



Winter class schedule December 2010 - February 2011

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

REGISTRATION BEGINS NOVEMBER 17, 2010

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

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



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 Dec. 22 & 29.

SCREENINGS WITH A FEE Bone Density Screening for Women

Testing is done on the bare heel.
Must register. \$20
Sat., Jan. 8 9 a.m.-noon
Thu., Jan. 20 6-8 p.m.
Thu., Feb. 24 9 a.m.-noon

Cholesterol Screening

For total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hr fast recommended. Must register. \$25
Wed., Dec. 8, Jan. 12, 26,
Feb. 9, 23 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., Jan. 14, Feb. 4, 18 10 a.m.



PERSONAL WELLNESS

START DATES LISTED

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., Dec. 6, Jan. 3, Jan. 17,
Feb. 7, Feb. 21 2-4 p.m.
Sat., Dec. 11, Jan. 8, Feb. 12
10-11 a.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., Jan. 18, Feb. 15 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., Dec. 7 9 a.m.-1 p.m.

Cooking With Your Health in Mind

Demo format that will focus on healthy recipe make overs for your favorite foods. You'll sample recipes and have some to take home. 1 hour and 20 minutes. \$3 food fee due day of class. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine.
1 session \$20

Spaetzle & Gnocchi from Scratch

Thu., Jan. 20 7 p.m.

Polish Foods Healthier

Potato Dumplings and Polish Chop Suey
Wed., Feb. 9 7 p.m.

Food for Life - 4-part Cooking Series

Sponsored by The Cancer Project, a nonprofit organization advancing cancer prevention and survival through nutrition education and research. This program will empower cancer survivors, their friends and family members, and anyone interested in health, with practical cooking skills and tips that turn every meal into a delicious dose

of healthy nutrition! Includes a live cooking demonstration of three quick, delicious dishes that can be easily recreated at home. Attendees can taste the food prepared during class. Proceeds will go to The Cancer Project's continuing nutrition research and education.
4 sessions \$65
Thu., Jan. 13, 20, 27, Feb. 3
6:15-7:45 p.m.

Jan. 13: Introduction to How Foods Fight Cancer

Jan. 20: Fueling Up on Low-fat, High-Fiber Foods

Jan. 27: Discovering Dairy and Meat Alternatives

Feb. 3: Cancer-Fighting Compounds and Healthy Weight

Introduction to Culinary Herbs

Herbs are delicious, nutritious and fun to grow. Learn how to cook with the most popular culinary herbs, learn health benefits of eating herbs, and how to start your own herb garden. Recipes and yummy samples included. Taught by a registered dietitian from Foodwise, LLC Nutrition Consulting Services.
1 session \$15
Wed., Feb. 23 7-8 p.m.

NEW! The Care and Feeding of Your Brain

New research on nutrition and aging shows that the foods you eat can affect the aging process. Join us to learn how to make delicious changes to your diet to properly nourish your brain. Free recipes included. Taught by a registered dietitian from Foodwise, LLC Nutrition Consulting Services.
1 session \$15
Tue., Feb. 1 7-8 p.m.
Fri., Feb. 18 11:15 a.m.-12:15 p.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 Annamaria Pamphilis, doctor of naturopathic medicine and registered dental hygienist.
1 session \$15
Wed., Dec. 8 or Feb. 9
6:30-7:30 p.m.

Self-Help Massage Techniques

Learn techniques to reduce physical symptoms and ailments like headaches, neck aches, shoulder tightness, breathing difficulty, constipation, low back pain, leg cramps, and more. Learn techniques for managing stress and muscle tightness. Taught by a licensed massage therapist and nationally certified therapeutic bodyworker. Handouts included.
1 session \$15
Sat., Feb. 12 10-11 a.m.

Wellness Hypnosis Seminars

(Ages 13+) Nationally certified clinical hypnotist Donald Mannarino 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
Thu., Jan. 27

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

Stop smoking without the use of medications and without gaining weight in one session that is safe, natural and effective!
1 session \$15
Sat., Feb. 12 10-11:30 a.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! Cook Right for Your Blood Type

Join us for lunch and learn the basics of the blood type diet, how to prepare meals, and make substitutes in recipes. Enjoy a variety of delicious, healthy foods. (Blood typing available upon request). Taught by Janet O'Donnell, doctor of naturopathic medicine. \$5 food fee to be paid to instructor in class.
1 session \$15
Sat., Jan. 8 11:30 a.m.-1 p.m.

