



# Fall Class Schedule

September - November 2010

7300 State Road · Parma, OH 44134 · 440-7-HEALTH (743-2584)

REGISTRATION BEGINS AUGUST 18, 2010

OFFICE HOURS: Monday - Thursday · 8:00 a.m. - 4:30 p.m. · Friday - 8:00 a.m.-noon  
Closed Saturday & Sunday. Closed November 25 & 26.

Register early to avoid disappointment if your class is full or is cancelled because too few have signed up.

REGISTER ONLINE: [www.parmahospital.org/programsandclasses](http://www.parmahospital.org/programsandclasses)



## YOU & YOUR HEALTH

### Memory Loss: What Everyone Needs to Know

**FREE!** Educational series on memory loss for patients, family members, friends & professionals. Held at Health Education Center. Three Tuesdays 6:30-8 p.m. Registration 6 p.m. Presentation 6:30 p.m.

**For reservations:** Call the Alzheimer's Association at 216-231-1335.

### SESSION I

#### Understanding Memory Loss

Presented by Psychiatrist David Fox, MD. Learn the warning signs and stages of memory loss, plus diagnosis and treatments available. Tue., Sep. 21

### SESSION II

#### Legal and Financial Planning

An Elder Law attorney will discuss legal and financial planning for those suffering from memory loss. Tue., Sep. 28

### SESSION III

#### Latest Research

An expert in memory loss research will discuss the latest revelations about the causes and potential treatment of memory loss. Tue., Oct. 5

### NEW! The Many Faces of Depression

Presented by Psychiatrist David Fox, MD, Medical Director, Behavioral Center for Older Adults. October is National Depression Screening Month. Depression is more common than most realize. Most have experienced feeling down or blue at some time. Learn the types of depression, the importance of an early diagnosis and how to recognize the major forms. Confidential depression screening available.

1 session FREE  
Tue., Oct. 26 6-7:30 p.m.



## SCREENINGS

Registration required. Call 440-743-4900. Held at the Health Education Center unless noted.

### FREE SCREENINGS

#### FREE! Blood Pressure Screening

Wed., WALK-IN 1-2 p.m.  
No screening on November 24.

#### Prostate Cancer Screening

For men age 50+ who have never been screened or have not been screened within the last year & are not seen by a urologist. Cancer Center, second floor. Tue., Sep. 28 6:30-8 p.m.

### SCREENINGS WITH A FEE

#### Flu and Pneumonia Vaccine Clinics

**(Ages 19+)** Seniors: Please bring all health insurance cards including Senior HMO card and your Medicare card. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee will be charged. Must register. Oct. 8, 11, 14, 15, 18, 27 9 a.m.-4 p.m. Oct. 19, 22 1-8 p.m. Oct. 9 9 a.m.-noon

#### Bone Density Screening for Women

Testing is done on the bare heel. Must register. \$20  
Thu., Sep. 23, Nov. 11 6-8 p.m.  
Thu., Oct. 21 9 a.m.-noon

#### Cholesterol Screening

For total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hr fast recommended. Must register. \$25  
Wed., Sep. 8, 22, Oct. 13, 27, Nov. 10 9-10:30 a.m.

#### Pneumococcal Vaccine Clinics

For all Medicare Part B recipients. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee will be charged. Must register. Fri., Sep. 3 & 17, Nov. 19 10 a.m.



## PERSONAL WELLNESS

### DATES LISTED ARE START DATES

#### FREE! Joint Replacement Education Session

For any patient scheduled for total joint replacement surgery and/or anyone who would like more information prior to scheduling surgery. Held in the Parma Hospital Auditorium. Must register. Call 440-743-4024.

1 session FREE  
Mon., Oct. 4, Nov. 1 2-3 p.m.  
Sat., Sep. 11, Oct. 9, Nov. 13 10-11 a.m.  
Wed., Sep. 15, Oct. 20 Nov. 17 7-8 p.m.

#### FREE! Weight Loss Solutions

Bariatric Surgeon Craig Eyman, DO, offers the latest options for people struggling with weight loss issues. Held in the Parma Hospital Auditorium. Tue., Sep. 21, Oct. 19, Nov. 16 7 p.m.

#### AARP Driver Safety Program

Bring valid driver's license and check first day of class, payable to AARP. NO CASH. AARP members \$12 Non-members \$14  
Tue., Sep. 7 9 a.m.-1 p.m.

#### Cooking With Your Health in Mind, NEW RECIPES!

Demo format focuses on making healthier alternatives to your favorite foods and performing recipe makeovers. Sample recipes prepared, and take home written recipes. 1 hour and 20 minutes. \$3 food fee each due day of class. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine. 1 session \$20  
**Making Fresh Cheese**  
Mozzarella & Ricotta  
Sat., Sep. 11 10 a.m.

