



Spring Class Schedule

March - May 2010

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

REGISTRATION WILL BEGIN: **February 9, 2010**

ONLINE: www.parmahospital.org/programsandclasses

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

Closed Saturday & Sunday



SCREENINGS

Appointment/registration required. Call 440-743-4900. Held at the Health Education Center unless noted.

FREE! Blood Pressure Screening

Wed., WALK-IN 1-2 p.m.

Bone Density Screening for Women

Testing is done on the heel – no socks or panty-hose. By appointment.
Thu., Mar. 4 6-8 p.m.
Thu., Apr. 15 9 a.m.-noon
Sat., May 8 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.

FREE! Colorectal Cancer Screening

Informational session on colon cancer and procedures for detection. Test kits provided. Must register.
Thu., Mar. 18 7 p.m.

FREE! Foot Screening

Podiatrist Elizabeth Baracz, DPM. Appointment required.
Wed. Apr. 21 1-3 p.m.

FREE! Glaucoma and Vision Screening

Ophthalmologist Stanley Pajka, MD. Appointment required.
Tue., May 13 11:30 a.m.-1 p.m.

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., Mar. 5, Apr. 2, May 7 10 a.m.

FREE! Skin Cancer/Melanoma Screening

Plastic Surgeon Robert Gerding, MD. Appointment required.
Fri., May 7 9 a.m.-noon
Fri., May 21 9 a.m.-noon

FREE! Speech and Language Screening

(Ages 2-6) Held in Medical Arts Center I, Suite 309. Appointment required. Call 440-743-4581.
Wed., May 19 9 a.m.-noon or 1-4 p.m.
Thu., May 20 9 a.m.-noon or 1-4 p.m.



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., Mar. 2 9 a.m.-1 p.m.

Ask the Personal Trainer 101

Work with a personal trainer and learn the most important essentials to a healthier lifestyle. Gain support and discuss topics including nutrition, exercise, and weight training. Finally, make your nutrition and exercise plan a success. Be ready to try various equipment and exercises.
5 sessions \$75
Thu., Mar. 4, Apr. 29 7:45-8:45 p.m.

Cooking With Your Health in Mind

Demo format focuses on making healthier alternatives to your favorite foods and performing 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.
1 session \$20

St. Patrick's Day Foods

Tue., Mar. 9 7 p.m.

Polish Foods Made Healthier

Thu., Apr. 15 7 p.m.

Summer Breads

Wed., May 19 7 p.m.

NEW! Diabetic Management: Making Good Health the Priority

For anyone newly diagnosed with diabetes or those needing an update. Includes the physiology of the disease and treatment modalities including pharmacologic (oral agents, insulin), meal planning with demo, and exercise. Also, learn how to work with your healthcare professionals to get the most out of your visits. Each session has an opportunity for questions and answers. Expect a little bit of homework and a lot of fun! Individual consultations will be available. Support person free. May qualify for insurance reimbursement. Paperwork provided the first class.
3 sessions \$60
Mon., Apr. 12, 19 & 26 6-9 p.m.

Estate Planning

Without careful planning and having the proper legal documents in place, the estate you've spent a lifetime building could be significantly reduced by the time your heirs receive it. Make sure your estate is

organized in such a way that it passes to your heirs as easily and tax efficiently as possible. Learn common sense in estate planning and the tools you need to navigate this critical component of your financial life. Taught by a CPA and Financial Planner.
1 session \$20
Wed., Apr. 28 3-4:30 p.m. or 6:30-8 p.m.

NEW! Financial Conscience Students

1-week course designed for students going to college and their parents. Instructor has 8 years of banking experience. Learn helpful tips to keep your college bound student solvent throughout their college career.
1 week \$50 per person or \$75 per couple (student with parent or guardian)
Mar. 22-26 5 p.m.
May 24-28 5 p.m.

Healthful Eating on a Budget

Learn how to make healthier food choices and save money. Topics include finding the best food values, where to find reasonably priced, locally grown food, community gardening programs in Cuyahoga County, information on Community Supported Agriculture, and tips on starting your own garden.
1 session \$12
Wed., Mar. 24 7-8 p.m.

FREE! Joint Replacement Education Session

For any patient scheduled for total joint replacement surgery and/or any individual who would like more information prior to scheduling surgery. Held in the Parma Hospital Auditorium. Must register. Call 440-743-4024.
1 session
1st Monday of the month 2-3 p.m.

2nd Saturday of the month 10-11 a.m.
3rd Wednesday of the month 7-8 p.m.

