




# Winter class schedule December 2011 - February 2012

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

REGISTRATION BEGINS NOVEMBER 30, 2011

OFFICE HOURS: Monday - Thursday · 8:00 a.m. - 4:30 p.m.  
Friday 8:00 a.m. - noon. Closed Saturday & Sunday.  
Closed December 26 & January 2.

healthiHer

 Are you a member? Receive discounted screenings and classes.  
Icon denotes a HealthiHer recommended class

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



## YOU & YOUR HEALTH

### FREE! Prostate Cancer Screening & Treatment Options

Prostate cancer is the second leading cause of death in men. This free seminar with Dr. Carson Wong, MD, FRCS, FACS, will inform you of prostate cancer screening and treatment options. A nationally recognized expert in endourologic, minimally invasive and robotic surgery for the treatment of urologic cancer, stone disease, upper urinary tract reconstruction and laser surgery for benign prostate enlargement, Dr. Wong integrates groundbreaking academic-level medicine together with compassionate, personalized care tailored to the needs of each patient. Free PSA blood test for all men who attend.

*Various dates and locations. Please visit [parmahospital.org](http://parmahospital.org), or call 440-743-4900 for updated listing.*



## SCREENINGS

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

### FREE SCREENINGS

#### Blood Pressure Screening

Wed., WALK-IN 1-2 p.m.  
No screening on December 28.

#### SCREENINGS WITH A FEE

Must Register: 440-743-4900

#### Bone Density Screening for Women

Testing done on the bare heel. \$20  
Wed., Jan. 18 9 a.m.-noon  
Sat., Feb. 11 9 a.m.-noon

#### Cholesterol Screening

For total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hr fast recommended. \$25  
Wed., Dec. 14, Jan. 11 & 25,  
Feb. 8 & 22 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.  
Fri., Jan. 6 & 20, Feb. 3 & 17 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 - 440-743-4024.  
1 session FREE  
Sat., Dec. 10, Jan. 14, Feb. 11 10-11 a.m.  
Mon., Dec. 19, Jan. 2, 16,  
Feb. 6, 20 2-4 p.m.

#### FREE! Weight Loss Solutions

Bariatric Surgeon Craig Eyman, DO. Learn the latest options for people struggling with weight loss issues. Held in the Parma Hospital Auditorium.  
Tue., Dec. 13, Jan. 17, Feb. 21 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. 6 9 a.m.-1 p.m.

#### Chakras - No More Mystery

Learn about the energy system of the body and explore health and life from a different perspective.  
1 session \$20  
Fri., Feb. 3 6:30-8:30 p.m.  
2 sessions \$22  
Tue., Feb. 28 10:45 a.m.-noon

#### NEW! 21-Day Weight Loss Kickstart!

Kickstart your new year with healthier eating to shed unwanted pounds - for good! Upbeat 5-week series, based on bestselling author Neal Barnard, MD's book will help boost your metabolism, beat cravings and guide you to more joy and vibrant well-being. Cooking demo with taste testing and handouts at every class! Includes recipes to try at home. Food fee is included. Taught by Rebecca Dingle, Food for Life nutrition and cooking instructor.  
5 sessions \$70  
Mon., Jan. 9 6:30-7:30 p.m.

#### NEW! Heartsaver First Aid

An American Heart Association first aid class that cover various medical and environmental emergencies. Receive a certification card upon successful completion.  
1 session \$45  
Wed., Jan. 25 6-9 p.m.

