will be accepted.** There will be no refunds for weather cancellations.

* Fee is \$45 for Thursday only classes held in Fall Session II.