#### Heart Smart & Diabetic Friendly using Local Fresh Ingredients

Chocolate Zucchini/Tomato Zucchini Bread & Fall Harvest Quinoa & Buckwheat Side Dishes  
Wed., Oct. 13 7 p.m.  
**Healthier Thanksgiving Sides**  
Sweet Potato Soup, Sausage Stuffing & Potato Casserole  
Tue., Nov. 16 7 p.m.

#### Diabetic Management: Making Good Health a Priority

For anyone newly diagnosed with diabetes or needing an update. Learn the physiology of the disease and treatment modalities, meal planning with demo, exercises and working with healthcare professionals. Expect a little bit of homework and a lot of fun. Individual consultations available. May qualify for insurance reimbursement; paperwork provided. 3 sessions \$55, includes a guest  
Mon., Sep. 13, 20 & 27 6-9 p.m.

#### Dimensions Of Wellness: Your Prescription For Less Stress

Learn practical wellness strategies to help you achieve more balance in a fun, interactive workshop. Move through 12 dimensions of wellness, exploring body, mind and spirit. Leave empowered with new "tools" to enhance your sense of well-being. Includes material fee. Taught by Buddy Ann Ross, RN, Traditional Naturopath, Certified Wellness Coach. 1 session \$37  
Thu., Sep. 16 6:30-9 p.m.  
Sat., Nov. 13 10 a.m.-12:30 p.m.

#### NEW! Why Should I Plan My Estate?

An interactive presentation covering a range of estate planning issues, including living trusts, avoiding probate, and more. Presented by Justin Watling, Attorney. 1 session \$15  
Mon., Oct. 11 6:30-8 p.m.  
Fri., Nov. 5 10-11:30 a.m.

#### NEW! Oral Health: The Mouth-Body Connection

Sometimes the first sign of disease shows up in your mouth. Your

oral health is connected to many other health conditions. Learn tips on maintaining a healthy mouth and body. Taught by Annamarie Pamphilis, Doctor of Naturopathic Medicine and Registered Dental Hygienist. 1 session \$15  
Fri., Sep. 24 6:15-7:15 p.m.  
Sat., Nov. 13 10-11 a.m.

**Self-Help Massage Techniques**

Learn practical techniques to reduce physical symptoms and ailments like headaches, neck aches, shoulder tightness, breathing difficulty, constipation, low back pain, leg cramps, and more. Also, techniques for managing stress and muscle tightness. Instructor is a licensed massage therapist and nationally certified therapeutic bodyworker. Handouts included. Enter to win a 10-minute chair massage after class. 1 session \$20  
Thu., Oct. 14 6:30-7:30 p.m.

#### Spanish for Beginners

For those with very little or no knowledge of Spanish. Have fun - with focus on the pace of the class, not the pace of the curriculum. \$10 material fee for new students and \$5 for returning students payable first class. Taught by a licensed Spanish teacher. 6 sessions \$65  
Wed., Sep. 8, Oct. 27 6-7:30 p.m.

#### Spanish Grammar I

1½ hour class is designed to get students communicating in the present! Students must have a basic foundation in Spanish already. Spanish for Beginners is strongly recommended before taking this course. Taught by a licensed Spanish teacher. 6 sessions \$65  
Thu., Sep. 9, Oct. 28 6-7:30 p.m.

#### NEW! Starting Out Healthy: Feeding Your Child from Birth to Age 3

Establish healthy habits early to prevent childhood obesity. Tips on how to feed a newborn, from breastfeeding to when to offer solids, transitioning to table

foods, picky eaters, food allergies, and doing all this on a budget. Handouts included. Taught by a Registered Dietitian from Food-wise, LLC.

1 session \$20  
Tue., Oct. 12 7-8:30 p.m.

### Adult Weight Management

Learn how to determine your healthful weight, put together an eating plan, start a physical activity program, and enlist the help of your family, friends and physician. Tips to become a smart consumer and avoid ineffective, unproven and dangerous plans and products. Taught by a Registered Dietitian.

1 session \$12  
Tue., Sep. 14 7-8 p.m.

### Wellness Hypnosis Seminars

**(Ages 13+)** Nationally certified clinical hypnotist Donald Man-narino has successfully conducted and perfected his popular hypnosis wellness seminars since 1978. \$10 material fee to instructor in class. Ages 13-17 must be accompanied by an adult.

1 session each \$65  
Sep. 20, Oct. 14 or Nov. 23

### Weight Loss

Learn to make healthier food choices and regain your self-discipline, self-control and your self-esteem.

5-6 p.m.  
**Stop Smoking**  
Without the use of medications and without gaining weight in one session. Safe, natural and effective!  
6-7 p.m.

