

# GetFit!

Your Guide to Wellness



**Newtritious You!**

PAGE 2

SKIN CANCER SCREENING

PAGE 4

FITNESS CLASSES

PAGE 8



## Newtritious You!

**Date:** Wednesdays, May 9 to June 20

**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](http://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
- And much more

### 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](http://www.stanthonysmedcenter.com/subscription)

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



# classes AND events

## Balance SCREENING

### ASSESS YOUR FALL RISK

**Dates:** Tuesday, April 10

**Time:** 8 to 11 a.m.

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

**Fee:** Free

**Registration:** Advance registration is required. Call 314-849-2366 to register.

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 with or without an assistive device. Results can be forwarded to your doctor. If appropriate, your doctor may choose to pursue formal therapy.



## AARP DRIVER SAFETY PROGRAM

**Date:** Tuesday, April 17

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

**Location:** Hyland Education and Training Center, Great Room

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

**Registration:** Advance registration is required.

To register, 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.



## SKIN CANCER SCREENING

**Date:** Saturday, May 19

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

**Location:** Cancer Care Center at St. Anthony's

**Fee:** Free

**Registration:** Advance registration is required, and space is limited. To register, call 314-ANTHONY (268-4669).

This free, five-minute screening is a visual inspection of your skin, conducted by dermatologists at St. Anthony's Medical Center. The screening is open to anyone who has not had a total body skin screening in the past three years.

### FREE YOUR ACHY JOINTS:

## THE FELDENKRAIS METHOD®

**Dates:** Thursdays, March 29 to May 3 (Six weeks)

**Time:** 10 to 11 a.m.

**Location:** Body, Mind, Spirit Center, St. Anthony's Medical Office Building, 12700 Southfork Road, Suite 240 (building in front of YMCA)

**Fee:** \$50 (10-percent discount for seniors, employees or those enrolling in multiple classes.)

**Registration:** Advance registration is required prior to the start of class. Register online at [www.stanthonysmedcenter.com/classes-events](http://www.stanthonysmedcenter.com/classes-events) or call 314-ANTHONY (268-4669). Debit or credit card payment required for registration.

Achy joints make all the activities of spring and summer less joyful. Whether it's knees, hips, ankles, shoulders, back or neck, when we have pain, we stop doing the things we enjoy. With Feldenkrais Method® instructor Kelly Feder, come explore some gentle movements that will help your brain change the habits that are leading to the strain on your joints.

**SMALL STEPS TO A HEALTHY TOMORROW:**

## PREVENTING TYPE 2 DIABETES

**Date:** Saturday, April 21

**Time:** 9 to 11 a.m.

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

**Fee:** Free

**Registration:** Advance registration is required.

Register online at [www.stanthonysmedcenter.com/classes-events](http://www.stanthonysmedcenter.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, CDE 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.



## HEARTSAVER AED CPR CLASS

**Date:** Saturday, May 19

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

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

**Fee:** \$45

**Registration:** Advance registration is required by Thursday, May 10. Register online at [www.stanthonysmedcenter.com/classes-events](http://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.)

## 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 (fourth floor)

**Fee:** Free

**Registration:** Advance registration is encouraged. Register online at [www.stanthonysmedcenter.com/classes-events](http://www.stanthonysmedcenter.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.stanthonysmedcenter.com/subscription](http://www.stanthonysmedcenter.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 and Training Center, on St. Anthony's campus

## 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**.



## 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, March 29 to May 3; May 10 to June 14

**TIME** 6 to 7:20 p.m.

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

## 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 support of the St. Louis County Children's Service Fund. Scholarships available to other participants.)

**DATES** Choose from the following sessions:

Tuesdays, March 20 to April 24

Tuesdays, May 1 to June 5

Tuesdays, June 12 to July 17

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

## 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](mailto:speakersbureau@samcstl.org) or call **314-525-4733**.



## 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](http://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**.

## TALK DIABETES SUPPORT GROUP AND BLOG

Ongoing support is a key to managing diabetes. The St. Anthony's Diabetes Education Program leads a free Diabetes Support Program that includes state-of-the-art information, education and support communicated through quarterly live meetings. Our next live support group meeting will be **Thursday, May 17**, from 10 to 11 a.m. in the Great Room at the Hyland Education & Training Center, on St. Anthony's campus. The topic this month is label reading. Join us to learn how to make sense of the nutrition facts labels on packages of foods we eat every day.

This event is free, but advance registration is required. Register online at [www.stanthonysmedcenter.com/classes-events](http://www.stanthonysmedcenter.com/classes-events) or call **314-ANTHONY (268-4669)**.

Online resources are available via the TalkDiabetes blog. This is an ongoing, interactive blog managed by our diabetes education team and featuring regular posts from our educators, personal stories, a recipe exchange and a resource center. You'll be able to make comments and connect with other readers whenever you need support or information. Check it out at [talk-diabetes.org](http://talk-diabetes.org). Subscribe to our blog when visiting the site and you'll receive notification whenever our educators update the site with a new post.