#### Meditation Introduction

Reduce stress in the body, while learning general techniques for meditating on your own. Learn, practice and share.  
1 session \$17  
Fri., Jan. 13 6:30-8 p.m.  
2 sessions \$22  
Tue., Jan. 17 10:45 a.m.-noon

#### NEW! Stroke Awareness

Signs, symptoms, treatment and prevention will be discussed. Presented by Noreen Chase, RN, Stroke Education Coordinator at Parma Hospital.  
1 session FREE  
Wed., Feb. 22 11 a.m.-noon

#### 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 13-18 must be accompanied by an adult.

1 session each \$65  
Wed., Jan. 25

#### 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. Safe, natural and effective!  
6-7 p.m.

#### Yoga for Grief Relief

Designed to help with feelings of anger, lethargy and to regulate stress hormones all related to grief. Gentler poses will be used to help alleviate stress and anxiety. Meditation and breathing to help calm the mind and body. Walk-ins welcome for \$12 paid to Instructor in class.  
6 sessions \$60  
Thu., Jan. 12 6:30-7:45 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.*

### SAVE THIS SCHEDULE

You may find later that you have time for a class that you were unable to plan for earlier. Register as early as you can. Same day registration will be accepted if class is not full or cancelled.

Adult classes are open to those age 16 and up unless noted.

REMEMBER...Mark the dates and times of your classes. We do not send confirmations.

**NEW! Compost: Reduce Organic Waste and Green Your Yard**

It's not too early to plan for your spring garden. Compost is nature's way of recycling nutrient rich organic materials. No special equipment needed. Taught by Jane Semple, doctor of Naturopathic Medicine.

1 session \$15  
Tue., Feb. 7 7-8:30 p.m.

**NEW! Healing with Common Kitchen Spices**

Spices not only add flavor, but have nutritional and medicinal value. Learn simple ways to improve your health. Taught by Jane Semple, doctor of Naturopathic Medicine.

1 session \$15  
Tue., Jan. 10 7-8:30 p.m.

**NEW! Medicinal Power of Teas**

Warm up your cold morning with some samplings of steamy hot teas and "crumpets". Learn the medicinal power of teas, how to properly steep tea and when it's beneficial to use herbal supplements in place of teas. Taught by Janet O'Donnell, doctor of Naturopathic Medicine.

1 session \$17  
Sat., Feb. 11 10-11:30 a.m.

**NEW! Stop Dieting, Start Eating**

Tired of the New Year's resolution to lose weight? Confused with diet dilemmas? Learn how to nourish your body, control weight, and improve energy. Taught by Janet O'Donnell, doctor of Naturopathic Medicine.

1 session \$15  
Sat., Jan. 14 10-11:30 a.m.

**EMS DEPARTMENT**

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

Instructor courses in CPR, ACLS, PALS and BTLS also available. Paramedic Class begins Jan. 3. EMT-Basic training evening classes begin Jan. 16. Daytime EMT-B classes begin Jan. 4.

**440-743-4970 to register**

**CPR Classes are Non-Refundable**

**Adult /Infant /Child CPR and AED**

Covers CPR /AED and foreign-body airway obstruction. For those expected to respond to emergencies in a workplace or just wanting to learn. Manual and certification card included.

1 session \$45  
Tue., Dec. 13 6-9:30 p.m.  
Mon., Feb. 20 6-9:30 p.m.

**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. 14, Feb. 11 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., Jan. 17, Feb. 14 5-9 p.m.



**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 the Parma Hospital Auditorium. Second Thursday of the month. 7-9 p.m.

**Food Addicts Anonymous**

440-237-3967. Every Thursday. 6:30-7:30 p.m.

**New Perspectives: Weight Management Support**

440-743-2900. Weight management 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 Survivor's Group**

Call 440-743-2223 to register. Wed., Jan. 18 6:30-8:30 p.m.

**I Can Cope**

Support program for cancer patients, families and friends. To register call 1-888-227-2345.

**NEW! Look Good... Feel Better Program**

For women undergoing cancer treatment to help with appearance related side effects. To register call 1-888-227-6446. Mon., Jan. 9

**Kindred Spirits**

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



**RECREATION & DANCE**

**Basketball for Men**

Played as a recreational session. Teams picked on the first day. 8 sessions \$32  
Fri., Jan. 6 7-9 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 a 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. 5 8-9:30 p.m.  
**Intermediate skill level**  
\$4 per night. USVBA rules apply  
Mon., Jan. 9 8-9:30 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  
Fri., Jan. 27, Feb. 24 2-3 p.m.  
Sat., Dec. 10, Jan. 14, Feb. 11 11 a.m.-noon



**FITNESS**

Mats, weights, steps, balls provided. Bands for purchase. Open to ages 13 and up, unless noted. An adult must remain in the building during class for those younger than 16.

