

Registration will begin on February 10, 2009 - Phone in: February 17, 2009

OFFICE HOURS: Monday - Thursday 8:30 a.m. - 5 p.m. · Friday 8:30 a.m. - 4:30 p.m.
Saturday 8 - 11 a.m. · Closed Sundays. **No classes on Memorial Day, May 25, 2009.**



LUNCHTIME LECTURES

Enjoy your own packed lunch and we will provide the beverage, along with an educational lecture. Time will be provided for questions and answers. Advanced registration is required. Held at the Health Education Center.

1 session **FREE**
11 a.m.-12:30 p.m.

Exercise & the Older Adult

Cardiovascular and health benefits of exercise for the older adult will be discussed. Presented by Kimberly Togliatti-Trickett, MD, Physical Medicine and Rehab.

Fri., Mar. 13

Know Your Heart – Guidelines for Optimal Cardiac Health

Cardiovascular disease claims more lives of both men and women than any other disease. In many cases, the disease develops undetected. Learn important symptoms to watch for and ways to optimize your cardiac health, plus hear how a simple CT scan can help your doctor treat asymptomatic coronary artery disease. Presented by Cardiologist Raju Modi, MD.

Thu., Apr. 16

Humor, Healing & Spirituality

Exercise your funny bone and discover the healing power of humor. This interactive workshop with Parma Hospital's director of Pastoral Care will help participants find the humor in everyday life situations. Rev. Jon Paulus will share anecdotes, jokes and stories in a lively discussion.

Thu., May 7



SCREENINGS

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

FREE! Blood Pressure Screening

Wednesdays. Walk-in.
1-2 p.m.

Bone Density

Screening is for women. Testing is done on the heel – no socks/hose.
By appointment. **\$20**
Thu., Mar. 5, May 14
9 a.m. -noon.
Thu., Apr. 16 6-8 p.m.

Cholesterol Screening

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hour fast recommended for best

results.

By appointment. **\$25**
Second & fourth Wednesday of the month.
Mar. 11 & 25
Apr. 8 & 22
May 13 & 27
9-10:30 a.m.

FREE! Colorectal Cancer Screening

Informational session on colon cancer and procedures for detection. Test kits will be provided. Held at the Health Education Center. Must register.
Thu., Mar. 19 7 p.m.

FREE! Glaucoma and Vision Screening

Screening provided by Ophthalmologist, Mirfee Ungier, MD.
Tue., Apr. 14 9-11 a.m.

Pneumococcal Vaccine Clinics

Vaccines available for all Medicare Part B recipients. If you belong to a Medicare HMO or Senior HMO, please see your doctor or a fee will be charged. Must register, please call 440-743-4900.
Fri., Mar. 6, Apr. 3, May 1
10 a.m.

FREE! Skin Cancer/Melanoma Screening

Plastic Surgeon, Robert Gerding, MD. Appointment is required.
Fri., May 8 9 a.m.-noon
Fri., May 22 9 a.m.-noon

FREE! Speech and Language Screening Ages 2-6

Held in the Medical Arts Center I, Suite 309. Appointment is required, please call 440-743-4581.
Wed., May 20 9 a.m.-noon or 1-4 p.m.
Thu., May 21 9 a.m.-noon or 1-4 p.m.



PERSONAL WELLNESS

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. Call 440-743-2900.

Tue., Mar. 17, Apr. 21, May 19 7 p.m.

AARP Driver Safety Program

Please bring valid driver's license. Bring checks first day of class, payable to AARP. NO CASH. Must attend both days.
AARP members **\$12**
Non-members **\$14**
Tue. & Wed., Mar. 3 & 4
9-1 p.m.

Cooking With Your Health In Mind Figure Friendly and Budget Conscious

Taught by Karen Skoczynski, RN from Karen's Creative Cuisine. Demo format with focus on how to make healthier alternatives to your favorite foods and healthy recipe makeovers. Recipes are included to take home and you'll be able to sample the recipes prepared. Class is approximately 1 hour and 20 minutes. Food fee of \$3 per person to be paid to the instructor day of class.
1 session **\$20**
Wed., Mar. 18 7 p.m.