## SURGICAL WEIGHT LOSS EDUCATIONAL SEMINAR

If you are obese and have struggled to successfully 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, register online at [www.stanthonysmedcenter.com/classes-events](http://www.stanthonysmedcenter.com/classes-events) or call **314-ANTHONY (268-4669)**. 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**, option number 2.

## 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](http://www.stanthonysmedcenter.com/classes-events) or call **314-ANTHONY (268-4669)**.

Classes include:

- Prepared childbirth (four-week class)
- Prepared childbirth (one-day class)
- Prepared childbirth/infant care (six-week class)
- Caring for your newborn
- CPR for family and friends: infants and children
- Breastfeeding
- Grandparents and siblings classes

## NATURAL FAMILY PLANNING

Attend the **Creighton Model Fertility Care** introductory session, which is held on the first 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](mailto:aefrank.crms@gmail.com).

**FEE** \$35 per couple

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

**LOCATION** Main hospital building, third floor Heart & Surgical Pavilion Conference Room

**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](mailto:awarefp@att.net).

**FEE** \$25 per couple

**TIME** 7 p.m.

**LOCATION** Hyland Education & Training Center (on St. Anthony's campus)

*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 لاب كل رفاوتت ةىوغللا ةدعاسملا تامدخ نإف، ةغللا ركذا ثدحت تنك اذا: ةظوح لم ه مصلامكبالاو: 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 تماس بگیرید. (TTY: 1-800-735-2966)

fitness classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pilates Mat Class</b> 9:15 - 10:15 a.m. Jean Curtis</p>	<p><b>Chair Yoga for Seniors</b> 10:15 - 11:15 a.m. Debbie Daugherty</p>	<p><b>Pilates Mat Class</b> 9:15 - 10:15 a.m. Jean Curtis</p>	<p><b>NEW</b> <b>Feldenkrais Method®</b> 10 - 11 a.m. I. Free your Achy Joints II. Gentle Movements to Reduce Stress Kelly Feder</p>	<p><b>Stretch and Roll</b> 9 - 10 a.m. Jean Curtis</p>
<p><b>Arthritis Exercise Class+</b> 12:30 - 1:30 p.m. Kym Huie</p>	<p><b>Senior Strength and Balance</b> 12:15 - 1:15 p.m. Jean Curtis</p>	<p><b>Tai Chi for Health</b> 1:30 - 2:30 p.m. Kym Huie</p>	<p><b>Stretch, Balance and Strength for Seniors</b> 12:15 - 1:15 p.m. Jean Curtis</p>	<p><b>Saturday</b> <b>Strength Training</b> 8 - 9 a.m. Jean Curtis</p>
<p><b>Tai Chi for Health</b> 1:45 - 2:45 p.m. Kym Huie</p>			<p><b>Arthritis Exercise Class+</b> 1:30 - 2:30 p.m. Kym Huie</p>	<p><b>PiYoga</b> 9:15 - 10:15 a.m. Debbie Daugherty</p>
<p><b>Yoga</b> 4:45 - 5:45 p.m. Debbie Daugherty</p>	<p><b>Pilates Mat Class</b> 4:45 - 5:45 p.m. Jean Curtis</p>	<p><b>Yoga</b> 4:30 - 5:30 p.m. Rita Oldani</p>	<p><b>Basic Yoga</b> 4 - 5 p.m. Kym Huie</p>	<p><b>YOGA BASICS AND MORE</b> Yoga combines controlled breathing and movements or postures called "asanas" which are done both on the mat as well as standing. The Yoga Basic and More class is appropriate for new students as well as more experienced practitioners as postures will be modified for different levels of abilities and experience. Props are used for help with alignment and ease in postures. Benefits include release of muscle tension, increased circulation and flexibility, and relaxation to both body and mind.</p>
<p><b>NEW</b> <b>Strength Training</b> 6 - 7 p.m. Jean Curtis</p>	<p><b>Stability Ball for Strength</b> 6 - 7 p.m. Jean Curtis</p>	<p><b>Yoga</b> 5:45 - 6:45 p.m. Debbie Daugherty</p>	<p><b>Pilates Mat Class</b> 5:15 - 6:15 p.m. Jean Curtis</p>	
<p><b>Zumba®</b> 7:15 - 8:15 p.m. Maria Rivera</p>	<p><b>Basic Yoga</b> 7:15 - 8:15 p.m. Kym Huie</p>	<p><b>NEW</b> <b>Yoga Basics and More</b> 7 - 8 p.m. Emily Delaplain</p>	<p><b>Strength Training for Women</b> 6:30 - 7:30 p.m. Jean Curtis</p>	

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

**SPRING SESSION I (Six weeks)**

Week of March 26 through week of April 30.

**SPRING SESSION II (Six weeks)**

Week of May 7 through week of June 11. Five weeks for Monday classes. **No classes on Monday, May 28.**

**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.stanthonyamedcenter.com](http://www.stanthonyamedcenter.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. Debit or credit card payments must be processed before registration is complete. **No checks or cash will be accepted.** There will be no refunds for weather cancellations. Withdrawal/cancellation fee is \$5.

\* Fee is \$40.50 for Monday-only classes held in Spring Session II.