**Fitness Class Walk-In Policy**

*Walk-ins are welcome for \$6 unless noted, to be paid to instructor or office the day of class. Call 440-743-2582 to ensure class is not full or canceled.*

**START DATES LISTED**

**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., Jan. 3 7:10-8:10 p.m.

**Circuit Workout**

**(Ages 16+)** A high-energy class to rev up your metabolism and transform your body. Featuring various exercises for each muscle group to obtain optimal muscle condition.

6 sessions \$33  
Mon., Jan. 9 6-7 p.m.  
7 sessions \$35  
Wed., Jan. 4 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. Use of a variety of equipment to help burn fat and build muscle.

6 sessions \$33  
Mon., Jan. 9 6-7 p.m.  
7 sessions \$35  
Wed., Jan. 4 6-7 p.m.

**Fit 'n Healthy**

Enjoy a complete low-impact workout class that helps improve cardio endurance and flexibility.

7 sessions \$35  
Tue., Jan. 3 9-10 a.m.  
Thu., Jan. 5 9-10 a.m.

**NEW! Pilates**

**(Ages 16+)** Tones and lengthens the body while focusing on strength, flexibility, balance, posture, breathing and core strength.

7 sessions \$35  
Thu., Jan. 5 7-8 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. 4 10-11 a.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 schools of fitness. Warm-up, muscle toning, balance exercises, core strengthening and deep stretch.

6 sessions \$33  
Mon., Jan. 9 7:30-8:15 p.m.

**FITNESS + MIND/BODY FITNESS CLASSES**

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

**"TRY A CLASS PASS":** Not sure if you are going to like a class? "Try a Class Pass." One pass per customer.

**EXERCISE MAKE-UPS:** Miss an exercise class? Attend another exercise class of the same nature during that same enrollment period. Make-ups do not extend into next enrollment, nor will proration or credit be given.

**NEW DISCOUNT!** Sign up for 3 or more Fitness or Mind/Body Fitness classes and receive 10% off your total. (Offer cannot be combined with other discounts.)

**NEW! Zumba®**  
A Latin-inspired dance "fitness party" that is easy to follow and highly effective. All ages and fitness levels welcome.  
6 sessions \$33  
Mon., Jan. 9 7:10-7:50 p.m.  
7 evening sessions \$35  
Thu., Jan. 5 6-6:45 p.m.  
7 afternoon sessions \$35 without babysitting / \$47 with babysitting (ages 3+) space is limited  
Thu., Jan. 5 1-2 p.m.



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

**START DATES LISTED**

**Evening Yoga**  
Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing. Walk-in's welcome - \$10 paid to instructor in class.  
**Beginners/Gentle**  
6 sessions \$58  
Mon., Jan. 9 7-8:30 p.m.  
Wed., Jan. 11 7-8:30 p.m.  
**Moderate**  
6 sessions \$58  
Thu., Jan. 12 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. Walk-in's welcome - \$8 paid to instructor in class.  
6 sessions \$42  
Tue., Jan. 10 6:30-7:30 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 - \$13.  
7 sessions \$70  
Tue., Jan. 3 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. 3 7-9 p.m.

**Continuing students**  
Prerequisite: beginners' class.  
9 sessions \$61  
Mon., Jan. 9 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. 11 7-8:30 p.m.

**Tweens & Teens Yoga**  
See YOUTH CATEGORY

**Yoga for Grief Relief**  
Designed to help with feelings of anger, lethargy and to regulate stress hormones all related to grief. Gentler poses will be used to help alleviate stress and anxiety. Meditation and breathing exercises will be practiced to help calm the mind and body. Walk ins welcome - \$12 paid to instructor in class.  
6 sessions \$60  
Thu., Jan. 12 6:30-7:45 p.m.