Families in the Kitchen

How to Bring Families

WEATHER-RELATED CANCELLATIONS

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

Together in the Kitchen

Taught by Karen Skoczynski, RN from Karen's Creative Cuisine. This cooking class is demo format and hands-on training addresses the health care needs of families. It includes some practical ideas and encourages kids to be active family members in making healthier alternatives to your favorite foods. Class is approximately 1 hour and 20 minutes long. One adult and one child (age 10 or older) are encouraged to participate. Sample recipes and take some home. Food fee of \$3 per person to be paid to the instructor in class. Be sure to bring a container to take your goodies home.

1 session - adult/child \$35
Additional family member \$8

Sat., Apr. 18 11 a.m.

Healthy Habits for Diabetes Self Management

Sponsored by Roche Diagnostics, the maker of Accu-Check® products. Learn carbohydrate counting, meal planning, reading food labels, testing before and after meals and a demo on the Accu-Check® monitoring system. Free Accu-Check® meter for those in attendance. Registration is required.

FREE
Wed., Apr. 22 7 p.m.

NEW! Healthful Eating on a Budget

Do you want to learn how to make your grocery dollar go further? This program will help you make healthier food choices and save money too. 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 \$10

Tue., Apr. 28 6:30-7:30 p.m.

Wed., May 20 6:30-7:30 p.m.

Sign Language I: Beginners

Have you always wanted to learn sign language? Here's your chance. This class is 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., Mar. 5 6:30-7:15 p.m.

Sign Language II: Advanced

This class is for those who want to learn more and increase skill level. Prerequisite: Beginners class or previous knowledge of sign language.

6 sessions \$43
Thu., Mar. 5 7:20-8:20 p.m.

NEW! Spanish for Beginners

This class is designed to teach the Spanish language to those who have never had a Spanish class or have very little experience. Class will focus on the pace of the class, not the pace of the curriculum.

6 sessions \$55
Wed., Mar. 4, Apr. 22 6-7 p.m.

NEW! Spanish Intermediate

This class is a little faster paced in hopes to jog the memory of those who have taken a Spanish course in the past.

6 sessions \$55
Thu., Mar. 5, Apr. 23 5:15-6:15 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

& physiology, biochemistry, herbology, nutrition and iridology. Naturopaths are not involved in the practice of medicine. They do not use or prescribe pharmaceutical drugs or perform surgery.

NEW! Change Your Brain, Change Your Life

You are not stuck with the brain you have. Learn how to nutritionally support your brain. When your brain works right, you work right! Taught by Pat Cassidy, Doctor of Naturopathic Medicine.

1 session \$15
Thu., Mar. 26 6:30-8:30 p.m.

Face, Tongue, & Nail Analysis

Learn techniques of reading health and nutritional levels through face, tongue and nail analysis. Taught by Jane Semple, Doctor of Naturopathic Medicine.

3 sessions \$45
Thu., Apr. 16 7-8:30 p.m.

NEW! Herbal Remedy Guide from A to Z

Learn how to prevent/treat common ailments with safe effective herbal remedies and natural supplements. Taught by Janet O'Donnell, Doctor of Naturopathic Medicine.

1 session \$15
Wed., Mar. 11 7-8:30 p.m.

Lupus

Learn natural remedies to decrease inflammation relieve symptoms and improve vitality. Taught by Janet O'Donnell, Doctor of Naturopathic Medicine.

1 session \$15
Wed., Apr. 1 7-8:30 p.m.

NEW! The Scents of Health

Discover the many uses of the ancient science of aromatherapy to encourage health, balance emotions

and create a safe home environment. Taught by Pat Cassidy, Doctor of Naturopathic Medicine.

1 session \$15
Thu., May 14 6:30-8:30 p.m.

EMS Department

Offering the following educational opportunities:

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

Instructor courses in CPR, ACLS, PALS and BTLS are also available. EMT-Basic classes begin March 30, 2009.

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

For more information or to register, call 440-743-4970.

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 \$58
Sat., Mar. 14, Apr. 18, May 16 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., Mar. 16, Apr. 20, May 18 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., Mar. 17, Apr. 21 6-9 p.m.

Infant/Child CPR

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

1 session \$43
Wed., Mar. 11 6:30-9:30 p.m.
Tue., Apr. 14 6:30-9:30 p.m.
Thu., May 14 6:30-9:30 p.m.



Held at the Health Education Center unless noted.

Alzheimer's Support

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

Diabetes Support

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

New Perspectives: Weight Management Support

Education and support for bariatric surgery patients and others interested in weight-loss surgery. Call 440-743-2900. First Monday of the month. 7-9 p.m.