NEW! Drug/Herb Interaction

Learn about the interactions of pharmaceutical drugs (prescription or over-the-counter) along with herbs and other supplements. Class covers types of interactions (beneficial, adverse, additive, synergistic and antagonistic) and interaction guidelines for timing, effect and amount. Taught by Jane Semple, doctor of naturopathic medicine.
1 session \$15
Tue., Jan. 18 7-8:30 p.m.

NEW! Female Health

Learn basic anatomy, balance hormones, control mood swings, decrease food cravings, to increase health and energy, using natural remedies. Taught by Janet O'Donnell, doctor of naturopathic medicine.
1 session \$15
Sat., Feb. 12 10-11:30 a.m.

NEW! Resistant Bacteria

Learn what to do when antibiotics fail. Learn how to keep healthy and how to treat resistant bacteria when necessary. Taught by Jane Semple, doctor of naturopathic medicine
1 session \$15
Mon., Feb. 21 7-8:30 p.m.

EMS DEPARTMENT

- Paramedic Training
- PALS - ACLS
- BTLS - EMT - Basic



Instructor courses in CPR, ACLS, PALS and BTLS also available. EMT Basic classes begin January 3, 2011.

Mon., Wed. & Fri. 9 a.m.-1 p.m.

440-743-4970

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., Jan. 8 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., Feb. 15 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
Tue., Jan. 11 6-9 p.m.

Infant/Child CPR

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

1 session \$45
Mon., Feb. 21 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. No meeting in December. Held in hospital auditorium. Second Thursday of the month. 7-9 p.m.

NEW! Food Addicts Anonymous

440-237-3967. Every Thursday. 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 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 people 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

Call for more Information: 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

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



RECREATION & DANCE

Basketball for Men

Basketball is played as a recreational session. 8 sessions \$32
Fri., Jan. 7 7-9 p.m.

NEW! Basketball for Women

Basketball is played as a recreational session. 8 sessions \$32
Tue., Jan. 4 7:45-9:15 p.m.

VOLLEYBALL PLAYERS

We reserve the right to make the final decision to withdraw a participant depending on the participant's ability. At the discretion of the supervisor, a participant not maintaining the level of play required may be asked to continue at a different level.

Coed Volleyball

8 sessions Walk-ins only
Advanced skill level
\$4 per night. USVBA rules apply.
Thu., Jan. 6 8-9:30 p.m.

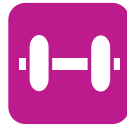
Intermediate skill level

\$5 per night. USVBA rules apply.
Mon., Jan. 3 7:30-9:30 p.m.

Come Dance with Me!

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

1 session Walk-in
Sat., Dec. 11, Jan. 8, Feb. 12
11 a.m.-noon



FITNESS

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

START DATES LISTED

Cardio Dance

A high and low impact cardio workout. All ages/ability levels. Burn calories with simple movements and learn new dance styles. No dance experience needed.

7 sessions \$35
Tue., Jan. 4 7:10-8:10 p.m.
Thu., Jan. 6 7:45-8:45 p.m.

NEW! Cardio Express

High-energy, low-impact aerobics followed by simple weight training, ab work and stretching.

7 sessions \$35
Mon., Jan. 3 10:15-11 a.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.

7 sessions \$35
Mon., Jan. 3 6-7 p.m.
Wed., Jan. 5 7:15-8:15 p.m.

Fitness Fusion

(Ages 16+) Hi/lo impact cardio,

FITNESS Class Walk-in Policy: Walk-ins are welcome for \$6 unless otherwise noted, to be paid to instructor or office the day of class. Call the office to ensure class is not full. 440-743-2582.

step, strength training, Pilates and yoga give you an anti-aging effect, burn fat and build muscle with a variety of equipment.

7 sessions \$35
Wed., Jan. 5 6-7 p.m.

Fit 'n Healthy

Complete low-impact workout improves cardio endurance and flexibility.

7 sessions \$35
Tue., Jan. 4 9-10 a.m.
Thu., Jan. 6 9-10 a.m.

NEW! Just Cardio

Simple, low-impact aerobics followed by abdominal work and stretching.

7 sessions \$35
Mon., Jan. 3 9:15-10 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., Jan. 6 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.

7 sessions \$35
Mon., Jan. 3 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., Jan. 3 10-11 a.m.

The Mixx

A combination of strength, flexibility and relaxation while keep-

ing your metabolism in check by lengthening and toning body.

7 sessions \$35
Tue., Jan. 4 5:15-6:15 p.m.
Thu., Jan. 6 6-7 p.m.

NEW! Teen Fitness

(Ages 12-15) A variety of high-energy, low-impact aerobics, simple weight training, mat work, abdominal exercises and stretching.