**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**

**TODDLER/PRESCHOOL**

*These 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  
Tue., Jan. 10 10-11 a.m.  
Wed., Jan. 11 6:15-7:15 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. 9 10-11 a.m.

**Come Aboard the North Pole Express**  
**(Ages 2+)** Adult participation. Come listen to the "POLAR EXPRESS" story while having a treat. Children are 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 \$17  
Fri., Dec. 9 6:30-7:30 p.m.

**NEW! It's a Zoo In Here!**  
**(Ages 3½-5)** We'll focus on cold weather animals seen at the zoo during the winter months. A different animal will be featured each week through stories, art and interactive play. Dress for

a mess!  
6 sessions \$42  
Wed., Jan. 11 9:45-10:45 a.m.



With Susan Joseph  
**OUR TIME: "Away We Go!"**  
**(Ages 18 months-3 years)**  
Adult participation. Introduction to a musical world filled with singing, imitating sounds, rhyming, sound identification, instrument exploration and creative movement. Designed to help your child improve confidence, self-control and communication skills. The learning continues with At-Home-Materials (included.) \$10 late fee if you register after January 29.  
14 sessions \$172  
Tue., Feb. 7 6:45-7:30 p.m.  
Wed, Feb. 8 10-10:45 a.m., 6-6:45 p.m.

**IMAGINE THAT! "Toys I Make, Trips I Take!"**  
**(Ages 3½-5)** 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. Includes At-Home Materials. \$10 late fee if you register after August 29.  
14 sessions \$177 without a backpack/ \$183 with backpack  
Fri., Feb. 10 11:45 a.m.-12:30 p.m., 5:15-6 p.m.

**NEW! Know Your Numbers**  
**(Ages 2)** Adult participation. Children will create, explore and learn about numbers through art, music and interactive play.  
6 sessions \$42  
Fri., Jan. 13 9:45-10:45 a.m., 11 a.m.-noon

**Preschool Dance**  
**(Ages 3-5)** A delightful introduction to ballet class, helps develop body awareness and enhance creativity.  
7 sessions \$48  
Tue., Jan. 3 5:20-6:05 p.m.  
Thu., Jan. 5 5:45-6:30 p.m.

**NEW! Ocean Life Explorers**  
**(Ages 3½-5)** Dive into the ocean and discover all that awaits! We will explore a new animal each week through stories, art and interactive play. Dress for a mess!  
6 sessions \$42  
Wed., Jan. 11 11 a.m.-noon

**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. 10 9:20-10:05 a.m.  
**Ages 2-3½**  
Tue., Jan. 10 10:10-10:55 a.m.

**PRESCHOOL/PRE-K**  
*Classes build onto themselves, and meet the demanding requirements needed for Kindergarten. Taking more than one class from this category or the TODDLER/PRESCHOOL category increases your child's education. Children who have started class in Fall 2011 will have the first chance to register in class. Classes may be filled on the first day of registration. Check for openings 440-743-2582.*

**Preschool Prep!**  
**(Age 3)** Introduction to a preschool setting. Develop social skills and become familiar with teacher/classroom routine. Art, music, and stories used to introduce/reinforce letters, numbers, colors and shapes.  
6 sessions \$45  
Mon., Jan. 9 10-11 a.m.

**Primetime Preschool**  
**(Ages 3½-5)** For children who do or do not attend a traditional day preschool. Covers math, science, reading, language, music and art.  
6 sessions \$45  
Tue., Jan. 10 6:30-7:30 p.m.

**Kindergarten Readiness**  
**(Ages 4-6)** Explore various themes while building skills for Kindergarten success. Develop letter/number concepts and practice pre-writing skills. Improve coordination, memory skills and social development. Child must be eligible to enter

Kindergarten in the Fall of 2012.  
6 sessions \$66  
Tue., Jan. 10 12:45-2:45 p.m.

