



Fall Class Schedule

September - November 2009

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

REGISTRATION WILL BEGIN: August 18, 2009

PHONE IN: August 24, 2009

Look for online registration in November for Winter Classes.

OFFICE HOURS: Monday - Friday 8:30 a.m. - 4:30 p.m.

Closed Saturday & Sundays. · No classes on November 26, 27 and 28.



YOU & YOUR HEALTH

Memory Loss: What Everyone Needs to Know

A FREE educational series on memory loss for patients, family members, friends & professionals. Each session includes a presentation by an expert plus discussion groups with practical tips. Held at the Health Education Center.

Four Tuesdays 6:30-8:30 p.m.
Sign-In 6 p.m.
Presentation 6:30 p.m.
Group Discussion 7:30 p.m.

For reservations: Call Alzheimer's Association at 216-231-1335 or 440-934-7750 Ext. 1335.

SESSION I

Understanding Memory Loss

David Fox, MD, Psychiatrist. Learn about causes of memory problems, strategies to improve your memory and steps you can take to transform information into a memory. Group Discussion: How the Alzheimer's Association Can Help You - Part I Tue., Sep. 8

SESSION II

Legal & Financial Planning

Daniel Seink, Esq., Attorney. Legal and financial planning for those suffering from memory loss. Group Discussion: How the Alzheimer's Association Can Help You - Part II Tue., Sep. 15

SESSION III

Living with Memory Loss

Sally Ollerton, LSW, Alzheimer's Association. A discussion with an individual with memory loss and a family member on how to adjust to changes that occur with Alzheimer's disease. Group Discussion: Practical Tips for Communication and Behaviors Tue., Sep. 22

SESSION IV

Latest Research

Paula Ogrocki, PhD, Director of Education, Memory and Aging Center, University Hospitals/Case Western Reserve. Group Discussion: Activities Tue., Sep. 29

The following programs are held in the Parma Hospital Auditorium. Advanced registration required please call 440-743-4900.

Fall is Here!

Fall brings with it beautiful colors but also ragweed and yellow jackets. Todd Rambasek, MD, Board-certified pediatric and adult allergist immunologist, will lead an informal discussion on recent treatment options for fall pollen allergy and insect sting reactions. Our interactive discussion will range from over-the-counter options to allergen immunotherapy. Thu., Sep. 3 7 p.m.

Food Allergies and Hives - Related or Not?

Allergist/Immunologist Todd Rambasek, MD will discuss the latest diagnostic methods for food allergies and the relationship between food allergies and hives. We also will discuss management options for patients with hives and food allergies, whether or not the conditions are related. Join us for an interactive, informal discussion. Thu., Nov. 5 7 p.m.



SCREENINGS

Appointments/registration required, please call 440-743-4900. Held at the Health Education Center unless noted.

Flu and Pneumonia Vaccine Clinics

Open to the public ages 19 and

older. Fee. Seniors: 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.
Mon., Oct. 19 1-8 p.m.
Tue., Oct. 6, Oct. 13 1-5 p.m.
Wed., Oct. 7 1-8 p.m.
Thu., Oct. 29, Nov. 5 5-8 p.m.
Fri., Oct. 23, Oct. 30 9 a.m.-1 p.m.
Sat., Oct. 10, Oct. 17, Nov. 7 9-noon

FREE! Blood Pressure Screening

Wed., WALK-IN 1-2 p.m.
No screening on Nov. 25

Bone Density Screening for Women

Testing is done on the heel - no socks or pantyhose.
By appointment \$20
Thu., Sep. 24, Nov. 12 6-8 p.m.
Thu., Oct. 22 9 a.m.-noon.

Cholesterol Screening

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hr fast recommended for best results.
By appointment \$25
2nd & 4th Wednesday of the month 9-10:30 a.m.
No screenings on Nov. 25

Pneumococcal Vaccine Clinics

Vaccines available 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. 4 & 18, Nov. 20 10 a.m.

