

Community

Wellness

Kish Health System
KISHWAUKEE
Community Hospital

July - September 2009

Classes • Programs • Events • Information

**Boot Camp
for New Dads 20**

Vision Correction 10

Heart Health 6-7

Weight Management 5

Working together for a healthy Community

Dear Resident:

This summer, there are nine good reasons to add a community wellness class to your list of things to do. Eight physicians have stepped forward to help consumers make wise choices about managing their health, and one new and exciting program is being added especially for Dads.

Dr. Paul Nguyen's "Get into the Rhythm," examines the heart in several ways, including women's heart health, abnormal heart rhythm, and quality of life. Read about Dr. Nguyen and his series on pages 6 and 7.

Internist, Dr. Louis Casado, teaches "Six Secrets of Weight Loss" in combination with two new weight management and food programs. For details, turn to page 5.

To stay current on the trends in surgical and non-surgical cosmetic procedures, plan to attend programs by Dr. Kenya Starks, oculoplastics surgeon, and Dr. Bahram Ghaderi, plastic surgeon. Read about their topics on page 8.

Vision correction is another area of high consumer interest. Have you ever considered what it would be like to wake up in the morning and not put on your glasses? Or are you at the stage of your life to worry about cataracts? See page 10 about programs to be presented by the Hauser-Ross Eye Institute vision correction coordinator and cataract specialist, Dr. Jasmeet Dhaliwal.

Other physician offerings include "Prostate Health" presented by Urologists Jay Burstein and Sajit Bux (page 12) and "Total Knee & Hip Replacement" presented by Dr. Rajeev Jain (page 9).

And finally, check out the new program, Boot Camp for New Dads (page 20). The class will be taught by veteran dads and will focus on helping fathers-to-be become comfortable and confident in their new role.

Within this issue you'll find many more good reasons to register yourself, your child or significant other for a community wellness class. I hope you'll find something to fit your interests.



As always... to your health,

A handwritten signature in black ink that reads "Kevin Poorten".

Kevin Poorten
President and CEO

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- **What Are Super Foods?**
Aug. 19, 6:30 - 8 pm
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- **Women's Networking Group**
Begins July 21, 6:30 - 7:30 pm
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- **Boot Camp for New Dads**
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- **Wellness Club: Medicare Bingo**
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Words on Wellness

- **Are Women As Vulnerable To Heart Attack As Men?**
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Cameron Wiegartz, RN BSN
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KCH Wellness Club

Membership is free. Receive discounts at participating area restaurants and fitness clubs.

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Doctor Discussions

- **Atrial Fibrillation: What You Need to Know**
July 2, 6:30 - 8 pm
See page 7 for more information about Dr. Paul Nguyen.
- **How to Refresh Your Look**
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- **Adjusting to Life with a Cardiac Condition**
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- **New Treatment Options for Cataracts**
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- **Prostate Health**
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See page 12 for more information about Dr. Jay Burstein and Dr. Sajit Bux.
- **The Latest in Breast Enhancement Surgery**
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- **Innovations in Rhythm Management and Women's Health**
Sept. 17, 6:30 - 8 pm
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- **Six Secrets of Weight Loss**
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- **Total Knee & Hip Replacement**
Sept. 24, 6:30 - 8 pm
See page 9 for more information about Dr. Rajeev Jain.

Adult Wellness Programs

Kishwaukee Community Hospital offers specialized classes suiting a variety of needs. These classes give you the opportunity to increase awareness about your health and enrich your life. KCH proudly offers classes taught by community wellness nurse educators.

Call 815.748.8962 to register.

Online registration is available at www.kishhospital.org/classes



AARP Driver Safety

This two-session class, for people age 50 and above, features the nation's first and largest classroom refresher for mature drivers. The class includes workbook assignments, video instruction and class lectures. The class does not include a driving test. All participants will receive a certificate of completion for auto insurance discount.