7 session \$35
Thu., Jan. 6 5:15-6:15 p.m.

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., Jan. 4 6:30-7:30 p.m.
Thu., Jan. 6 6:30-7:30 p.m.
1 session \$5
Sat., Dec. 11, Jan. 8, Feb. 12
9:45-10:45 a.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 levels.

7 sessions \$35
Wed., Jan. 5 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.

7 sessions \$35
Mon., Jan. 3 7:30-8:15 p.m.



Women and Heart Disease

Did you know that heart disease is one of the leading causes of death in women? Below are important facts you should know.

- More than one in five women has some type of heart or blood vessel disease.
- Women do not recover from heart attacks as well as men.
- More than 40% of women who have had a heart attack die within a year, compared with less than 25% of men.
- Six years after having a heart attack, 33% of women have a second attack compared with 21% of men.

Exercising at least 30 minutes a day most days will decrease your chances of having a heart attack.

See FITNESS section on this page for exercise classes we offer.

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.**



MIND/BODY FITNESS

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.

START DATES LISTED

Evening Yoga

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

Beginners

7 sessions \$65
Mon., Jan. 3 7-8:30 p.m.
Wed., Jan. 5 7-8:30 p.m.

Intermediate

7 sessions \$65
Thu., Jan. 6 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.

7 sessions \$47
Tue., Jan. 4 6:30-7:30 p.m.
Thu., Jan. 6 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. Fee includes 1-adult/1-child. Additional family members are \$28 each.

6 sessions \$70
Tue., Jan. 11 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

6 sessions \$60
Tue., Jan. 4 and/or Feb. 22 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., Jan. 4 7-9 p.m.

Continuing students

Prerequisite: beginners' class.
10 sessions \$63
Mon., Jan. 3 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., Jan. 5 7-8:30 p.m.



YOUTH

All youth instructors are certified instructors/teachers. Material fees included in price. Parents must remain in the building during 1-hour daytime classes and all evening classes. No adult participation unless noted.

START DATES LISTED
INFANT

Baby's First Massage®
See PARENTING category.

Baby Signs® "Potty Training"

(Ages 9 mos.-3 years) Adult participation. Come hop aboard the potty train! Potty party play class using signs, songs and story telling. Motivational ideas to help successfully potty train little ones.

1 session \$12
Mon., Dec. 6 6-7 p.m.
Thu., Jan. 27 6-7 p.m.

TODDLER/ PRESCHOOL

Classes have new themes each session throughout the year.

All Aboard - The "Learning Express"

(Ages 2½-4) 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., Jan. 12 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., Jan. 10 10-11 a.m.

Come Aboard the North Pole Express

(Ages 2 and up) Adult participation. Come listen to the "Polar Express" story while having a treat. Children encouraged to wear their p.j.'s. A small craft will be available to make, and a special gift will be given to each child as they leave. Bring a pillow, small blanket, and a stuffed animal (optional), and don't forget your camera! Please be prompt as there will be a special guest appearance.

1 session \$15
Fri., Dec. 10 6:30-7:30 p.m.



Our Time: Fiddle-Dee-Dee

(Ages 18 mos.-3 years) Adult participation. Introduce your child to a musical world filled with singing, imitating sounds, rhyming, sound identification, instrument exploration and creative movement. Help improve your toddler's confidence, self-control and communication skills by continuing to work with them using At-Home Materials included in cost. \$10 late fee if you register after Jan. 26.

14 sessions \$172
Tue., Feb. 1 6:45-7:30 p.m.
Wed., Feb. 2 10-10:45 a.m.,
6-6:45 p.m.

Imagine That! "Cities! Busy Places- Friendly Faces"

(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 instru-

ment) included. \$10 late fee if you register after Jan. 26.
14 sessions
\$177 without a backpack /
\$183 with backpack
Fri., Feb. 4

11:45 a.m.-12:30 p.m.,
6:30-7:15 p.m.

NEW! Music and Movement "Story Time"

(Ages 18 mos.-4 years) Adult participation. This class is a very special story time that the entire family will enjoy. The class is based around a literature book from the award-winning Kindermusik curricula. We'll read it; move to it; sing some songs related to it and do instrumental play-alongs based on the story! Children will develop speech and listening skills, along with fine and gross motor skills.

1 session \$20
Sat., Jan. 8 and/or Feb. 12 10-10:45 a.m.

Preschool Dance

(Ages 3-5) Introduction to ballet class will develop body awareness and enhance creativity. A delightful and fun introduction to dance. Dance attire is not required but is highly suggested.