FREE! Prostate Cancer Screening

Open to all men age 50 and over who have never been screened before or within the last year and who are not seen by a urologist. Cancer Center, second floor.
Tue., Sep. 29 6:30-8 p.m.

FREE! Skin Cancer/Melanoma Screening

Robert Gerding, MD.
Appointment required.

Fri., Sep. 11 9 a.m.-noon
Fri., Sep. 25 9 a.m.-noon



PERSONAL WELLNESS

AARP Driver Safety Program

Please bring valid driver's license. Bring checks first day of class, payable to AARP. NO CASH.

AARP members \$12
Non-Members \$14
Tue., Sep. 1 9 a.m.-1 p.m.

Be a Smart Grocery Shopper

The grocery store can be confusing. Learn how to read labels, choose the most healthful foods and save money. Taught by a Registered Dietitian.

1 session \$10
Thu., Sep. 17 7-8 p.m.

Cooking With Your Health in Mind

Demo format focuses on making healthier alternatives to your favorite foods and healthy recipe makeovers. Recipes are included to take home and you'll sample the recipes prepared. Class is about 1 hour and 20 minutes. \$3 food fee per person due day of class. Taught by Karen from Karen's Creative Cuisine.

Bountiful Garden Breads

Wed., Sep. 16 7 p.m.

Homemade Strudel

Tue., Oct. 13 7 p.m.

Budget Conscious for the Holidays

Thu., Nov. 12 7 p.m.

Coupon Guy

"Joe the Coupon Guy" will discuss ways to save money on gasoline, home heating, coupons, rebates, travel, restaurants, and more. Learn how to save 70-80% on your

grocery shopping and more.
1 session \$10
Mon., Oct. 5 7-8 p.m.

Creative Parenting

Focus is on positive parenting. Each week learn a different key concept to apply at home. Weekly handouts create a great resource book (binder included). Class is non-judgmental, informative and fun. Taught by a Licensed School Psychologist and mother of four.
6 sessions \$60 single/ \$98 couple
Mon., Oct. 12 7:15-8:15 p.m.

Dealing with Food Allergies/Intolerances

Learn how food allergies are diagnosed, treated, and managed. Tips on grocery shopping, label reading, food preparations and dining out. Taught by a Registered Dietitian.
1 session \$10
Thu., Sep. 24 7-8 p.m.

NEW! End Mealtime Struggles

Is your child a picky eater? What and how much should you feed your child? Learn how to make mealtimes enjoyable and healthful. Taught by a Registered Dietitian.
1 session \$10
Thu., Oct. 22 7-8 p.m.

NEW! 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. For cancer survivors and anyone interested in health, with practical cooking skills and tips to turn every meal into a delicious dose of healthy nutrition! Includes cooking demonstration and samples of three quick, delicious dishes, all with a dramatic positive healthy effect and easily made at home. Proceeds benefit The Cancer Project's mission.

4 sessions \$65
Wed., 6-7:30 p.m.
Sep. 9: **Introduction to How Foods**

Health Education Center Class Schedule

Fight Cancer

Sep. 16: **Fueling Up on Low-fat, High Fiber Foods**
 Sep. 23: **Discovering Dairy and Meat Alternatives**
 Sep. 30: **Cancer-fighting Compounds and Healthy Weight**

NEW! Self-Defense for Women

Hands-on class and safety seminar. Learn to recognize danger, be more aware of your surroundings, and stop an attacker effectively.
 1 session \$25
 Wed., Oct. 14 7-8:30 p.m.

Self-Help Massage Techniques

Learn practical techniques to reduce physical symptoms and ailments like headaches, neck aches, breathing difficulty, constipation, low back pain and more. Also, techniques for managing stress and muscle tightness. Instructor is a licensed massage therapist and nationally certified therapeutic bodyworker. Enter to win a 10-minute chair massage that night.
 1 session \$20
 Wed., Sep. 16, Nov. 18 8-9 p.m.
 Thu., Oct. 15 8-9 p.m.