\$12 AARP Members

\$14 AARP Non-members (Registration Required)

KCH Roberts Conference Center

Aug. 20 & 21, 9 am - 1 pm

KishHealth Family & Specialty Care in Genoa

Sept. 17 & 18, 9 am - 1 pm

Diabetes Success with Self-Management

Learn the latest in diabetes care with an emphasis on the positives. Take the initiative now to control your diabetes and not allow it to control you.

Call 815.748.8378 for more information and cost.

KCH Diabetes Education Center

July 2 - 16, Thurs., 9 am

Aug. 6 - 20, Thurs., 9 am

Aug. 8 - 15, Sat., 8:30 am - 12:30 pm

Sept. 3 - 17, Thurs., 9 am

Managing Your Cholesterol With TLC

Attend this cholesterol management class based on the program "Lowering Your Cholesterol with Therapeutic Lifestyle Changes (TLC)" developed by the National Institutes of Health. Taught by a registered dietitian and registered nurse, you receive the TLC book, heart-healthy snacks, a cholesterol tracker and more.

\$15 Person

\$25 Couple (Registration Required)

KCH Roberts Conference Center

July 21 & 28, 6:30 - 8:30 pm

Smokers: Have You Thought About Quitting?

Are you or is someone you care about a smoker? Have you thought about quitting or would you like your friend to quit? Attend this class to discuss the possibility of quitting and get answers to your questions about the options available to make your next quit smoking attempt successful. Bring a friend. Free (Registration Required)

KCH Roberts Conference Center

July 27, 6:30 - 7:30 pm

Fresh Start[®]: Quit Smoking Program

Tired of feeling winded after climbing the stairs? Tired of going outside in the rain or cold to have a smoke? Tired of planning your day around cigarettes? Then it's time to quit. Let a KCH nurse educator teach you how to take control of your addiction with this American Cancer Society smoking cessation program. A support person is welcome at no additional charge. Free for those who have attended a KCH smoking cessation class in the last year. \$25 Person (Registration Required)

Refundable if attend all classes

KCH Roberts Conference Center

Aug. 4 - Sept. 1 (skip Aug. 25), Tues., 6:30 - 8 pm

Powerful Tools for Caregivers

If you regularly take time to help a loved one with errands, personal care, living arrangements, financial and legal concerns or activities, you are a caregiver. This six-week course is designed to give you the tools to take care of yourself as you provide care.

Free (Registration Required)

DeKalb County Hospice Office

Call 815.756.3000 for more information.

Blood Pressure Clinic

Experience the convenience of having a KCH community wellness nurse monitor your blood pressure weekly. At your visit, receive blood pressure information and a tracking card.

Free (No appointment necessary)

KCH Roberts Conference Center

Every Thursday, 10 am - 1 pm

Adult Wellness

Weight Management

Six Secrets of Weight Loss

Have you tried losing weight with little or no success? **Dr. Louis Casado**, board certified in internal medicine, discusses the six secrets of weight loss and strategies to maintain long-term success.

Free (*Registration Required*)

KCH Roberts Conference Center

Sept. 21, 6:30 - 8 pm



Louis F. Casado, MD

Specialty: Internal Medicine

Medical Special Interest: Diabetes, hypertension, hyperlipidemia

Medical School: University of Illinois College of Medicine

Residency: Michigan State University - Kalamazoo Center for Medical Studies

Joined Staff: 2008

Board Certification: American Board of Internal Medicine

Professional Highlights: Practicing since 1992, previously in Peoria, Glen Ellyn and Wheaton. Fluent in Spanish. Member of American Diabetes Association

HealthGuard Pediatric & Adult Medicine
5 Kish Hospital Drive, Suite 203
DeKalb, IL 60115 | 815.748.1900

What Are Super Foods?

Learn from a registered dietitian which foods are nutritional powerhouses, their health benefits and how to incorporate these superfoods into your diet. Join us for food samples, recipes and cooking tips.