Parkinson's Disease Support

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

Post-LSVT Speech Therapy Support

For people with Parkinson's disease who have completed the Lee Silverman Voice Treatment Program. Second Thursday of the month. Call 440-743-4161.

11:30 a.m.-12:30 p.m.

Prostate Partners Program

The program will focus on encouraging men and members of their support system to become educated to be able to cope with prostate cancer. Program will be held at The Gathering Place. You must call Nate Cooke for further information: 216-932-2760.

Stroke & Arthritis Information and Support

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

Tinnitus Support

Second Friday of the month. Please call 440-256-8023. 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 programs are held in the Cancer Center

6525 Powers Boulevard
Parma, OH 44129

Breast Cancer Support

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

Cancer Care Meeting

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

Kindred Spirits

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



RECREATION & DANCE

Ballroom Dance for Beginners

Ages 15+, Couples only
Learn the rhumba, waltz, foxtrot, swing and merengue. This level is for you if you have never taken ballroom dancing or need a brush-up on the basics. Taught by Sophia Hertzell and Russ Milota. Must wear acceptable footwear. No tennis shoes or sandals. 6 sessions \$60 per person
Wed., Mar. 4, Apr. 22
7:30-8:30 p.m.

Basketball for Men

12 sessions \$48
Fri., Mar. 6 7-9 p.m.
Sat., Mar. 7 8-10 a.m.

Beginning Belly Dancing

Ages 15+
This Middle Eastern dance is a low-impact cardio workout. Improve your posture and identify, isolate and strengthen various muscles in your body. No belly dancing experience is necessary. Wear yoga pants or sweat pants and a short T-shirt. 7 sessions \$56
Mon., Mar. 2, Apr. 27
5:30-6:30 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 you choose to pay as you go, be sure to call the office to determine if the session

will be held. 12 sessions \$48

Advanced
Advanced skill level required. USVBA rules apply
Thu., Mar. 5 8:10-9:40 p.m.

Intermediate
Intermediate skill level required. USVBA rules apply.
Mon., Mar. 2 8:15 -9:45 p.m.

Individualized Golf Instruction

Ages 12+
Bring #7 or #8 iron. Wear tennis shoes. 6 sessions \$68
Thu., Mar. 5, Apr. 23
6-7 or 7-8 p.m.

Ohio Boating Educational Course

Sponsored by the Ohio Department of Natural Resources. Class teaches laws, safety equipment, risk management and navigation rules. Persons born on or after January 1, 1982 who wish to operate a vessel greater than 10 horsepower including personal watercraft must complete a boating education course. Must attend all three classes. Each additional family member is \$25. 3 sessions \$35
Wed., Apr. 1, 8, 15
6:30 - 9:30 p.m.



FITNESS

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

Dates listed are start dates.

NEW! Bootcamp*

Learn challenging ways to change the look of your body. 7 sessions \$35
Mon., Mar. 2, Apr. 27
6-7 p.m.

FITNESS + MIND/BODY FITNESS

■ **Register twice a week for a \$5 discount** (both classes must have an *asterisk). Includes FITNESS classes and MIND/BODY FITNESS classes.

■ **Seniors 65 and older can get a \$3 discount** on any non-senior EXERCISE CLASS ONLY. This discount cannot be combined with other discounts.

■ **Only one discount or coupon per customer** per visit can be used. Discounts and coupons cannot be combined.

■ **Classes are open to anyone 16 years and older.** Please remember, each instructor has a unique teaching style. Instructors are subject to change without notice.

NEW! Cardio Sculpt*

A combination of cardio and strength training. Class will incorporate multiple pieces of equipment for best results. 7 sessions \$35
Mon., Mar. 2, Apr. 27
7:10-8:10 p.m.

Cardio Dance*

A high and low impact cardio workout. A great way to burn a lot of calories while learning the newest styles of dance. Designed for all ages and all levels of abilities. The movements performed are simple. No dance experience necessary. 6 sessions \$35
Tue., Mar. 3, Apr. 21
7:10-8:10 p.m.

Fit 'n Healthy*

Complete low-impact workout improves cardio endurance and flexibility. 7 sessions \$35
Tue., Mar. 3, Apr. 28
9-10 a.m.
Thu., Mar. 5, Apr. 30
9-10 a.m.