Sign Language I (Beginners)

For those who want to learn just for fun or to use as a skill in your workplace. You can also learn to communicate with your Infant.
 6 sessions \$43
 Thu., Sep. 10, Oct. 29 7:40-8:25 p.m.

Sign Language II (Advanced)

For those who want to learn more and increase skill level. Pre-requisite is the Beginners class or knowledge of sign language.
 6 sessions \$43
 Thu., Sep. 10, Oct. 29 6:30-7:30 p.m.

NEW! Reiki Self-Help Training

This natural healing energy for body, mind and spirit, will relax, comfort, and accelerate one's own healing and wellness. Manual included. Dress comfortably.
 1 session \$75
 Sat., Oct. 24 9 a.m.-12:30 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 payable first class. Taught by a certified teacher.
 6 sessions \$65
 Thu., Sep. 10, Oct. 29 6-7:30 p.m.

Weight Management for Adults

Take the first step towards managing your weight. 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 \$10
 Thu., Nov. 5 7-8 p.m.

COMPLEMENTARY THERAPIES

Naturopaths specialize in educating you about your lifestyle choices and approach to achieve and maintain your health. Naturopathic Doctors (ND's) training includes anatomy & 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.

Cancer: Prevention and Supportive Therapies

Combining alternative and conventional therapies can increase survival. Taught by Jane Semple, Doctor of Naturopathic medicine.
 1 session \$15
 Thu., Oct. 15 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; 10 contact hours for occupational therapists, physical therapists and athletic trainers. Taught by Janet O'Donnell, Doctor of Naturopathic medicine.
 10 sessions \$125
 Wed., Sep. 9 7-8:30 p.m.

Introduction to Iridology

The iris may reveal the condition and health of body tissue. Excellent, non-invasive tool for natural health practitioners or anyone interested. Buy iridology book for \$7 night of class. Taught by Jane Semple, Doctor of Naturopathic medicine
 1 sessions \$15
 Thu., Nov. 12 7-8:30 p.m.

CPR classes are non-refundable.

Basic Life Support for Health Care Providers

For those who need 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. 19, Oct. 17, Nov. 14 9 a.m.-2 p.m.

Basic Life Support for Health Care Providers RENEWAL

For health care providers who currently have a BLS Health-care Provider card and need recertification.
 1 session \$43
 Mon., Sep. 21, Oct. 19, 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 \$43
 Tue., Sep. 22, Nov. 17 6-9 p.m.

Infant /Child CPR

Covers CPR and foreign-body airway obstruction. Manual and a certification card is included with class fee.
 1 session \$43
 Thu., Sep. 17 6:30-9:30 p.m.
 Mon., Nov. 2 6:30-9:30 p.m.

EMS DEPARTMENT

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

Instructor courses in CPR, ACLS, PALS and BTLs also available. EMT Basic begins Sep. 28, 2009
 Mon, Wed. & Fri. 9 a.m.-1 p.m.
Call 440-743-4970 to register.



SUPPORT GROUPS

Support groups are 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 hospital auditorium. Second Thursday of the month. 7-9 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. 7-9 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

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

Cancer Care Meeting

440-743-2223. For patients and families diagnosed with cancer. First Tuesday of the month. 5-7 p.m.

Kindred Spirits

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



RECREATION & DANCE

Ballroom Dance (Beginners)

(Ages 15-adult) MUST HAVE A PARTNER. Learn the rumba, waltz, foxtrot, swing and merengue. For those who have never taken ballroom dancing or need a brush-up. Taught by Sophia Hertz and staff. Must wear acceptable footwear. No tennis shoes or sandals.
 6 sessions \$60 per person
 Wed., Sep. 9, Oct. 28 7:30-8:30 p.m.

Basketball for Men

14 sessions \$56
 Fri., Sep. 11 7-9 p.m.