Free (*Registration Required*)

KCH Roberts Conference Center

Aug. 19, 6:30 - 8 pm

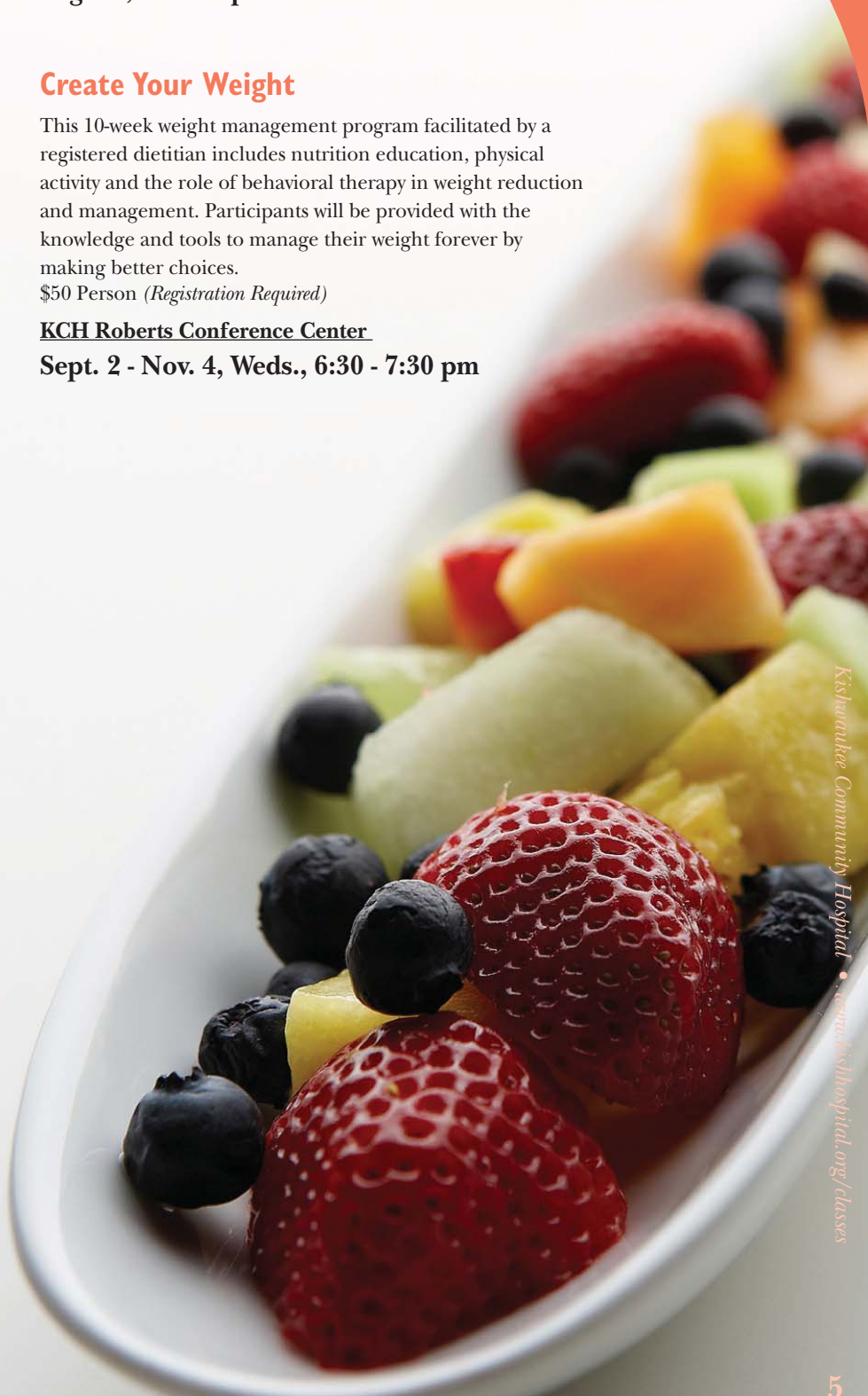
Create Your Weight

This 10-week weight management program facilitated by a registered dietitian includes nutrition education, physical activity and the role of behavioral therapy in weight reduction and management. Participants will be provided with the knowledge and tools to manage their weight forever by making better choices.