Pilates to the Core*

An intermediate/advance Pilates class that incorporates more advanced core strengthening exercises. Pre-requisite: Power Up Pilates or some basic Pilates knowledge. 7 sessions \$35
Thu., Mar. 5, Apr. 30
7:20-8:20 p.m.

Power Up Pilates*

A basic Pilates class that incorporates strengthening exercises that are easy

on joints and effective for elongating and toning all the muscles of the body. 7 sessions \$35
Thu., Mar. 5, Apr. 30
6:15-7:15 p.m.

Rockin' Aerobics*

Hi/Low impact cardio workout to the '70s, '80s and '90s music. This class will also include weight training and stretching for a complete body workout. 7 sessions \$35
Mon., Mar. 2, Apr. 27
6-7 p.m.

Sassy Step*

A fun and fat burning combination of traditional step and sculpting with a twist! Tone up, trim down and rev up your metabolism all while having a great time! 7 sessions \$35
Mon., Mar. 2, Apr. 27
7:10 -8:10 p.m.

Senior Shape-up

Ages 55+
Focus will be on strength, stretching and stamina. No floor exercises. Chairs will be provided. 14 sessions \$46
Mon. & Wed., Mar. 2, Apr. 27 10-11 a.m.
7 sessions \$23
Fri., Mar. 6, May 1 10-11 a.m.

Senior Stretch & Flex

Ages 60+
It's never too late to exercise. There will be stretching and flexing of muscles to increase range of motion. Stretch bands,

NOT SURE IF YOU'RE GOING TO LIKE A CLASS?

Ask about the **TRY A CLASS PASS** for **FITNESS** and **MIND BODY FITNESS** classes only. One pass per customer.

light weights and other fitness props may be used to help work the body more comfortably. Class is conducted from a chair and standing.
6 sessions \$30
Tue., Mar. 3, Apr. 21
10:45 -11:45 a.m.

Stretching Strong
Designed to give you better flexibility, reduce injuries and enhances stability.
7 sessions \$28
Wed., Mar. 4, Apr. 29
7:15-8 p.m.

The Mixx*
A combination of strength, flexibility and relaxation while keeping your metabolism in check by lengthening and toning your entire body.
7 sessions \$35
Tue., Mar. 3, Apr. 28
6-7 p.m.

NEW! TLC Fitness
This 45-minute class is designed for beginners. Easy to follow movements at a slower pace with no floor work. Exercises are done standing and using a chair.
7 sessions \$30
Thu., Mar. 5, Apr. 30
7:45-8:30 p.m.

Total Body Workout*
A cardio workout with upper and lower body strengthening. Core, mat work and stretching included.
7 sessions \$35
Wed., Mar. 4, Apr. 29
6-7 p.m.

Weight to Stretch*
Class will focus on weight training to increase bone density, boost metabolism and strengthen all muscles groups. Class will end with a relaxation segment of yoga/Pilates for stretching.

7 sessions \$35
Thu., Mar. 5, Apr. 30
6:30-7:30 p.m.

Zumba is Here*
This class combines Latin rhythms and cardiovascular exercise to create an aerobic workout that is fun and easy to follow. No dance experience needed.
6 sessions \$40
Sat., Mar. 7, Apr. 25
8:30-9:30 a.m.



MIND/BODY FITNESS

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

Dates listed are start dates.

Evening Yoga*
Learn how to attain body awareness, relaxation and body/mind balance through exercises and breathing.
Beginners
6 sessions \$58
Mon., Mar. 2, Apr. 13
Wed., Mar. 4, Apr. 15
7-8:30 p.m.

Intermediate
6 sessions \$58
Thu., Mar. 5, Apr. 16
7-8:30 p.m.

Chair Yoga*
This class is designed for people with physical limitations and people who don't think they can keep up in a yoga class. We will use chairs for seated poses and also for support in standing poses. Focus on body awareness, breathing and relaxation.
6 sessions \$40
Tue., Mar. 3, Apr. 14
6:30-7:30 p.m.

Morning Yoga - Salutations*
Through flowing sequence of poses you will build upper-body strength, alignment and balance. This faster-paced class benefits the cardiovascular system.
Walk-ins \$12
6 sessions \$60
Tue., Mar. 3, Apr. 21
9-10:15 a.m.