Beginning Belly Dancing (Ages 15-adult)

This Middle Eastern dance is a low-impact cardio workout. Improve your posture and identify, isolate and strengthen

your muscles. No experience necessary. Wear yoga pants or sweat pants and a short T-shirt.

5 sessions \$43
 Mon., Sep. 14 5:30-6:30 p.m.

Co-Ed Dodge Ball League

Ridgewood Y.M.C.A. instructors. Fee including T-shirt.
 10 sessions \$37
 Tue., Oct. 6 7:40-9:30 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. 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

Walk-ins \$4 per night
 If paying per session, be sure to call the office to determine if the session will be held.
 14 sessions \$49

Advanced

Advanced skill level required. USVBA rules apply.
 Thu., Sep. 10 8:10-9:40 p.m.

Intermediate

Intermediate skill level required. USVBA rules apply.
 Mon., Sep. 14 8:15-9:45 p.m.

Individualized Golf Instruction

(Ages 12-adult) Bring #7 or #8 iron. Wear tennis shoes.
 6 sessions \$68
 Thu., Sep. 17, Nov. 5 6-7 or 7-8 p.m.

NEW! Basic Sewing 101

(Ages 12-adult) Learn to sew or revive old skills. Bring a sewing machine, owners manual, supplies, "easy" pattern and fabric to first class. Instructor will contact you after you register about supply list and your pattern.
 3 sessions \$30
 Sat., Oct. 10, 17 & 24 10 a.m.-noon



FITNESS

Mats, weights, steps and balls are provided. Bands for purchase.

DATES LISTED ARE START DATES

Cardio Dance

A high and low impact cardio workout. Burn lots of calories while learning the newest styles of dance. Designed for all ages and all levels using simple movements. No dance experience necessary.

Health Education Center Class Schedule

FITNESS + MIND/BODY FITNESS Classes are open to ages 16 & up. Instructors each have a unique teaching style. Instructors are subject to change without notice. **Not sure about a class? TRY A CLASS PASS.**

7 sessions \$35
Tue., Sep. 8, Nov. 3 7:10-8:10 p.m.

Cardio Sculpt

Combination of cardio and strength training using various equipment.

6 sessions \$28
Mon., Sep. 14 7:10-8:10 p.m.

7 sessions \$33
Mon., Nov. 2 7:10-8:10 p.m.

NEW! Circuit Workout

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 \$33
Mon., Sep. 14, Nov. 2 6:15-7:15 p.m.

NEW! Fitness Fusion

Hi/lo impact cardio, step, and strength training, Pilates and Yoga will give you anti-aging effect, burns fat & builds muscle. Variety of equipment will be used.

7 sessions \$33
Wed., Sep. 9, Nov. 4 6-7 p.m.

Fit 'n Healthy

Complete low-impact workout improves cardio endurance and flexibility.

7 sessions \$33
Tue., Sep. 8, Nov. 3 9-10 a.m.
Thu., Sep. 10, Nov. 5 9-10 a.m.

Power Up Pilates

Incorporates strengthening exercises that are easy on joints and effective for elongating and toning all the muscles of the body.

7 sessions \$33
Thu., Sep. 10, Oct. 29 7:10-8:10 p.m.

NEW! Power Sculpt

This full body workout is a fast paced, no impact, high intensity weight class. Work the core and keep the heart rate up combining classic weight exercises and contemporary moves.

7 sessions \$33
Wed., Sep. 9, Nov. 4 7:10-8:10 p.m.

Rockin' Aerobics

Hi/low impact cardio workout to the '70s through '90s music. Includes weight training and stretching for a complete body workout.

7 sessions \$33
Mon., Sep. 14, Nov. 2 6-7 p.m.

Senior Shape-up

(55 and older) Focus on strength, stretching and stamina. No floor exercises. Chairs provided.

14 sessions \$46
Mon. & Wed., Sep. 9, Nov. 2 10-11 a.m.