### COMPLEMENTARY THERAPIES

Naturopaths specialize in educating you about your lifestyle choices and approach to achieve and maintain your health. Naturopathic Doctors' (NDs) training includes anatomy and physiology, biochemistry, herbology, nutrition and Iridology. Naturopaths are not involved in the practice of medicine, do not use or prescribe pharmaceutical drugs or perform surgery.

### NEW! Control Blood Sugar Naturally

Learn how supplements and other natural approaches can control blood sugars. Taught by Jane Semple, Doctor of Naturopathic medicine.

1 session \$15  
Thu., Oct. 7 7-8:30 p.m.

### Herbal Certification

Learn a holistic approach to prevention and disease treatment using nutrition, herbs, vitamins and minerals. 15 contact hours for nurses, and 10 contact hours for occupational/physical therapists. Taught by Janet O'Donnell, doctor of Naturopathic Medicine.

10 sessions \$125  
Wed., Sep. 8 7-8:30 p.m.

### Introduction to Iridology

The iris reveals the condition and health of body tissue. Excellent, non-invasive tool for natural health practitioners or for anyone interested. Iridology book available for \$7 in class. Taught by Jane Semple, Doctor of Naturopathic Medicine.

1 session \$15  
Thu., Nov. 18 7-8:30 p.m.

### EMS DEPARTMENT

- Paramedic Training
- BTLs • EMT - Basic
- ACLS • PALS



Instructor courses in CPR, ACLS, PALS and BTLs also available. EMT Basic classes begin Sep. 27, 2010.  
Mon., Wed. & Fri. 9 a.m.-1 p.m.

440-743-4970 to register

### CPR CLASSES ARE NON-REFUNDABLE

### Basic Life Support for Health Care Providers

For those needing a credential card documenting successful CPR course completion. Covers adult and pediatric CPR, two-rescuer CPR, foreign-body airway obstruction and AED.

1 session \$60  
Sat., Sep. 11, Oct. 9, Nov. 13  
9 a.m.-2 p.m.

### Basic Life Support for Health Care Providers RENEWAL

For those who currently have a BLS Healthcare Provider card and need recertification.

1 session \$45  
Tue., Sep. 14, Oct. 12, Nov. 16  
6-9 p.m.

### Heartsaver AED

Adult CPR, AED and relief of foreign-body airway obstruction for those expected to respond to emergencies in workplace. Participants obtain course completion card.

1 session \$45  
Sat., Sep. 11, Oct. 9, Nov. 13  
1:30-4:30 p.m.

### Infant/Child CPR

Covers CPR and foreign-body airway obstruction. Manual and certification card included.

1 session \$45  
Wed., Sep. 15 6-9 p.m.  
Mon., Nov. 15 6-9 p.m.



### SUPPORT GROUPS

Support Groups held at the Health Education Center unless noted.

### Alzheimer's Support

440-743-2660. First Tuesday of the month.  
7-8:30 p.m.

### Diabetes Support

440-743-2348. September through May. Held in the Parma Hospital Auditorium. Second Thursday of the month.  
7-9 p.m.

### NEW! Food Addicts Anonymous

440-237-3967 Every Thursday. No meeting on Nov. 25.  
6:30-7:30 p.m.

### New Perspectives: Weight Management Support

440-743-2900. Education and support for bariatric surgery patients and those interested in weight-loss surgery. First Monday of the month.  
7-8:30 p.m.

### Parkinson's Disease Support

216-524-6354. Second Tuesday of the month.  
7-8:30 p.m.

### Post-LSVT Speech Therapy Support

440-743-4161. For those with Parkinson's disease who have completed the Lee Silverman Voice Treatment Program. Second Thursday of the month.  
11:30 a.m.-12:30 p.m.

### Stroke & Arthritis Information and Support

440-743-4041. Third Monday of the month.  
2-3:30 p.m.

### Tinnitus Support

440-256-8023. Second Friday of the month.  
7-9:30 p.m.

### Shared Grief Support

A seven-week grief support group provided by bereavement care providers. Day and evening groups available four times a year. Contact Amy Quinlan at 440-743-4944 for more information.

### The following are held in the Cancer Center:

#### Breast Cancer Support

Call 440-743-2223 to register. Third Wednesday of the month.  
6:30-8:30 p.m.

#### Kindred Spirits

440-743-4445. A telephone buddy system for breast cancer survivors.



### RECREATION & DANCE

#### Ballroom Dance (Beginners)

**(Ages 15+)** MUST HAVE A PARTNER. Learn the rhumba, waltz, foxtrot, swing and merengue. For those who have never taken ballroom dancing or need a brush-up. Taught by Sophia Hertzal and staff. Must wear acceptable footwear. No tennis shoes or sandals.

6 sessions \$68 per person  
Wed., Sep. 8 8-9 p.m.