### SCHOOL AGE

#### Babysitter Training

**(Ages 11-16)** Class will cover 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. 11 9 a.m.-3 p.m.

#### Creative Dance

**(Ages 5-7)** Introduction to dance will develop body awareness and enhance creativity. Ballet, jazz and other types of dance explored.  
7 sessions \$48  
Tue., Jan. 3 6:15-7 p.m.

#### NEW! Home Schoolers - It's Time for Art!

**(Ages 9-13)** Taught by a P-12 licensed Art Educator. Includes art history, multicultural art, and various studio projects. Students will acquire skills in drawing, sculpture/clay construction and painting. All projects meet the Ohio State Standards for Fine Art Education. Each session has new projects in different mediums.  
7 sessions \$62  
Fri., Jan. 6 10-11 a.m.

#### NEW! Just Dance

**(Ages 8-10)** This class will teach a combination of Hip-Hop, Jazz, Ballet and acrobatics. Students will develop confidence, rhythm, strength, and performance skills. A great class to get a dance education.  
7 sessions \$48  
Thu., Jan. 5 6:35-7:20 p.m.

#### Time for Art

**(Ages 5-9)** Time to get creative. Enjoy a class filled with imagination and creativity. Featuring new art mediums introduced every week. Class will be offered throughout the year.  
7 sessions \$48  
Wed., Jan. 4 6:30-7:30 p.m.

#### Tweens & Teens Yoga

**(Ages 10-15)** Do fun, healthy yoga with your friends. You will learn yoga postures, breathing and relaxation techniques to use in your daily life. This will help manage stress, improve concentration and promote a feeling of well being and calm. Sign up with friends and start a lifelong healthy yoga practice.  
6 sessions \$36  
Tue., Jan. 10 6-7 p.m.



### PARENTING

All parenting classes held at Parma Hospital unless noted.

#### FREE! Breastfeeding Support Group

Support and problem solving for mothers and mothers-to-be.  
Tue., Dec. 6, Jan. 10, Feb. 7 11 a.m.-noon  
Tue., Dec. 20, Jan. 24, Feb. 21 6-7 p.m.

#### Breastfeeding Basics

Learn the fundamentals and practical information. Support person is free. Fathers welcome.  
1 session \$12  
Tue., Dec. 13, Feb. 14 6-8:30 p.m.

#### Caring for Your Newborn

What to expect with a newborn.  
1 session \$12  
Thu., Feb. 9 7-9 p.m.

#### Adult/ Infant /Child CPR and AED

See PERSONAL WELLNESS

#### Prepared Childbirth

Covers pregnancy, labor, delivery and postpartum recovery.  
**5 sessions** \$65  
Thu., Jan. 12 7-9 p.m.  
**2 sessions\*** \$65  
Sat., Feb. 18 & 25 10 a.m.-4 p.m.  
**Review\***  
1 session \$40  
Sat., Feb. 18 10 a.m.-4 p.m.  
\*Bring 2 pillows and blanket to first class.

#### Maternity Center Tours 440-743-4030

## Winter class schedule 2011 REGISTRATION BEGINS NOVEMBER 30, 2011

**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](http://www.parmahospital.org/programsandclasses)

**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.

**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.

- REFUND/REGISTRATION POLICY**
1. Class times & course instructors are subject to change. We reserve the right to cancel class if too few are enrolled.
  2. If class is cancelled by the Health Education Center full refunds are issued.
  3. 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.
  4. 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.
  5. Material/lab fee is non-refundable if a student withdraws from a class five business days or less from start of class.
  6. Refunds are not available for one-session programs or for not attending class.
  7. Any refund in the amount of \$10 or less will be given as a gift certificate.
  8. In cases of weather related cancellations, classes may not be able to be rescheduled or refunded.
  9. 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				
<b>TOTAL ENCLOSED:</b>				

**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.