

SPECIAL EVENT

SCREENINGS protect yourself and your family

your heart matters!

COMMUNITY CHOLESTEROL SCREENINGS

Come to St. Anthony's for a free cholesterol screening. With a simple and fast finger prick, you will know your cholesterol and glucose (blood sugar) levels and find out immediately whether you could be at risk for heart disease or diabetes. Participants are encouraged to share the results with their physician. Attendees must register in advance and fast 12 hours prior to this procedure. To register, call **314-ANTHONY (268-4669)** or **800-554-9550** beginning January 18, 2010. Space is limited.



FREE!

REGISTRATION
BEGINS
JANUARY 18, 2010

FEE Free **DATE** Saturday, February 27 **TIME** 7–11 a.m.
LOCATION Heart & Surgical Pavilion

peripheral vascular disease (PVD) screening

In this painless and quick test, blood pressure cuffs are placed on your arms and ankles to look for signs of PVD, a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. You should be tested if you have the following symptoms:

- ▶ Leg pain that worsens with exercise
- ▶ Leg coldness—a cold sensation in your legs
- ▶ Leg numbness—burning, pins and needles, pain-like sensations
- ▶ Leg ulcers—visible non-healing sores, dark or blue toes

FREE! REGISTRATION BEGINS
JANUARY 18, 2010

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FEE Free **DATE** Saturday, February 27 **TIME** 8 a.m.–3 p.m.
LOCATION Radiology Department

Comparing the blood pressure in the ankle and arm can help detect PVD.



FOR YOUR HEALTH

anger management

During six sessions, participants will learn the aggression cycle, assertiveness, conflict resolution, triggers that lead to anger and how to develop an anger control plan. For start dates or to register, call **314-525-1400**.

FEE \$120 **DATE** Tuesdays **TIME** 6:30–8 p.m.
LOCATION Anthony House, Counseling Clinic

a celebration of love and gratitude

Explore how we can replace stress with peace and calm as we go through the holiday season and discover ways to celebrate with love and gratitude.

INSTRUCTOR Sue Schulte, D.Sc., CPT, St. Anthony's Wellness Program **FEE** Free
DATE Tuesday, December 1 **TIME** 6:30–8 p.m.
LOCATION St. Anthony's Medical Plaza, Suite 240 (Body, Mind, Spirit Center)

frankly speaking about managing the cost of cancer care

This panel will address several important areas for those navigating the complex paths associated with cancer treatment. Join in this evening to learn how legal and psychological issues can be addressed when navigating insurance and financial systems. Also learn about “mindfulness practices” and other self-care tools to help with the stress of a cancer diagnosis, the costs of care, as well as helpful resources available to patients and families of patients in treatment for cancer. Co-sponsored by The Wellness Community and St. Anthony's Medical Center.

INSTRUCTORS Claudia Abbott, insurance specialist; Kevin Ferris, MSW, LCSW, certified money coach; Jaclyn Peterson, MSW, St. Anthony's social worker; Ann Plunkett, attorney **FEE** Free **DATE** Thursday, December 3
TIME 6–8:30 p.m.
LOCATION Hyland Education & Training Center, Great Room



freedom from smoking

This American Lung Association behavior-modification program offers instruction and guidance by a certified facilitator in a group-supported environment to help you quit smoking—and stay “quit.”

FEE \$60 **DATE** Wednesdays, January 13–February 24 **TIME** 6–7:30 p.m. **LOCATION** Hyland Education & Training Center, Classroom 3009

a happy heart, a happy new year!

February is National Heart Month! Please join Vickie Nesselhauf to learn ways to improve and maintain your heart health and decrease your risk for heart disease. Take advantage of the new year and this great opportunity to discover methods to live a healthier and more “heart happy” lifestyle. Participants can receive a free blood pressure screening.

INSTRUCTOR Vickie Nesselhauf, St. Anthony's Cardiac Rehab exercise physiologist
DATE Thursday, February 11 **TIME** 6:30–8 p.m.
LOCATION Hyland Education & Training Center, Great Room



relaxation education

These easily learned techniques can help you manage stress and improve health issues, including anxiety, headaches and high blood pressure. For more information or to make an appointment, call 314-525-1400.