#### Basketball for Men

Played as a recreational session.  
14 sessions \$56  
Fri., Sep. 10 7-9 p.m.

#### NEW! Basketball for Women

Played as a recreational session.  
8 sessions \$32  
Tue., Oct. 19 7:45-9:15 p.m.

#### VOLLEYBALL PLAYERS

*We reserve the right to make the final decision to enroll or withdraw a participant from a program depending on the participant's ability.*

#### Coed Volleyball

14 sessions Walk-ins only  
**Advanced skill level**  
\$4 per night. USVBA rules apply  
Thu., Sep. 9 8-9:30 p.m.

#### Intermediate skill level

\$5 per night. USVBA rules apply.  
Mon., Sep. 13 7:30-9:30 p.m.

#### Come Dance with Me!

Dance session for people with Parkinson's disease. Caregiver or partner is welcome. Dance partners will be provided if needed. Enjoy good music and friendship while benefiting from movement and dance. No registration required.

1 session Walk-in  
Sat., Sep. 11, Oct. 9, Nov. 13  
11 a.m.-noon

#### Put Some Magic in Your Life!

**(Ages 9+)** Join local magician David Wasielewski of Magic by David. Come explore and learn some magical illusions. When you complete the class you will be able to perform for family and friends. Supplies included in class cost. Come learn and have fun!

1 session \$30  
Wed., Oct. 6 7-8:30 p.m.



### FITNESS

Mats, weights, steps, balls provided. Bands for purchase. Open to ages 13 and up, unless otherwise noted. Adult must accompany those younger than age 16.

#### DATES LISTED ARE START DATES

#### Cardio Dance

A high and low impact cardio workout for all ages/ability levels. A great way to burn a lot of calories with simple movements while learning new dance styles. No dance experience necessary.  
7 sessions \$35  
Tue., Sep. 7, Oct. 26 7:10-8:10 p.m.  
Thu., Sep. 9, Oct. 28 7:45-8:45 p.m.

#### Circuit Workout

**(Ages 16+)** A high-energy class to rev up your metabolism and

transform your body. Designed with various exercises for each muscle group to obtain optimal muscle condition.

6 sessions \$33  
Mon., Sep. 13 6-7 p.m.  
7 sessions \$35  
Mon., Oct. 25 6-7 p.m.  
Wed., Sep. 8, Oct. 27 7:15-8:15 p.m.

#### Fitness Fusion

**(Ages 16+)** Hi/lo impact cardio, step, strength training, Pilates and yoga will give you an anti-aging effect. Burn fat and build muscle. A variety of equipment will be used.  
7 sessions \$35  
Wed., Sep. 8, Oct. 27 6-7 p.m.

#### Fit 'n Healthy

Complete low-impact workout improves cardio endurance and flexibility.  
7 sessions \$35  
Tue., Sep. 7, Oct. 26 9-10 a.m.  
Thu., Sep. 9, Oct. 28 9-10 a.m.

#### NEW! Mom-ME! Fit

Intermediate class. For moms who want to increase the intensity of their workout and take their fitness to the next level. Traditional floor aerobics, toning, abdominal work and relaxation. A must for moms looking for some ME time!

6 sessions \$33  
Mon., Sep. 13, Nov. 1 11 a.m.-noon  
Wed., Sep. 15, Nov. 3 11 a.m.-noon

#### NEW! Postnatal Fitness

A postnatal workout designed for moms new to exercise or looking to get back to fitness after baby. Babies 0-9 months welcome in an infant seat.

6 sessions \$33  
Mon., Sep. 13, Nov. 1 9:45-10:45 a.m.  
Wed., Sep. 15, Nov. 3 9:45-10:45 a.m.

#### Power Up Pilates

**(Ages 16+)** Incorporates strengthening exercises that are easy on joints and effective for elongating and toning all body muscles.

7 sessions \$35  
Thu., Sep. 9, Oct. 28 7:10-8:10 p.m.

#### Rockin' Aerobics

**(Ages 16+)** Hi/low impact cardio workout to the '70s-'90s music. A complete body workout with weight training and stretching.

6 sessions \$33  
Mon., Sep. 13 6-7 p.m.  
7 sessions \$35  
Mon., Oct. 25 6-7 p.m.

#### Senior Shape-up

**(Ages 55+)** Focus on strength, stretching and stamina. No floor exercises. Chairs provided. You may sign-up for 1, 2 or 3 days a week. Price will reflect number of days you sign up for. Walk-ins \$4  
21 sessions / 7 weeks \$72  
Mon., Wed., Fri., Sep. 8, Oct. 27 10-11 a.m.

## The Mixx

A combination of strength, flexibility and relaxation while keeping your metabolism in check by lengthening and toning your body.  
7 sessions \$35  
Thu., Sep. 9, Oct. 28 6-7 p.m.