NEW! Inspirational Ideas to Lift You Up

Based on the book "When in Doubt..." written by the speaker, Mary Shafer. Discussion of positive steps to take when life throws you a curve. Learn how to tap into your own resources when others let you down. Book will be available for purchase.
1 session \$12
Thu., Mar. 18 7:15-8:15 p.m.

Introduction to Culinary Herbs

Herbs are delicious, nutritious and fun to grow! Learn how to cook with the most popular culinary herbs, and find out about the health benefits, and how to start your own herb garden. Recipes included. Taught by a registered dietitian.
1 session \$12
Tue., Apr. 13 7-8 p.m.

NEW! Motivating Students for Academic Success

Focus will be on what characteristics motivate students and how to shape your young child to have those characteristics. Learn how to set up your home environment for success.
1 session \$12
Thu., Mar. 18 6-7 p.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

Health Education Center Class Schedule

massotherapist and nationally certified therapeutic bodyworker. Handouts included. Enter to win a 10-minute chair massage after class.

1 session \$20
Wed., Mar. 24, May 19

6:30-7:30 p.m.
Thu., Apr. 15 6:30-7:30 p.m.

Spanish for Beginners

For those who have never had a Spanish class or have very little experience. Class will focus on the pace of the group, not the pace of the curriculum. Our goal is to learn Spanish and have fun doing it! Material fee of \$10 for new students and \$5 for returning students payable to instructor in first class. Taught by a licensed Spanish teacher.

6 sessions \$65
Wed., Mar. 3, Apr. 21 6-7:30 p.m.

NEW! Spanish Grammar I

This 1½ hour class is designed to get students communicating in the present! Students must have a basic foundation in Spanish. Spanish for beginners is strongly recommended before taking this course. Nos vemos! Taught by a licensed Spanish teacher.

6 sessions \$65
Thu., Apr. 22 6-7:30 p.m.

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., Mar. 16, Apr. 20, May 18
7 p.m.

NEW! Wellness Hypnosis Seminars (Ages 13-adult)

Nationally certified clinical hypnotist Donald Mannarino has successfully conducted & perfected his popular hypnosis wellness seminars since 1978. \$10 material fee to instructor in class.

1 session each \$65
Mar. 15, Apr. 26, May 28

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!

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.

Herbal Certification

A holistic approach to prevention and disease treatment using nutrition, herbs, vitamins and minerals. 15 contact hours for nurses. 10 contact hours for physical & occupational therapists and athletic trainers.

Taught by Janet O'Donnell, doctor of naturopathic medicine.
10 sessions \$125
Wed., Mar. 3 7-8:30 p.m.

NEW! Hungry Brain

Children are being over fed and under nourished. We will discuss the physiology behind digestion and food allergies. Supplements can improve health, behavior and learning. Taught by Jane Semple, naturopathic doctor.

1 session \$15
Tue., Mar. 9 7-8:30 p.m.

Menopause - More than Hot Flashes

For women 40 and older. Prevention is the key to healthy aging. Learn what you can do to keep your bones strong and flexible, your glands and emotions in balance, and stave off degenerative diseases. At 40, you're not too young to consider how healthy you will be at 90. Taught by Jane Semple, naturopathic doctor.

1 session \$15
Tue., Apr. 13 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., Mar. 13, Apr. 10, May 8
9 a.m.-2 p.m.

Basic Life Support for Health Care Providers RENEWAL

For health care providers who currently have a BLS Healthcare Provider card and are in need of recertification.

1 session \$43
Mon., Mar. 15, Apr. 12, May 10
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
Sat., Mar. 13, May 8
1:30-4:30 p.m.
Tue., Apr. 13 6-9 p.m.

Infant/Child CPR

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

1 session \$43
Wed., Mar. 3 6:30-9:30 p.m.
Mon., Apr. 19, May 17
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 classes will begin March 29, 2010.

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

440-743-4970 to register



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 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. No meeting in March or April. 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. Please 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.

Cancer Care Meeting

440-743-2223. For patients diagnosed with cancer and their families. First Tuesday of 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. Class is for those who have never taken ballroom dancing or need a brush-up. Taught by Sophia Hertzell and staff. Must wear acceptable footwear. No tennis shoes or sandals.

6 sessions \$60 per person
Wed., Mar. 3, Apr. 21
7:30-8:30 p.m.

Basketball for Men

14 sessions \$56
Fri., Mar. 5 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 the level of play required may be asked to continue at a different level.