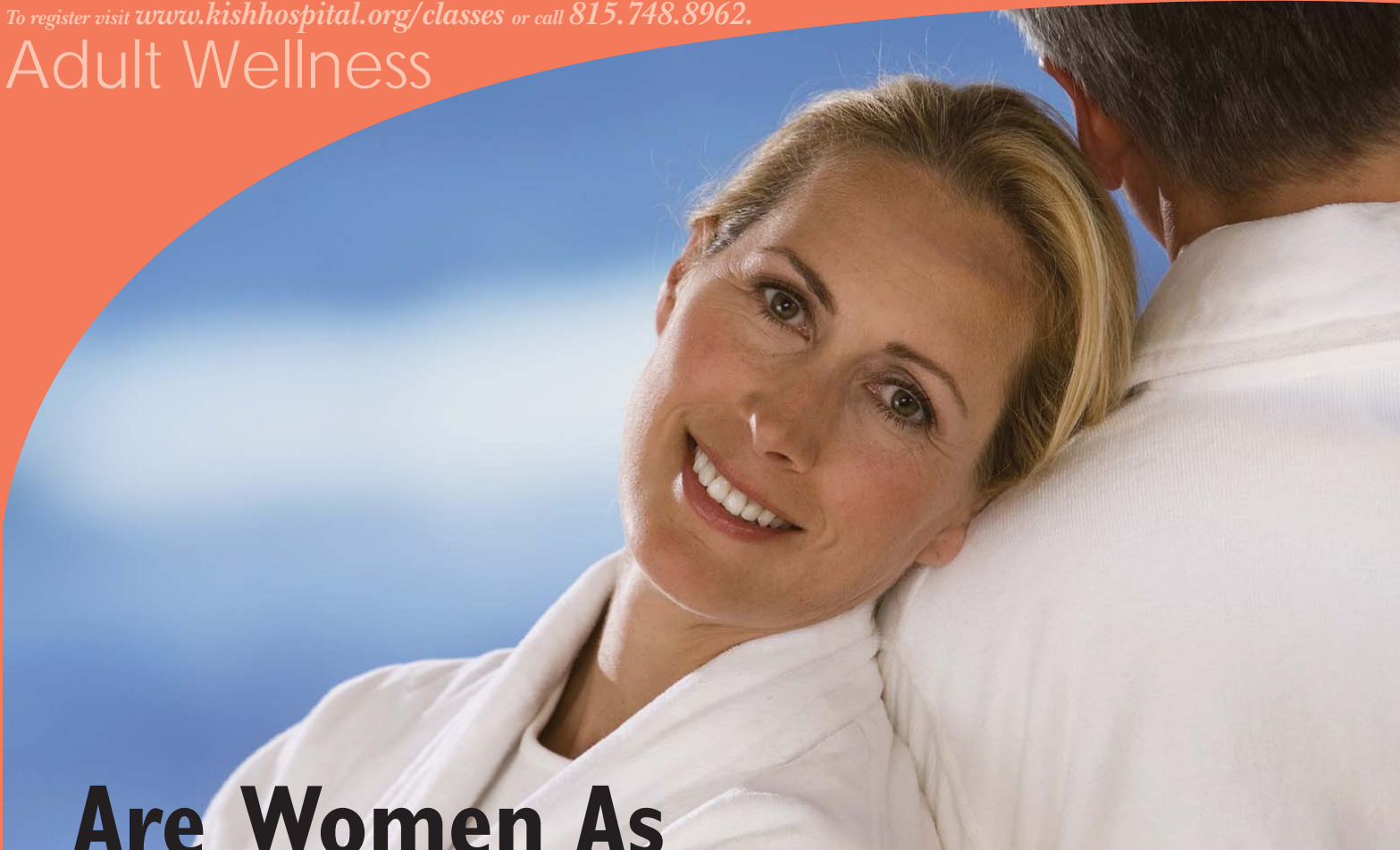
\$50 Person (*Registration Required*)

KCH Roberts Conference Center

Sept. 2 - Nov. 4, Weds., 6:30 - 7:30 pm



Kishwaukee Community Hospital • www.kishhospital.org/classes



Are Women As Vulnerable To Heart Attack As Men?