## NEW! Total Body Workout

A high-energy, low impact cardio workout followed by simple upper-body weight training, floor exercises, ab work and stretching.  
7 sessions \$35  
Tue., Sep. 7, Oct. 26 6:30-7:30 p.m.

Thu., Sep. 9, Oct. 28 6:30-7:30 p.m.

## NEW! Turbo Kick\*

(Ages 16+) Intense class mixes kickboxing, dance moves, martial arts, sports drills and weight training. A unique cardiovascular workout blending intense intervals, strength and endurance training. For all fitness level.  
7 sessions \$35  
Wed., Sep. 8, Oct. 27 6:30-7:30 p.m.

## Yoga Fusion

A low impact, challenging class to improve balance, stability, muscle tone, flexibility and well-being. A base of yoga-inspired movements with benefits from many different schools of fitness. Includes warm-up, muscle toning, balance exercises, core strengthening and deep stretch.  
6 sessions \$33  
Mon., Sep. 13 7:30-8:15 p.m.  
7 sessions \$35  
Mon., Oct. 25 7:30-8:15 p.m.

## Zumba Gold

Based on the KISS principle, "Keep it Simple and Safe." A fun, low-impact, total body workout using Latin and international rhythms. For beginners of all ages, including active older adults. No dance experience needed.  
6 sessions \$33  
Tue., Sep. 14, Nov. 2 9:30-10:30 a.m.  
Thu., Sep. 16, Nov. 4 5:30-6:30 p.m.

## FITNESS + MIND/BODY FITNESS CLASSES

Instructors are subject to change without notice. Each instructor has a unique teaching style.

**Not sure if you are going to like a class? Ask us about the "Try a Class Pass". One pass per customer.**

## NEW! for FITNESS classes:

Walk-ins welcome for \$6 unless otherwise noted, to be paid to instructor or office the day of class. To do a walk-in, please call the office to ensure class is not full. 440-743-2582.



Dress comfortably, bring a small blanket/towel and a water bottle to classes. Yoga mats provided. Classes open to those 16 and older unless otherwise noted.

## DATES LISTED ARE START DATES

### Evening Yoga

Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing.

#### Beginners

6 sessions \$58  
Mon., Sep. 13, Nov. 1 7-8:30 p.m.  
Wed., Sep. 15, Nov. 3 7-8:30 p.m.

#### Intermediate

6 sessions \$58  
Thu., Sep. 16, Nov. 4 7-8:30 p.m.

#### Chair Yoga

For people with physical limitations or who don't think they can keep up in a yoga class. Focus on body awareness, breath and relaxation.  
6 sessions \$42  
Tue., Sep. 14, Nov. 2 6:30-7:30 p.m.  
Thu., Sep. 16, Nov. 4 10-11 a.m.

## NEW! Family Yoga

(Ages 8-adult) For parents and children/teens who want to spend time together doing fun and healthy yoga. Each class includes gentle movement, breathing and relaxation. Emphasis on learning easy techniques that can be used in daily life to improve focus, flexibility, and manage stress. Additional family members are \$30 each.  
6 sessions \$35 per person  
Tue., Oct. 12 6-7 p.m.

## Morning Yoga - Salutations

The flowing sequence of poses builds upper-body strength, alignment and balance. Faster-paced class benefits the cardiovascular system. Walk-ins welcome - \$12  
7 sessions \$70  
Tue., Sep. 7, Oct. 26 9-10:15 a.m.

## Tai Chi Chuan

Ancient Chinese martial arts therapy alleviates stress and promotes health, relaxation, and endurance. Increase circulation and loosen muscles and joints for flexibility and well-being.

#### Beginners

10 sessions \$63  
Tue., Oct. 19 7-9 p.m.

#### Continuing students

Prerequisite: beginners' class.  
9 sessions \$61  
Mon., Oct. 25 7-9 p.m.

## Tai Chi Chuan - Push Hands

Fundamental practice of Tai Chi Chuan self-defense applications

and the pushing of hands. Prerequisite: Tai Chi Chuan or martial arts.  
8 sessions \$63  
Wed., Sep. 8 7-8:30 p.m.  
6 sessions \$59  
Wed., Nov. 3 7-8:30 p.m.



## Material fees included in price.

Parents must remain in the building during 1-hour daytime classes and all evening classes.

## DATES LISTED ARE START DATES

### INFANT

## Baby Signs® Parent Workshop (NEW LOWER PRICE)

(Birth-24 months) Learn to sign with your baby using songs, play, and literature. Introduction to the history, research and proven benefits of the "Baby Signs" program and how it can simplify your life and bridge the communication gap for your family. Taught by a certified Baby Signs® instructor.

1 session \$30  
Sat., Oct. 9 10-11:30 a.m.

## Baby's First Massage\*

See PARENTING CATEGORY.