Tai Chi Chuan*
This ancient Chinese martial arts therapy alleviates stress and promotes health, relaxation, and endurance. Increased circulation and gentle breathing can help you loosen muscles and joints for flexibility and well-being.
Beginner
10 sessions \$60
Tue., Mar. 17 7-9 p.m.
Continuing Students
Prerequisite: beginners' class.
10 sessions \$60
Mon., Mar. 16 7-9 p.m.

Tai Chi Chuan - Push Hands*
This class will consist of the fundamental practice of Tai Chi Chuan self-defense applications and the pushing of hands. Prerequisite is Tai Chi Chuan or martial arts experience.
8 sessions \$60
Wed., Mar. 11 7-8:30 p.m.



YOUTH

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

Dates listed are start dates.

NO ADULT PARTICIPATION UNLESS NOTED.

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 \$40
Wed., Apr. 22 10-11 a.m.

All Aboard - The "Learning Express"
Explore exciting topics related to our world through songs, stories, crafts and age-appropriate learning activities. Build social skills and fine motor skills as well as become familiar with a classroom routine and the concept of a teacher.
6 sessions \$40

Ages 2½-4
(Adult participation)
Wed., Mar. 4, Apr. 22
10-11 a.m.,
11:15-12:15 p.m.
Thu., Mar. 5, Apr. 23
11:15 a.m.-12:15 p.m.

Ages 3½-5
(No adult participation)
Thu., Mar. 5, Apr. 23
10-11 a.m.

Animal Parade
(Ages 3-5) Learn about feathered, furry and scaly critters through stories and fun activities. A book and a craft about each animal will be made.
6 sessions \$40
Wed., Mar. 4 10-11 a.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
Thu., Mar. 5, Apr. 23
10-11 a.m.

Cooking With a Holiday Story
Ages 3½-5
Listen to a story pertaining to the upcoming holiday and

then make an edible craft to take home and eat!
1 session \$12
Wed., Apr. 8 6:30 -7:30 p.m.

Explore Four
Age 4 only
There will be a different theme each week incorporating art, music, stories and play! This class is great preparation for Kindergarten.
6 sessions \$40
Mon., Mar. 2, Apr. 20
12-1 p.m.

Fitness Fun!
Ages 3-6
Learn to play fun games while exercising. A healthy snack will be prepared at the end of each class.
6 sessions \$43
Wed., Mar. 4, Apr. 22
5:30-7 p.m.

Imagination Lane
Age 3 only
Explore imagination with stories, songs, and art while building Kindergarten readiness skills by teaching colors, shapes, letters, and numbers.
6 sessions \$60
Fri., Mar. 6, Apr. 24
9:30-11 a.m.

Let's Learn Our Colors
Age 2 only
Adult participation. Children will learn color names and objects that have specific colors through art, music, stories and games.
6 sessions \$40
Mon., Mar. 2
9:30 -10:30 a.m.
Mon., Apr. 20
10:45-11:45 a.m.

NEW! Let's Play Safe
Ages 3-5
April is "Playground Safety Month". Learn how to play safely outside and inside. Participate in fun age appropriate learning activities.
4 sessions \$25
Tue., Apr. 21 11 a.m.-noon

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., Mar. 2, Apr. 20
6:15-7:15 p.m.

Preschool Dance

Ages 3-5
This introduction to ballet class will develop body awareness and enhance creativity, and is sure to be a delightful and fun introduction to dance.
6 sessions \$43
Tue., Mar. 3, Apr. 21
6:15-7 p.m.

Ready, Set, READ!

Ages 1-3
Adult participation. Learn six skills of early literacy and how to work with your child to prepare them to be lifelong readers! Children will learn literacy, social and developmental skills through stories, songs and play.
4 sessions \$25
Thu., Mar. 5, Apr. 23
6:30-7:30 p.m.

Shape Sorting

Age 2
Adult participation. Learn basic shapes through fun activities incorporating art, music, math and literature.
6 sessions \$40
Mon., Apr. 20
9:30-10:30 a.m.

Toddler - Preschool Gymtime

Adult participation. Develop social skills, muscle coordination and self-

confidence with the use of gym like equipment. Activities such as finger plays, games, stories, music and working on locomotor skills are included.
6 sessions \$27
Ages 1½-2½
Tue., Mar. 3, Apr. 21
9:30-10:15 a.m.

Ages 2-4
Tue., Mar. 3, Apr. 21
10:20-11:05 a.m.

Ages 1½-2½
Tue., Mar. 3, Apr. 21
6:30-7:15 p.m.