7 sessions \$23
Fri., Sep. 4, Oct. 30 10-11 a.m.

Stretch, Flex and Breathe

Breathing techniques combined with gentle stretching and flexing to improve overall health. This gentle program uses small weights and your own body weight to help stretch and strengthen. Dress comfortably and bring a water bottle. Class is done from chairs and standing.

6 sessions \$30
Tue., Sep. 8, Oct. 20 10:45-11:45 a.m.

The Mixx

A combination of strength, flexibility and relaxation while keeping your metabolism in check by lengthening and toning body.

7 sessions \$33
Thu., Sep. 10, Oct. 29 6-7 p.m.

NEW! Turbo Kick®

The ultimate cardiovascular workout with a unique blend of intense intervals, strength and endurance training. Action-packed with an intense combination of kickboxing, dance moves, martial arts, sports drills and weight training. Good for any fitness level.

7 sessions \$38
Sat., Sep. 12, Oct. 31 8:30-9:30 a.m.

Weight to Stretch II

Focus on weight training to increasing bone density, metabolism and strengthening all muscles groups. Emphasis on using different weights with a stretching and toning segment at the end.

7 sessions \$33
Thu., Sep. 10, Oct. 29 6:45-7:45 p.m.

NEW! Yoga Fusion

A low impact 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 \$30
Mon., Sep. 14 7:30-8:15 p.m.
7 sessions \$35
Mon., Nov. 2 7:30-8:15 p.m.

NEW! ZUMBA Fit

Dance the calories away and tone the thighs, butt and guts! half hour of high energy dance, mixed with a half hour of BOOTCAMP. Includes circuit training, step

aerobics, weights, and ab work. An intermediate to advanced class, but beginners may participate using modification moves.

5 sessions \$28
Tue., Oct. 6, Nov. 17 6:30-7:30 p.m.

7 sessions \$38
Sat., Sep. 12, Oct. 31 11:15 a.m.-12:15 p.m.

NEW! ZUMBA Gold

Fun, simple, low impact, total body workout using Latin and International rhythms. For beginners of all ages, and active older adults. No dance experience needed.

6 sessions \$33
Sat., Sep. 19, Nov. 7 8:30-9:30 a.m.



**MIND/BODY
FITNESS**

Dress comfortably, bring a small blanket/towel and a water bottle to classes. Yoga mats provided.

Evening Yoga

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

Beginners
6 sessions \$58
Mon., Sep. 14, Nov. 2 7-8:30 p.m.
Wed., Sep. 16, Nov. 4 7-8:30 p.m.

Intermediate
6 sessions \$58
Thu., Sep. 17, Nov. 5 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 \$40
Tue., Sep. 15, Nov. 3 6:30-7:30 p.m.

NEW! Gentle Yoga-Noontime Stretch

Gentle approach to stretch and release muscle tension, to restore and renew the body for the rest of your day. Walk-In's welcome - \$10. Call the office to determine if class is in session.

6 sessions \$45
Tue., Sep. 8, Oct. 20 noon-1 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-in's welcome - \$12

5 sessions \$50
Tue., Sep. 1, Oct. 6 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 \$60
Tue., Oct. 20 7-9 p.m.

Continuing students
Prerequisite: beginners' class.
9 sessions \$58
Mon., Oct. 26 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 \$60
Wed., Sep. 9 7-8:30 p.m.

6 sessions \$56
Wed., Nov. 11 7-8:30 p.m.



YOUTH

Lab fees included in class price. Parents must remain in the building during 1-hour daytime classes and all evening classes. **NO ADULT PARTICIPATION UNLESS NOTED.**

DATES LISTED ARE START DATES

INFANT

NEW! Primetime Baby Rhymes

(Birth-24 months) It's never too early to start reading with your child! Enjoy stories, songs, and rhymes during this lap sit program. Learn how to promote literacy skills to your child.