## TODDLER/PRESCHOOL

These classes have new themes each session throughout the year.

## A World Full of Art

(Ages 3-5) No adult participation. Preschool multi-cultural art class will feature a different country each week with hands-on art projects. Dress for a mess.

6 sessions \$42  
Mon., Nov. 1 10-11 a.m.

## All Aboard - The "Learning Express"

(Ages 2 1/2-4) Adult participation. Get on board the imaginary "learning train". Explore exciting topics related to our world through songs, stories, crafts and age-appropriate learning activities. Build social skills and fine motor skills, become familiar with a classroom routine and the concept of a teacher.  
6 sessions \$42  
Wed., Sep. 15, Nov. 3 10-11 a.m.,  
11:15 a.m.-12:15 p.m., 6:30-7:30 p.m.

## Caveman to Picasso

(Ages 3-5) Create works of art using techniques developed by famed artists throughout history. Dress for a mess!  
6 sessions \$42  
Mon., Sep. 13 10-11 a.m.

## NEW! Junior Naturalists

(Ages 3-5) Explore the wonders of nature through mini hikes, stories,

crafts and activities. Small portions of the class will be presented outdoors on facility property, weather permitting. Parent participation helpful for outdoor walks but not required.  
6 sessions \$42  
Mon., Sep. 13 11:30 a.m.-12:30 p.m.



## Our Time: Milk & Cookies

(18 months-3 years) Adult participation. Introduce your child to a musical world filled with singing, imitating sounds, rhyming, sound identification, instrument exploration and creative movement. At-home Materials (activity book, CD and other items) included with cost. Helps improve confidence, self-control and communication skills. Call 440-743-4900 to check for openings. \$10 late fee if you register after August 30  
14 sessions \$172  
Wed., Sep. 8 10-10:45 a.m.,  
6-6:45 p.m.

## Imagine That! Hello Weather - Let's Play Together

(Ages 3-5) Adult participates last 15 minutes. Includes music with expressive language, storytelling, peer interaction, movement and pretend play. Expand cognitive and literacy skills as well as creativity and individuality. At-home Materials (books, play set, CD and instrument) included. Call 440-743-4900 for openings. \$10 late fee if you register after August 30.  
14 sessions \$177 without a backpack / \$183 with backpack  
Fri., Sep. 10 11:45 a.m.-12:30 p.m., 5-5:45 p.m.

## Preschool Dance

(Ages 3-5) Introduction to ballet class will develop body awareness and enhance creativity. Sure to be a delightful introduction to dance.  
7 sessions \$48  
Tue., Sep. 7, Oct. 26 5:20-6:05 p.m.

## Shapes, Colors, Numbers

(Ages 2-3) Adult participation. Children will create, explore and learn about shapes, colors and numbers through art, music and interactive play. Each 6 week session is different.  
6 sessions \$42  
Wed., Sep. 15, Nov. 3 10:15-11:15 a.m.

## NEW! Tumble, Roll & Dance

(Ages 4-6) Introduction to acrobatics and jazz dance. Learn beginning tumbling moves while also developing flexibility. Simple jazz steps also taught. Acrobatic attire is highly suggested.  
6 sessions \$52  
Fri., Sep. 17, Nov. 5 10:15-11:15 a.m.

## Toddler-Preschool Gym

Adult participation. Develop social skills, muscle coordination and self-confidence with the use of gym-like equipment. Activities include finger plays, games and stories with music and songs.  
6 sessions \$28  
Ages 1 1/2-2 1/2  
Tue., Sep. 14, Nov. 2 9:20-10:05 a.m., 6:30-7:15 p.m.

## Ages 2-4

Tue., Sep. 14, Nov. 2 10:10-10:55 a.m., 7:25-8:10 p.m.

## NEW! Under the Sea

(Ages 2-5) Adult participation. Sign language play class. Learn about sea creatures and their habitats using songs, signs and literature. Join us for a "whale" of a good time!  
1 session \$12  
Tue., Sep. 28 6-6:45 p.m.  
Thu., Oct. 28 6-6:45 p.m.

## Young Einstein

(Ages 3-5) Preschool science targets basic, easy scientific concepts with experiments, art projects and games using everyday materials. Dress for a mess!  
6 sessions \$42  
Mon., Nov. 1 11:30 a.m.-12:30 p.m.

## PRESCHOOL/PRE-K

The classes listed below begin Sep. 2010 and run through May 2011. They may be taken consecutively or individually. Throughout the school year (Sep.-May), these classes will build onto themselves, and will meet the demanding requirements of Kindergarten. Greatly increase your child's education by taking more than one class from this category or the TODDLER/PRESCHOOL category.

## NEW! Preschool Prep!

(Age 3) Introduce your child to the preschool setting. Develop social skills and become familiar with classroom routine and the concept of a teacher. Art, music, and stories used to introduce/reinforce letters, numbers, colors and shapes.