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. According to the American Heart Association, coronary heart disease, which causes heart attack, is the leading killer of women over age 25. It kills nearly twice as many women in the United States than all types of cancer, including breast cancer.

“Both men and women have heart attacks,” says Paul Nguyen, MD, Sycamore cardiologist and heart rhythm specialist, “but more women who have heart attacks die from them.” One reason for this is because women are less likely than men to believe they're having a heart attack, thus they are more likely to delay seeking emergency treatment.

Women tend to be 10 years older than men when a heart attack occurs and they are more likely to have other

conditions, such as diabetes and high blood pressure - making it all the more vital to get proper treatment fast. Furthermore, the symptoms of a heart attack in a woman may be different. “Some women may not have the ‘typical symptoms’ of chest pain radiating down the left arm,” says Dr. Nguyen. “That is why it is so important for women to learn the heart attack warning signs.”

Signs of heart attack in women include: pain or discomfort in the center of the chest, pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach. Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea or light-headedness, can also happen with women.

Electrophysiology Studies for Abnormal Heart Rhythms

Abnormal heart rhythms are patterns of heartbeats that are irregular, too slow, too fast, or conducted in an abnormal electrical pathway through the heart.

Cardiac rhythm conditions are common and can often be treated with medications. When traditional medications fail, patients with an

abnormal heart rhythm may be referred to the interventional cardiac electrophysiologist for further evaluation and definitive therapy.

Devices, such as pacemakers and loop recorders can be implanted to treat and detect abnormal heart rhythm.

Electrophysiology is a subspecialty within

the field of cardiology that emphasizes diagnosis and treatment of abnormal heart rhythms. Paul Nguyen, MD, uses the new Cardiac Catheterization Laboratory Suite at Kishwaukee Community Hospital for electrophysiology procedures.

“Our electrophysiology services embrace cutting-edge technology” says Dr. Nguyen.

Adult Wellness Heart Health

Get into the Rhythm with Dr. Paul Nguyen

New!

Atrial Fibrillation: What You Need to Know

Join **Dr. Paul Nguyen**, heart rhythm specialist, to discuss the appropriate evaluation and management of atrial fibrillation, which is one of the most common abnormal heart rhythms that impacts both quality and longevity of life. Free (*Registration Required*)

KCH Roberts Conference Center

July 2, 6:30 - 8 pm

New!

Adjusting to Life with a Cardiac Condition

Quality of life is very important to all patients, especially those with heart failure or heart disease who need defibrillators to reduce their risk of sudden cardiac death. **Dr. Paul Nguyen**, heart rhythm specialist, discusses how clinical and psychosocial concerns are incorporated into overall patient care. Free (*Registration Required*)

KCH Roberts Conference Center

Aug. 6, 6:30 - 8 pm

New!

Innovations in Rhythm Management and Women's Health

Women are beginning to benefit more from recent technological advances in cardiovascular medicine. Understanding your risk is vital in the prevention and treatment of abnormal heart rhythms, which are potentially debilitating and life threatening. Join **Dr. Paul Nguyen**, heart rhythm specialist, as he discusses the evaluation, diagnosis and treatment of this condition. Free (*Registration Required*)

KCH Roberts Conference Center

Sept. 17, 6:30 - 8 pm



Paul H. Nguyen, MD, MS

Specialty: Cardiovascular diseases

Medical Special Interest: Cardiology, electrophysiology and heart failure

Medical School: Ross University School of Medicine, 1997

Residency: Mercy Hospital & Medical Center, Chicago

Fellowship: University of Missouri, Kansas City, and Mid-American Heart Institute

Board Certification: Internal medicine, 2004, cardiovascular diseases, 2007

Professional Highlights:

Director of Heart Failure, Director of Electrophysiology, 2006-2008 (developed EP Program); Founder of the Electrophysiology Research Department., Founder of Research Scholarship Program, Provena Saint Joseph Hospital, Elgin.