6 sessions \$20
Thu., Sep. 24 6:20-6:50 p.m.

Baby's First Massage®
See PARENTING CATEGORY.

PRESCHOOL/PRE-K

A World Full of Art

(Ages 3-5) Preschool multi-cultural art class features a different country each week with hands-on art projects. Dress for a mess.
6 sessions \$40
Thu., Sep. 10 10-11 a.m.

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 activities. Build social skills and fine motor skills.

Introduction of a classroom routine and the concept of a teacher.
6 sessions \$40

Wed., Sep. 9, Oct. 28
10-11 a.m., 11:15 a.m.-12:15 p.m.

Animal Parade

(Ages 3-5) Learn about some feathered, furry and scaly critters through stories and fun activities.

6 sessions \$40
Thu., Oct. 29 11:45 a.m.-12:45 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 \$40
Wed., Sep. 9, Oct. 28 10-11 a.m.

Crazy for Carle

(Ages 3½-6) Stories, songs, and rhymes celebrating beloved children's book author, Eric Carle.

1 session \$10
Sat., Oct. 24 9:45-10:45 a.m.

Fitness Fun!

(Ages 3-6) Play fun games while exercising. A healthy snack will be prepared at the end of each class.
6 sessions \$34
Thu., Sep. 10, Oct. 29 5:20-6:20 p.m.

NEW! Fun Time Gymtime

(Ages 3½-5) Develop large muscle groups through ball skills, games, gym equipment, and playground safety with music and songs.

6 sessions \$27
Tue., Sep. 8, Oct. 27 11-11:45 a.m.

Imagination Lane

(Age 3 only) Exploring imagination with stories, songs and art.
6 sessions \$57
Tue., Sep. 8, Oct. 27 9:30-11 a.m.

6 sessions \$40
Wed., Sep. 9, Oct. 28 6-7 p.m.

Kindergarten Readiness

(Ages 4-6) Explore various themes while building skills for Kindergarten success. Develop letter, number, pre-writing, and memory skills along with social skills and improving coordination. Child must be turning 4 by Sep. 30, 2009.

6 sessions \$65
Tue., Sep. 8, Oct. 27 10 a.m.-12 p.m.
12 sessions \$125
Mon. & Wed., Sep. 14, Nov. 2 9:30-11:30 a.m.

NEW! Kindergarten Readiness (Level 2)

(Ages 4½-6) Must have recognition of letters (Aa - Zz), numbers (1-10), basic colors and shapes. Focus on letter sounds and formation, and an awareness of basic sight words. Pre-reading skills and challenging math activities integrated into weekly themes. Child must be 5 by Dec. 31, 2009 and attending

Health Education Center Class Schedule

Kindergarten in Fall 2010.
6 sessions \$65
Thu., Sep. 10, Oct. 29 10 a.m.-noon

Kindermusik®

With Susan Joseph
"Our Time"
(Ages 18 months - 3 years) Adult participation. Introduce your child to singing, imitating sounds, rhyming, sound identification, instrument exploration and creative movement. Continue learning with At Home Materials (included). Improves confidence, self-control and communication skills. Call for openings. Register after Sep. 1, \$10 late fee.
15 sessions \$172
Wed., Sep. 16
10-10:45 a.m., 6-6:45 p.m.

Kindermusik®

With Susan Joseph
"Imagine That"
(Ages 3-5) Adult participates last 15 minutes of class. Music with expressive language, storytelling, peer interaction, movement and pretend play. Expand cognitive and literacy skills, creativity and individuality. Learning continues with At Home Materials (illustrated books, pretend play set, CD and instrument) included in cost. Call for openings. Register after Sep. 1, \$10 late fee.
15 sessions
without a backpack \$177
with a backpack \$183
Fri., Sep. 18
11:45 a.m.-12:30 p.m., 5-5:45 p.m.