6 sessions \$45  
Mon., Sep. 13, Nov. 1 10-11 a.m.

## Primetime Preschool

(Ages 3-5) An option for children who do not attend a traditional day preschool. Covers math, science, reading, language, music and art.  
6 sessions \$45  
Wed., Sep. 15, Nov. 3 6:30-7:30 p.m.

## Preschool Mania

(Age 4) NEW AGE GROUP! Learn essential preschool skills including letter and number recognition, color and shape review, as well as prewriting skills. Featuring art, music, and stories.  
6 sessions \$54  
Mon., Sep. 13, Nov. 1 10-11:30 a.m.

**Kindergarten Readiness (Ages 4-6)** Explore various themes while building skills for Kindergarten success. Develop letter/number concepts and practice pre-writing skills. Improves coordination, memory skills and social development. Child must be eligible to enter Kindergarten in the Fall of 2011. Discount given if taken two days a week.

6 sessions \$66  
Tue., Sep. 14, Nov. 2 10 a.m.-noon  
Thu., Sep. 16, Nov. 4 10 a.m.-noon

**SCHOOL AGE**

**Babysitter Training (Ages 11-16)** Learn basic first aid, safety issues and baby care, including infant and child CPR skills. Manual/ handouts included. Bring a small lunch or snack to class.

1 session \$45  
Sat., Sep. 11 9 a.m.-3 p.m.  
2 sessions \$45  
Fri., Nov. 12 & 19 6-9 p.m.

**Creative Dance (Ages 5-8)** Introduction to dance will develop body awareness and enhance creativity. Ballet, jazz and other types of dance explored.

7 sessions \$48  
Tue., Sep. 7, Oct. 26 6:15-7 p.m.

**NEW! Kid Fit (Ages 5-11)** An action-packed class

that helps your child experience fitness on a whole new level. Featuring a different routine weekly with games and fitness challenges. An exciting class your child will look forward to each week.

7 sessions \$35  
Wed., Sep. 8, Oct. 27 5:30-6:15 p.m.

**NEW! Family Yoga**  
See under MIND BODY FITNESS

**Know your Facts! Addition/Subtraction (Grades 1-4)** Increase your addition and subtraction knowledge and concept of facts from 0-18 with strategies and fun activities.

6 sessions \$43  
Thu., Oct. 28 5:45-6:45 p.m.

**Multiplication/Division (Grades 3-6)** Increase your knowledge and speed in multiplication and division facts with strategies, fun activities and games.

6 sessions \$43  
Thu., Oct. 28 7-8 p.m.

**Put Some Magic in Your Life!**  
See RECREATION CATEGORY.

**NEW! Test Taking Made Easy (Grades 5-8)** Is your child having trouble with test anxiety or taking tests? Help them learn strategies to prepare for tests and make test taking easier. Parents invited back

for last half hour of class to review what their child has learned.

1 session \$28  
Tue., Oct. 12 6-8 p.m.

**Time for Art (Ages 5-9)** Class is filled with imagination and creativity, new art mediums introduced every week.

7 sessions \$48  
Thu., Sep. 9, Oct. 28 6:30-7:30 p.m.

**Kids in the Kitchen NEW RECIPES! (Ages 8-15)** Learn food preparation, kitchen safety, measurement and preparing a recipe with hands-on demo. Sample recipes prepared, and take home written recipes. Bring a container for your goodies. \$3 food fee is due day of class to the instructor. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine.

1 session \$20

**After School Snacks:** Taco Cups, Caramel Apple Rolls & Baked Apples

Wed., Sep. 22 7 p.m.

**Breakfast Made Easy:** Breakfast Pizza & French Toast Sticks

Thu., Oct. 14 7 p.m.

**Yummy Breads:** Soft Pretzel Rolls & Pita Bread

Sat., Nov. 13 2 p.m.



**PARENTING**

All parenting classes held at Parma Hospital unless noted.

**Baby's First Massage®**  
Held at the Health Education Center. Learn techniques to give a loving, gentle massage to your child from infancy through childhood. Massage helps with development, sleep/wake behaviors, assists in bonding and reduces crying. Bring your fed baby or doll to class. Instructor is a licensed massage therapist certified by Baby's First Massage and a nationally certified therapeutic bodyworker. \$12 material fee due day of class.

1 session \$45 single or couple  
Thu., Oct. 14 8-9 p.m.

**Baby Signs Parent Workshop**  
See YOUTH/INFANT CATEGORY

**FREE! Breastfeeding Support Group**  
Support and problem solving for mothers and mothers-to-be.

Tue., Sep. 7, Oct. 5, Nov. 2, Dec. 7 10-11 a.m.