FEE \$55

nervous, worried, anxious? coping with anxiety!

Everyone experiences some anxiety on a regular basis. However, when anxiety becomes moderate to extreme, it can interfere with functioning and emotional well-being. Dr. Early will discuss why anxiety continues despite efforts to stop it, how to tolerate anxiety and how to manage your anxiety. You'll leave with tips and strategies to help you cope during your anxious moments.

INSTRUCTOR Debbie Early, PhD, St. Anthony's Psychological Services Licensed Psychologist
FEE \$10 **DATE** Thursday, February 25
TIME 6:30–8 p.m. **LOCATION** Hyland Education & Training Center, Great Room

cholesterol/glucose testing

St. Anthony's Medical Center offers an extensive lipid profile test that includes total cholesterol, triglyceride levels, HDL and LDL, cardiac risk ratio and fasting glucose. A 12-hour fast is required and results are provided immediately. Appointment required.

FEE \$30

helmet fittings

Staff members from St. Anthony's Emergency Department offer bicycle helmet fittings for both adults and children. A helmet that meets the U.S. Consumer Product Safety Commission standards can be purchased for \$10.

FEE Free **DATE** First Tuesday of the month (April – October) **TIME** 4–7 p.m.
LOCATION Anthony House Auditorium

massage therapy

Massage therapy promotes relaxation and stress reduction, relieves muscle tension and increases circulation. Hot stone massage and exfoliation also are offered. A 10 percent discount is offered to seniors and St. Anthony's employees. For an appointment, call 314-ANTHONY (268-4669) or 800-554-9550.

support groups/programs

St. Anthony's offers a variety of support groups and programs. Visit stanthonysmedcenter.com and click on Support Groups under Classes & Programs.

EXERCISE AND NUTRITION

diabetes refresher sessions

Small group sessions designed for those who previously have seen an educator or dietitian and need additional help managing their diabetes. Learn how to detect blood sugar patterns, stay on track with monitoring, count carbohydrates, understand trans fats and cholesterol, and dine out safely. Classes may be covered by insurance. For times, dates and to register, call 314-525-4508.

LOCATION St. Anthony's Medical Center

a newtritious you!

This six-week motivational nutrition and weight management program provides the latest recommendations on weight control, diabetes, the heart and more, with a focus on positive lifelong change. Participants receive specialized meal plans and exercise guidelines. Taught by St. Anthony's registered, licensed dietitians.

FEE \$120 **DATE** Wednesdays, January 12–February 16 **TIME** 7 p.m. **LOCATION** St. Anthony's Medical Center Auditorium



>> To register call 314-ANTHONY (268-4669) or 800-554-9550, or visit stanthonysmedcenter.com.

12.7%

Percentage of women born today who will be diagnosed with breast cancer sometime in their lives.

small steps for a healthy tomorrow: preventing Type 2 diabetes

Have you been told that you are at risk for developing diabetes or your blood sugar is a "little high"? If you answer "yes" to either question, then this class is for you. Program includes meal planning strategies, exercise guidelines and individualized calorie recommendations. All participants will receive a calorie, fat and carbohydrate resource book.

INSTRUCTORS Cathy Feldmeier, RD, LD, and Mary Lawrence, RN, MSN, CDE **FEE** \$25 for two sessions **DATE** Fridays, February 19 and 26 **TIME** 1-3 p.m. **LOCATION** St. Anthony's Medical Plaza, Suite 240 (Body, Mind, Spirit Center)

diabetes education and nutrition counseling

Individual one-on-one appointments and group classes are available. Instructors are certified diabetes educators, nurses and dietitians. The cost may be covered by insurance. An ongoing free support group is offered most months throughout the year. Call **314-525-4506** for more information or to schedule an appointment.