Playing with a Purpose

(Ages 2-4) Adult participation. Develop self-confidence, self-control, good listening and social skills through fun, seasonal, educational activities. Explore freely a variety of planned activities as well as participate in group time.

6 sessions \$40
Mon., Sep. 14, Nov. 2 6:15-7:15 p.m.

Preschool Dance

(Ages 3-5) Introduction to ballet class develops body awareness and enhance creativity. A delightful and fun introduction to dance.

7 sessions \$48
Tue., Sep. 8, Nov. 3
5:20-6:05 p.m. or 6:15-7 p.m.

NEW! Preschool Mania

(Age 3-4) Prepare for preschool/ kindergarten by teaching/reinforcing colors, shapes, letters, and numbers. Each 6 week session will build onto itself. Enjoy art, music,

stories and play.
6 sessions \$46
Mon., Sep. 14, Nov. 2
10:30-11:45 a.m.

NEW! Primetime Preschool

(Age 3-5) For children who do not attend a traditional day preschool covering, math, science, reading, language, music and art.
6 sessions \$40
Thu., Sep. 10, Oct. 29
6:25-7:30 p.m.

Ready, Set, READ!

(Ages 2-3) Adult participation. Learn 6 skills of early literacy and how to help child be a lifelong reader! Learn literacy, social and developmental skills through stories, songs and play.
6 sessions \$38
Thu., Sep. 24 7-8 p.m.

NEW! Shapes, Colors, and Numbers

(Age 2-3) Adult participation. Create, explore and learn about shapes, colors and numbers. Each 6 week session is different.
6 sessions \$32
Mon., Sep. 14, Nov. 2 9:30-10:15 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 \$27
Ages 1½-2½
Tue., Sep. 8, Oct. 27
9:20-10:05 a.m., 6:30-7:15 p.m.

Ages 2-4

Tue., Sep. 8, Oct. 27
10:10-10:55 a.m., 7:25-8:10 p.m.

Wild for Willems

(Ages 3½-5) Enjoy stories, songs, and rhymes celebrating beloved children's author, Mo Willems.
1 session \$10
Sat., Oct. 10 9:45-10:45 a.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 \$40
Wed., Sep. 9, Oct. 28
11:45 a.m.-12:45 p.m.

Thu., Sep. 10 11:45 a.m.-12:45 p.m.
Thu., Oct. 29 10-11 a.m.

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 included.
2 sessions \$45
Sat., Sep. 19 & 26 9 a.m.-noon

Children's Self Defense

(Ages 6-15) Black belt karate instructors teach principles of Karate and judo.
6 sessions \$48
Level I (beginners)
& Level II (advanced)
Sat., Sep. 12, Oct. 31 11 a.m.-noon

NEW! Fantastic Fall

(Grades K-2) Fun activities, stories and games all about fall themes.
4 sessions \$28
Mon., Oct. 12 6:30-7:30 p.m.

Full of Ourselves

(Ages 11-14) A wellness program to advance girl power, health & leadership developed at Harvard Medical School. Focus on healthy body image & equips girls to resist culture directives toward body preoccupation, overeating & disordered eating behaviors. Builds self-esteem through taking control of lives, attitudes and future. Quick 15-minute overview for parents during first session. Taught by a Licensed School Psychologist.
6 session \$50
Mon., Oct. 12 6-7 p.m.

NEW! HIP HOP Dance

(Ages 8-adult) Learn the latest moves. Includes: warm up, cross-overs, and a hip hop routine. Wear comfortable dance clothes, jazz or ballet shoes (bare feet acceptable).
6 sessions \$52
Mon., Sep. 14 7-8 p.m.

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., Sep. 10, Oct. 29
5:45-6:45 p.m.

Multiplication/Division

(Grades 3-6) Learn strategies as well as do fun activities and games to build knowledge & speed in multiplication and division facts.
6 sessions \$43
Thu., Sep. 10, Oct. 29 7-8 p.m.