Tue., Sep. 14, Oct. 12, Nov. 9, Dec. 14 2-3 p.m.  
Tue., Sep. 21, Oct. 19, Nov. 16, Dec. 21 6-7 p.m.

**Breastfeeding Basics**  
Learn the fundamentals and practical information. Support person is free. Fathers welcome.

1 session \$12  
Tue., Oct. 12, Dec. 14 6-8:30 p.m.

**Caring for Your Newborn**  
What to expect with a newborn.

1 session \$12  
Thu., Sep. 23, Nov. 11 7-9 p.m.

**Infant /Child CPR**  
See WELLNESS CATEGORY

**NEW! Starting Out Healthy: Feeding Your Child from Birth to Age 3**  
See WELLNESS CATEGORY

**Prepared Childbirth**  
Covers pregnancy, labor, delivery and postpartum recovery.

**6 sessions \$65**  
Thu., Oct. 7 7-9 p.m.

**2 sessions\* \$65**  
Sat., Sep. 18, Oct. 16, Nov. 13 9:30 a.m.-4:30 p.m.

**Review\***  
1 session \$40  
Sat., Sep. 18, Oct. 16, Nov. 13 9:30 a.m.-4:30 p.m.

\* Bring 2 pillows and blanket to first class.

**REMEMBER: Mark the dates and times of your classes on your calendar! We DO NOT send confirmations.**

**REGISTRATION BEGINS AUGUST 18, 2010.**

**MAIL:** Mail registration form to: *Parma Community General Hospital, Community Services, 7300 State Road, Parma, OH 44134.* Check is payable to Parma Community General Hospital.

**FAX:** Fax registration form to 440-743-4535. Payment by credit card only.

**DROP BOX:** Use when office is closed. Payment by check or credit card only and due upon registration. Cash accepted in person.

**PHONE:** Call 440-743-4900. Payment by credit card only.

**ONLINE:** Register at: [www.parmahospital.org/programsandclasses](http://www.parmahospital.org/programsandclasses)

**NON-ENDORSEMENT POLICY** Parma Hospital and its Health Education Center enter into agreement with persons having special expertise or talent which they are willing to share with others. However, Parma Hospital and its Health Education Center do not necessarily endorse the opinions of such persons. Contact the Health Education Center with any questions and concerns.

**WEATHER-RELATED CANCELLATIONS** Classes held on weekday mornings and afternoons will be cancelled if Parma City Schools are closed. Weekday evening cancellations will be made by 3:30 p.m. and aired over radio and television stations. Saturday morning classes will automatically be canceled and rescheduled due to severe weather conditions. Call 440-743-2582 to verify cancellations. Due to weather related cancellations, some classes may not be able to be rescheduled- no refunds will be issued.

**REFUND/REGISTRATION POLICY**

- Class times & course instructors are subject to change. We reserve the right to cancel class if too few are enrolled.
- If class is cancelled by the Health Education Center full refunds are issued.
- If a student wishes to withdraw from a course, a refund - less a \$5 processing fee per class will be made if a verbal or written request is received five business days before the start of the class. Cancellations received less than five days BUT before the first day of class will be credited by gift certificate, less a \$5 processing fee.
- No refunds will be given on or after the first class, NO EXCEPTIONS. Decisions to maintain classes are based on the enrollment. Students assume risk of change in personal affairs or health.
- Material/lab fee is non-refundable if a student withdraws from a class five business days or less from start of class.
- Refunds are not available for one-session programs or for not attending class.
- Any refund in the amount of \$10 or less will be given as a gift certificate.
- In cases of weather related cancellations, classes may not be able to be rescheduled or refunded.
- Children are not permitted to attend adult classes. Only children registered for class may be in the classroom.

**CLASS REGISTRATION FORM** No class confirmations will be made. You will be notified if a class is full or cancelled.

Participant 1\* \_\_\_\_\_ Participant 2\* \_\_\_\_\_  
If child, name of responsible party \_\_\_\_\_ If child, name of responsible party \_\_\_\_\_  
Address \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (home) \_\_\_\_\_ (work/cell) \_\_\_\_\_ Phone (home) \_\_\_\_\_ (work/cell) \_\_\_\_\_  
Email \_\_\_\_\_ Email \_\_\_\_\_

CLASS NAME	PARTICIPANT	START DATE	START TIME	FEE
①				
②				
③				

\*Age required for YOUTH classes. Participant 1 \_\_\_\_\_ Participant 2 \_\_\_\_\_ **TOTAL ENCLOSED** \_\_\_\_\_  
(DATE OF BIRTH) (DATE OF BIRTH)

Payment:  cash  check  credit card (circle one): VISA MasterCard Discover  
Card no. \_\_\_\_\_ Expiration \_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Termination and reimbursement of a participant is subject to the sole discretion of Parma Community General Hospital.