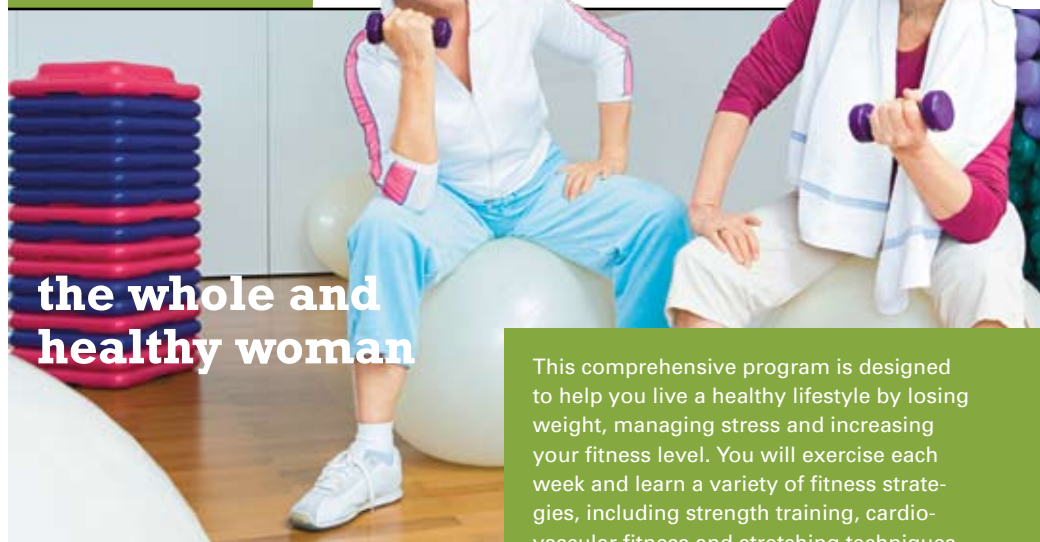


Better glucose control reduces heart attack risk.

Experience a fun, flavorful and informative evening! Join with St. Anthony's physician Victoria Jansen, MD, and registered dietitian Lisa Galati, to learn tips and strategies to make 2010 a healthy year. Sample two nutritious and delicious chili recipes—and take home recipes for the chili and other tasty dishes! A great opportunity to ask the doctor and dietitian all your health and nutrition questions.

FEE Free **DATE** Thursday, January 28 **TIME** 6-8 p.m. **LOCATION** Hyland Education & Training Center, Great Room

WOMEN'S HEALTH



the whole and healthy woman

This comprehensive program is designed to help you live a healthy lifestyle by losing weight, managing stress and increasing your fitness level. You will exercise each week and learn a variety of fitness strategies, including strength training, cardiovascular fitness and stretching techniques. Participants also will learn techniques for relaxation and stress reduction.

INSTRUCTOR Sue Schulte, D.Sc., CPT **FEE** \$160 **DATE** Tuesdays, January 26-March 16 **TIME** 5-6:30 p.m. **LOCATION** St. Anthony's Medical Plaza, Suite 240 (Body, Mind, Spirit Center)

mammograms



St. Anthony's Medical Center offers free screening mammograms to uninsured and underinsured women who qualify. For more information regarding the eligibility criteria, call **314-525-4188**.

FEE Free

PARENTING, CHILDREN & TEENS



childbirth education classes

St. Anthony's Family Birth Center offers a variety of classes to prepare expectant parents and their families for the birth of a child. Call **314-ANTHONY (268-4669)** or **800-554-9550** for information, times and locations. Visit stanthonysmedcenter.com for a complete list of classes.

natural family planning

Two programs are available for natural family planning: **The Billings Ovulation Method** is taught through the Aware Center on the campus of St. Anthony's Medical Center. For an appointment or information, call **314-525-1622**. **Creighton Model FertilityCare** introductory sessions are held on the first Friday of every month. For an appointment or information, call **314-ANTHONY (268-4669)** or **800-554-9550**.

Prenatal ultrasound uses soundwaves—not radiation—thereby avoiding harmful side effects.

DEC 2009-FEB 2010