7 sessions \$48
Tue., Jan. 4 5:20-6:05 p.m.
6 sessions \$42
Fri., Jan. 14 10:15-11:15 a.m.

Safety Pals

(Ages 3-5) Learn playground, bike and fire safety along with "stranger danger" and household dangers.

6 sessions \$42
Thu., Jan. 13 9:30-10:30 a.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.

6 sessions \$42
Wed., Jan. 12 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 1½-2½

Tue., Jan. 11 9:20-10:05 a.m.,
6:30-7:15 p.m.

Ages 2-4

Tue., Jan. 11 10:10-10:55 a.m.,
7:25-8:10 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., Jan. 10

11:15 a.m.-12:15 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.

Children who have started class in Fall 2010 will have the first chance to register in class. Classes may be filled on the first day of registration. Call 440-743-2582 to check for openings.

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., Jan. 10 10-11 a.m.,
11:30 a.m.-12:30 p.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., Jan. 12 6:30-7:30 p.m.

Preschool Mania

(Age 4) 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., Jan. 10 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 for Kindergarten in Fall 2011.

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

6 sessions \$66
 Tue., Jan. 11 10 a.m.-noon
 Thu., Jan. 13 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 and handouts are included. Bring a small lunch or snack to class.

1 session \$45
 Sat., Feb. 12 9 a.m.-3 p.m.

Creative Dance (Ages 5-8) Introduction to dance will develop body awareness and enhance creativity. Ballet, jazz and other dances explored. Dance attire not required but highly recommended.

7 sessions \$48
 Tue., Jan. 4 6:15-7 p.m.

NEW! Kid Fit (Ages 5-11) A fun-filled, action-packed class. Fitness challenges focused on fun and innovative ways to capture your child's attention and inspire fitness in

their life.
 7 sessions \$35
 Wed., Jan. 5 5:30-6:15 p.m.

NEW! Family Yoga
 See MIND BODY FITNESS category.

NEW! Teen Fitness
 See FITNESS category.

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

7 sessions \$48
 Thu., Jan. 6 6:30-7:30 p.m.

Kids in the Kitchen (Ages 8-15) Hands-on food preparation, kitchen safety, measurement and following recipes. Make and sample healthy recipes. Recipes included to take home. Bring a container. \$3 food fee payable to the instructor in class. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine.

1 session \$20

Pizza Ravioli & Mini Calzones
 Wed., Dec. 29 2 p.m.

Monkey Breads - Sweet & Savory
 Mon., Jan. 17 7 p.m.
Valentine Treats - Cupcake & Cookies
 Tue., Feb. 8 7 p.m.

Yoga Workshop (Ages 10-15) Learn breathing techniques, relaxation exercises and yoga postures you can perform at home. Yoga can improve focus, alleviate stress and boost energy. Dress comfortably; mats provided, may want to bring a small blanket or towel and water bottle to class.
 1 session \$15
 Sat., Jan. 8 and/or Feb. 12 10-11:30 a.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 massotherapist certified by Baby's First Massage and a nationally certified therapeutic bodyworker. \$12 material fee to be paid to instructor day of class.

1 session \$40 single or couple
 Sat., Feb. 12 11:30 a.m.-12:30 p.m.

FREE! Breastfeeding Support Group
 Support and problem solving for mothers and mothers-to-be.
 Tue., Dec. 7, Jan. 4, Feb. 1 11 a.m.-noon
 Tue., Dec. 21, Jan. 18, Feb. 15 6-7 p.m.

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

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

Caring for Your Newborn
 Learn about what to expect with a newborn baby.
 1 session \$12
 Thu., Feb. 3 7-9 p.m.

Infant /Child CPR
 See WELLNESS CATEGORY

Prepared Childbirth
 Topics covered include pregnancy, labor, delivery and postpartum recovery.

5 sessions \$65
 Thu., Jan. 6 7-9 p.m.
2 sessions* \$65
 Sat., Feb. 12 & 19 10 a.m.-4 p.m.

Review*
 1 session \$40
 Sat., Feb. 12 10 a.m.-4 p.m.
 * Bring 2 pillows and a blanket to first class.

Maternity Center Tours
CALL 440-743-4030

Winter class schedule 2010-11 REGISTRATION BEGINS NOVEMBER 17, 2010

MAIL: Mail registration form to: *Parma Community General Hospital, Community Services, 7300 State Rd., 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: 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 classes will automatically be cancelled 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 _____
 *Age required for YOUTH classes, Date of Birth: _____ *Age required for YOUTH classes, Date of Birth: _____
 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				

TOTAL ENCLOSED: _____

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.