Coed Volleyball

Walk-ins only
14 sessions
Advanced
Advanced skill level required.
USVBA rules apply.

\$4 per night
Thu., Mar. 4 8:15-9:30 p.m.

Intermediate

Intermediate skill level required.
USVBA rules apply.
\$5 per night
Mon., Mar. 1 7:30-9:30 p.m.

NEW! Come Dance with Me!

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

1 session Walk-in \$2
Sat., Mar. 13, Apr. 10, May 8
11 a.m.-noon

Ohio Boating Education Course

Sponsored by the Ohio Department of Natural Resources. Learn laws, safety equipment, risk management and navigation rules. Successful completion of this course meets the Ohio's boating education requirement. In Ohio, persons born on or after January 1, 1982 who wish to operate a vessel greater than 10 horsepower including personal watercraft must successfully complete a boating education course or proficiency exam. Must attend

Health Education Center Class Schedule

all three classes. First family member is \$30, each additional family member is \$20.
3 sessions \$30
Wed., Mar. 31, Apr. 7, 14
6-9 p.m.



FITNESS

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

DATES LISTED ARE START DATES

Ask the Personal Trainer 101

Work with a personal trainer and learn the most important essentials to a healthier lifestyle. Gain support and discuss topics including nutrition, exercise, and weight training. Finally, make your nutrition and exercise plan a success. Be ready to try various equipment and exercises.
5 sessions \$75
Thu., Mar. 4, Apr. 29
7:45-8:45 p.m.

NEW! Cardio Camp

A mix of cardio drills, basic kickboxing steps and strength training. For all fitness levels.
7 sessions \$35
Tue., Mar. 2, Apr. 27
6-7 p.m.

Cardio Dance

A high and low impact cardio workout. Burn a lot of calories while learning the newest styles of dance. For all ages and all levels of abilities. Movements performed are simple. No dance experience necessary.
7 sessions \$35
Tue., Mar. 2, Apr. 27
7:10-8:10 p.m.

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 \$35
Mon., Mar. 1, Apr. 26
6-7 p.m.

Fitness Fusion

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., Mar. 3, Apr. 28
6-7 p.m.

Fit 'n Healthy

Complete low-impact workout improves cardio endurance and flexibility.

7 sessions \$35
Tue., Mar. 2, Apr. 27
9-10 a.m.
Thu., Mar. 4, Apr. 29
9-10 a.m.

NEW! The Inferno

An advanced, fast-paced, full body strength training program for the well-conditioned person. Free weights, stability ball and step are used in this class. Your muscular strength and endurance will be challenged!
7 sessions \$35
Wed., Mar. 3, Apr. 28
7:10-8:10 p.m.

Power Up Pilates

Incorporates strengthening exercises that are easy on joints and effective for elongating and toning all body muscles.
7 sessions \$35
Thu., Mar. 4, Apr. 29
7:10-8:10 p.m.

Rockin' Aerobics

Hi/low impact cardio workout to the '70s-'90s through music. Includes weight training and stretching for a complete body workout.
7 sessions \$35
Mon., Mar. 1, Apr. 26
6-7 p.m.

Senior Shape-up

(Ages 55 and older) 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.
21 sessions/7 weeks \$72
Mon., Wed., Fri., Mar. 1, Apr. 26
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., Mar. 4, Apr. 29
6-7 p.m.

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.
7 sessions \$37
Mon., Mar. 1, Apr. 26
7:30-8:15 p.m.

Zumba Fit

Dance the calories away and tone the thighs, butt and gut! ½ hour of high-energy dance, mixed with ½ hour of bootcamp. Includes circuit training, step aerobics, weights and ab work. An intermediate to advanced class, but beginners may use the modification moves instructor will demonstrate.
7 sessions \$35
Thu., Mar. 4, Apr. 29
6:15-7:15 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
Thu., Mar. 4, Apr. 22
5:30-6:30 p.m.



MIND/BODY FITNESS

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

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 \$57
Mon., Mar. 1, Apr. 19
7-8:30 p.m.
Wed., Mar. 3, Apr. 21
7-8:30 p.m.

Intermediate

6 sessions \$57
Thu., Mar. 4, Apr. 22
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., Mar. 2, Apr. 20
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 - \$12
6 sessions \$60
Tue., Mar. 2, Apr. 20
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., Mar. 23
7-9 p.m.