Mad About Money

(Grades 2-4) Review the value of money, counting money, and making change. Use your skills at the "store" to buy special items.
1 session \$15
Wed., Oct. 14 6-7 p.m.

What's the Time?

(Grades 2-4) Practice telling time to the hour, half-hour, and quarter hour using an analog (not digital)

clock. Make a clock to take home and practice.
1 session \$15
Wed., Nov. 11 6-7 p.m.

STUDY HABITS SERIES

(Grades 5-8) Parents can join during last half-hour of class to discuss what was learned.
1 session each \$28

Start Organized - Stay Organized

Learn ways to be organized for school. Studying & homework will be discussed. Bring school folder or binder and assignment pad.
Tue., Sep. 22 6-8 p.m.

Notetaking

Learn ways to take notes from texts including graphic organizers and outlining. Bring a textbook from school (no math) to class.
Tue., Oct. 27 6-8 p.m.

NEW! Sensational Science

(Grades 1-3) Run through the rain forest, soar through the solar system, swim in the ocean and play with animals through stories, games and activities.
4 sessions \$28
Mon., Sep. 14 6:30-7:30 p.m.

Sign Language

(Ages 8-15) Studies show learning sign language can improve students overall comprehension and critical thinking. Learn ABC's, colors, and more through fun activities.
6 sessions \$40
Thu., Sep. 10, Oct. 29
5:30-6:15 p.m.

What's Cooking?

(Ages 8-15) Hands-on food preparation, kitchen safety, measurement. Make and sample healthy recipes. Bring a container to take home goodies. Recipes are included. \$3 food fee is payable to the instructor the day of class. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine.
1 session \$20

Sliders & French Fries

Sat., Sep. 19 11 a.m.

Fall Pie Pockets

Fri., Oct. 16 2 p.m.

Lasagna & Pizza Soup

Tue., Nov. 3 2 p.m.

Yoga for Tweens and Teens

(Ages 8-15) Through movement, breathing techniques and relaxation exercises improve coordination, balance and flexibility. Helps with self-control and focus at school and home. Dress comfortably and bring a water bottle.
6 sessions \$45
Sat., Sep. 12, Oct. 31 10-11 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 newborn through infancy and childhood. Massage helps with the healing process of birth, development, sleep/wake behaviors and assists in bonding and reduces crying. Bring your fed baby or doll to class. Instructor is a licensed massotherapist, nationally certified therapeutic bodyworker, and certified by Baby's First Massage. \$12 material fee due day of class.
1 session \$45 single or couple
Wed., Sep. 16, Nov. 18
6:30-7:30 p.m.
Thu., Oct. 15

FREE! Breastfeeding Support Group

Support and problem solving for breastfeeding mothers and mothers-to-be.
Tue., Sep. 1, Oct. 6, Nov. 3, Dec. 1
10-11 a.m.
Tue., Sep. 8, Oct. 13, Nov. 10,
Dec. 8 2-3 p.m.
Tue., Sep. 15, Oct. 20, Nov. 17,
Dec. 15 6-7 p.m.

Breastfeeding Basics

Learn the fundamentals and practical information. Support person is free. Father's are welcome.
1 session \$12
Tue., Oct. 13, Dec. 8 6-8:30 p.m.

Caring for Your Newborn

What to expect with a new baby.
1 session \$12
Thu., Sept. 17, Nov. 5 7-9 p.m.

Infant /Child CPR

SEE PERSONAL WELLNESS

Prepared Childbirth

Covers pregnancy, labor, delivery and postpartum recovery.
6 sessions \$65
Thu., Oct. 1 7-9 p.m.
2 sessions* \$65
Sat., Sep. 19, Oct. 17, Nov. 14
9:30 a.m.-4:30 p.m.

Review*

1 session \$40
Sat., Sep. 19, Oct. 17, Nov. 14
9:30 a.m.-4:30 p.m.

*Bring 2 pillows and blanket

Maternity Center Tours

Call 440-743-4030