Ages 2-4
Tue., Mar. 3, Apr. 21
7:25-8:10 p.m.

What's That Number?

Age 2 only
Adult participation. Learn number sequence and counting clues with art, music, stories and games.
6 sessions \$40
Mon., Mar. 2
10:45-11:45 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., Mar. 4, Apr. 22
11:30 a.m.-12:30 p.m.
Thu., Mar. 5, Apr. 23
11:30 a.m.-12:30 p.m.

SCHOOL AGE

Babysitter Training
Ages 11-16
Learn basic first aid, safety issues and baby care. Will learn infant and child CPR skills. Manual and handouts included in class fee.
2 sessions \$45
Sat., Mar. 21 & 28 or
May 9 & 16 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., Mar. 7, Apr. 25
11 a.m.-noon

Fun with Dr. Seuss!

Ages 5-7
Have fun celebrating Read Across America Day & Dr. Seuss' birthday with fun stories and activities designed for school age children
1 session \$12
Tue., Mar. 3 6-7 p.m.

Know Your Facts! Addition/Subtraction

Grades 1-4
Increase addition and subtraction knowledge and concept of facts from 0-18 through strategies and fun activities.
6 sessions \$43
Thu., Mar. 5, Apr. 23
5:45-6:45 p.m.

Know Your Facts! 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., Mar. 5, Apr. 23
7-8 p.m.

STUDY HABITS SERIES

Grades 5-8
Parents will be invited back in the last half hour of each class to discuss what was learned. Material fee included in class fee.

Doing Research

Learn how to do research for that upcoming report, research paper or project. Learn how to organize

information and put it together.
1 session \$27
Tue., Mar. 10 6-8 p.m.

Using Your Textbooks

Students will learn how to effectively utilize their textbooks, including how to answer chapter questions. Bring a textbook (no math).
1 session \$27
Tue., Apr. 7 6-8 p.m.

Study Methods

Students will learn the SQ3R and Cornell method of learning information. Bring a textbook (preferably Science or Social Studies).
1 session \$27
Tue., May 5 6-8 p.m.

NEW! Spanish Arts

Grades 1-4
Learn the Spanish language through interactive and creative arts. This class is hands on, allowing students to learn the language through all five senses.
6 sessions \$55
Wed., Mar. 4, Apr. 22
4:30-5:30 p.m.

What's Cooking?

Ages 8-15
Taught by Karen Skoczynski, RN from Karen's Creative Cuisine. Hands-on food preparation, kitchen safety, measurement and how to follow a recipe. Make and sample healthy recipes. Recipes are included to take home and bring a container to take home your goodies. Seating is limited. Register early. \$3 food fee is payable to the instructor the day of class.
1 session \$20
Spring Fun for Kids
Wed., Apr. 15 2 p.m.



PARENTING

Held at Parma Hospital unless noted.

FREE! Breastfeeding Support Group

Support and problem solving for breastfeeding mothers and mothers-to-be.
Tue., Mar. 3, Apr. 7, May 5
10-11 a.m.
Tue., Mar. 10, Apr. 14,
May 12 2-3 p.m.
Tue., Mar. 17, Apr. 21,
May 19 6-7 p.m.

Breastfeeding Basics

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

Caring for Your Newborn

What to expect with your new baby.
1 session \$12
Thu., Apr. 23 7-9 p.m.

Infant/Child CPR

Covers CPR and foreign-body airway obstruction. Manual and a certification card included with class fee. Class held at the Health Education Center.
1 session \$43
Wed., Mar. 11
6:30-9:30 p.m.
Tue., Apr. 14 6:30-9:30 p.m.
Thu., May 14 6:30-9:30 p.m.

Prepared Childbirth

Covers pregnancy, labor, delivery and postpartum recovery.
6 sessions \$65
Thu., Mar. 19, May 7
7-9 p.m.
Bring 2 pillows and a blanket to the first class
2 sessions \$65
Sat., Mar. 21, Apr. 18,
May 30 9:30 a.m.-4:30 p.m.

Review

1 session \$40
Sat., Mar. 21, Apr. 18,
May 30 9:30 a.m.-4:30 p.m.

Maternity Center Tours

To schedule a tour, please call 440-743-4030.

We reserve the right to enroll or withdraw a child from an age-specific class depending on the child's ability to participate in the class. Child must be the youngest specified age by start of the class. Only the child registered in the class may be present in the classroom.