Continuing students

Prerequisite: beginners' class.
10 sessions \$63
Mon., Mar. 22
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., Mar. 3, May 5
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

Baby's First Massage®
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, assists in bonding and reduces crying. Bring your fed baby or doll to class. Instructor is a licensed massotherapist and a nationally

certified therapeutic bodyworker. Instructor is certified by Baby's First Massage. \$12 material fee due day of class.
1 session \$45 single or couple
Wed., Mar. 24, May 19
8-9 p.m.
Thu., Apr. 15
8-9 p.m.

Baby Signs® Parent Workshop

(Birth-24 months) Learn to sign with your baby using songs, play, and literature. Featuring the history, research and proven benefits of the "Baby Signs" program. Understand how it could simplify your life and bridge the communication gap for your baby and your family. \$18 material fee due to the instructor in class. Materials include, two DVDs, bookmarks, a parent guide and a flip chart. Taught by a certified Baby Signs® instructor.
1 session \$55
Sat., Apr. 10, May 8
10-11:30 a.m.

PRESCHOOL/PRE-K

A World Full of Art

(Ages 3-5) Preschool multi-cultural art class will feature a different country each week with hands-on art projects. Dress for a mess.
6 sessions \$42
Thu., Mar. 4, Apr. 22
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. Children will be introduced to a classroom routine and the concept of a teacher.
6 sessions \$42
Wed., Mar. 3, Apr. 21
10-11 a.m.,
11:15 a.m.-12:15 p.m.

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 \$28
Tue., Mar. 2, Apr. 20
11-11:45 a.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 age 4 as of

FITNESS + MIND/BODY FITNESS CLASSES

Classes are open to ages 16 and up. Instructors each have a unique teaching style. Instructors are subject to change without notice. Want to get the most out of your exercise? Take more than 1 class a week!

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

Health Education Center Class Schedule

September 30, 2009. Sign up for both level 1 and level 2 classes and receive a discount.
6 sessions \$65
Tue., Mar. 2, Apr. 20
10 a.m.-noon

Kindergarten Readiness Level 2

(Ages 4½-6) Child must have recognition of letters (Aa-Zz), numbers (1-10), basic colors and shapes. Class will focus on letter sounds and formation, and an awareness of basic sight words. Pre-reading skills and challenging math activities are integrated into weekly themes. Child must be 5 by Dec. 31, 2009 and attending Kindergarten in Fall 2010.
6 sessions \$65
Thu., Mar. 4, Apr. 22
10 a.m.-noon

Playing with a Purpose

(Ages 2-4) Adult participation. Child will 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 \$42
Mon., Mar. 1, Apr. 19
6:30-7:30 p.m.

Preschool Dance

(Ages 3-5) Students will experience the elements of dance, including rhythm, flexibility, technique, and performance skills. A variety of dance disciplines including jazz and ballet will be explored in a fun and creative environment. Dance attire is not required but is highly suggested.
7 sessions \$48
Tue., Mar. 2, Apr. 27
10:45-11:30 a.m.,
5:20-6:05 p.m.

Preschool Mania

(Ages 3-4) Prepare your child for preschool/Kindergarten by teaching/reinforcing colors, shapes, letters, and numbers. Each 6 week session will build onto itself. Children will enjoy art, music, stories and play.
6 sessions \$45
Mon., Mar. 1, Apr. 19
10:30-11:45 a.m.

Primetime Preschool

(Ages 3-5) For children who do not attend a traditional day preschool. Classes will cover math, science, reading, language,

music and art.
6 sessions \$42
Wed., Mar. 3, Apr. 21
6:30-7:30 p.m.

Princess Tea Party

(Ages 3-6) Come in your favorite princess outfit to listen to princess stories or songs, enjoy pretend tea and make "royal" crafts.
1 session \$13
Wed., Mar. 10 9:30-10:30 a.m.

Ready, Set, READ!

(18 months-3 years) Adult participation. Learn 6 skills of early literacy and how you can work with your child to prepare them to be lifelong readers! Children will learn literacy and social and developmental skills with stories, songs and play.
6 sessions \$38
Thu., Mar. 25 6:30-7:30 p.m.

Shapes, Colors, and Numbers

(Ages 2-3) Adult participation. Create, explore and learn about shapes, colors and numbers. Each 6 week session is different.
6 sessions \$32
Tue., Mar. 2, Apr. 27
9:45-10:30 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., Mar. 2, Apr. 20
9:20-10:05 a.m.,
6:30 - 7:15 p.m.

Ages 2-4

Tue., Mar. 2, Apr. 20
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
Thu., Mar. 4, Apr. 22
11:30 a.m.-12:30 p.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. Bring a small lunch or

snack to class.
2 sessions \$45
Fri., Mar. 12 & 19 6-9 p.m.
1 session
Sat., May 8 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 will be explored. Dance attire is not required but is highly suggested.
7 sessions \$48
Tue., Mar. 2, Apr. 27 6:15-7 p.m.

Fun with Dr. Seuss!

(Ages 5-8) Have fun celebrating "Read Across America Day" & Dr. Seuss' birthday with fun stories and activities designed for school age children.
1 session \$12
Thu., Mar. 4 6:30-7:30 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
Wed., Mar. 3, Apr. 21
5:45-6:45 p.m.

Multiplication/Division

(Grades 3-6) Learn strategies and participate in fun activities and games to increase your knowledge and speed in multiplication and division facts.
6 sessions \$43
Wed., Mar. 3, Apr. 21 7-8 p.m.

Study Habits Series

(Grades 5-8) Parents are invited back in the last half hour of each class to discuss what was learned.
1 session each \$28

Doing Research

Learn how to do research for that upcoming report, research paper or project. Learn how to organize information and put it together
Tue., Mar. 9 6-8 p.m.

Using Your Textbooks

Students will learn how to effectively utilize their textbooks, including how to answer chapter questions. Please bring a textbook to class (no math).
Tue., Apr. 13 6-8 p.m.

Study Methods

Students will learn the SQ3R and Cornell method of learning information. Students need to

bring a textbook (preferably Science or Social Studies).
Tue., May 4 6-8 p.m.

Time for Art

(Ages 5-9) Students will enjoy a class filled with imagination and creativity. New art mediums will be introduced every week.
5 sessions \$36
Thu., Mar. 4, Apr. 29
6:30-7:30 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 payable to instructor the day of class. Taught by Karen Skoczynski, RN from Karen's Creative Cuisine.
1 session \$20

Brunch Menu

Fri., Mar. 26 2 p.m.

Mini Kid Casseroles

Thu., Apr. 8 2 p.m.

PB & J Specials

Sat., May 8 10 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 and a nationally certified therapeutic bodyworker. Instructor is certified by Baby's First Massage. \$12 material fee due day of class.
1 session \$45 single or couple
Wed., Mar. 24, May 19 8-9 p.m.
Thu., Apr. 15 8-9 p.m.

Baby Signs* Parent Workshop

Held at the Health Education Center. Learn how to sign with your baby (birth-24 months) using songs, play, and literature.

Includes introduction to the history, research and proven benefits of the "Baby Signs" program. Understand how signing can simplify your life and bridge the communication gap between your baby and your family. \$18 material fee is due to the instructor in class. Materials include: two DVDs, bookmarks, a parent guide and a flip chart. Certified Baby Signs® instructor.
1 session \$55
Sat., Apr. 10, May 8 10-11:30 a.m.

FREE! Breastfeeding Support Group

Support and problem solving for mothers and mothers-to-be.
Tue., Mar. 2, Apr. 6, May 4
10-11 a.m.
Tue., Mar. 9, Apr. 13, May 11
2-3 p.m.
Tue., Mar. 16, Apr. 20, May 18
6-7 p.m.

Breastfeeding Basics

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

Caring for Your Newborn

What to expect with a newborn.
1 session \$12
Thu., Apr. 15 7-9 p.m.

Infant /Child CPR

Held at the Health Education Center. Covers CPR and foreign-body airway obstruction. Manual and a certification card is included.
1 session \$43
Wed., Mar. 3 6:30-9:30 p.m.
Mon., Apr. 19, May 17
6:30-9:30 p.m.

Prepared Childbirth

Covers pregnancy, labor, delivery and postpartum recovery.
6 sessions \$65
Thu., Mar. 11, Apr. 29 7-9 p.m.
2 sessions* \$65
Sat., Mar. 13 & 20, Apr. 17 & 24,
May 15 & 22
9:30 a.m.-4:30 p.m.

Review*

1 session \$40
Sat., Jan. 23, Feb. 20
9:30 a.m.-4:30 p.m.

* Bring 2 pillows and blanket to first class.

Maternity Center Tours Call 440-743-4030

REGISTER EARLY to avoid disappointment if your class is full or is cancelled because too few have signed up. **WE DO NOT SEND CONFIRMATIONS. Remember to mark the dates and times** of your classes on your calendar!