Elite Cardiology Solutions LLC
Interventional Cardiac Electrophysiology
2560 Hauser Ross Drive, Suite 450
Sycamore, IL 60178 | 815.748.3040

Adult Wellness

New!

The Latest in Breast Enhancement Surgery

Join **Dr. Bahram Ghaderi**, board certified plastic surgeon, to discuss the latest options in breast reshaping and enhancement surgery, including an historical review of silicone gel implants, the future of breast augmentation, and the newest in breast reduction and lift methods. He also discusses breast reconstruction options after breast cancer treatment and mastectomy.

Free (Registration Required)

KCH Roberts Conference Center

Aug. 25, 6:30 - 8 pm

How to Refresh Your Look

Dr. Kenya Starks, oculoplastic surgeon, speaks about a variety of surgical and non-surgical cosmetic options to help reduce the signs of aging such as; Botox®, Dermal Fillers, and medical grade skin care. Gift certificates available to attendees. A free consultation with Dr. Starks is required to redeem gift certificates. Free (Registration Required)

KCH Roberts Conference Center

July 23, 6:30 - 8 pm

New!

Examining Eyelid Surgery

Eyelid surgery, or blepharoplasty, improves the look of your upper and/or lower eyelids. Join **Dr. Kenya Starks**, oculoplastic surgeon, to discuss who qualifies for eyelid surgery and what to expect from the surgery.

Free (Registration Required)

KCH Roberts Conference Center

Aug. 13, 6:30 - 8 pm

Bahram Ghaderi,

MD, FACS

Specialty: Surgery, Plastic & Reconstructive

Medical Special Interest:

Breast augmentation, liposuction, tummy tuck, face lift

Medical School: University of Michigan School of Medicine, Ann Arbor, Michigan

Residency: Loyola University Medical Center, Maywood, IL

Fellowship: Loyola University Medical Center, Maywood, IL

Joined Staff: 2009

Board Certification: American Board of Plastic Surgery

Professional Highlights: Dr. Ghaderi has published in a number of professional medical journals, including a publication of his research on breast augmentation in an international journal. He is also a fellow of the prominent American College of Surgeons and a member of the American Society of Plastic Surgeons; American Society for Aesthetic Plastic Surgery; and the Illinois Society of Plastic Surgeons.

Bahram Ghaderi, MD, FACS | 630.762.9697
2900 Foxfield Rd Suite 201 | St. Charles, Illinois 60174



Kenya Starks, MD

Specialty: Ophthalmology

Medical Special Interest:

Oculoplastic surgery, eyelid lesions, reconstruction and surgery

Medical School: Finch University of Health Sciences/ The Chicago Medical School, Chicago

Residency: Department of Ophthalmology at State University of New York, Downstate Medical Center, Brooklyn

Fellowship: Allegheny General Hospital, Pittsburgh

Professional Highlights: Received the National Medical Fellowship Award for Academic Excellence in Medicine; Member, the American Academy of Ophthalmology, the American Association of Cataract and Refractive Surgery and the American Medical Association

Hauser-Ross Eye Institute & Surgicenter | 815.756.8571
2240 Gateway Drive | Sycamore, IL 60178



New!

Total Knee & Hip Replacement

Is knee or hip replacement in your future? Join orthopedic surgeon, **Dr. Rajeev Jain**, for this informative discussion on the latest materials and procedures used to replace joints, recovery issues, and the hospital's new "Joint Effort" pre- and post-op education program.

Free (Registration Required)

KCH Roberts Conference Center

Sept. 24, 6:30 - 8 pm



Rajeev K. Jain, MD

Specialty: Surgery, Orthopedic

Medical Special Interest: Adult hip and knee arthritis, partial knee replacements, joint replacements

Medical School: Michigan State University College of Human Medicine

Residency: McLaren Regional Medical Center, Michigan

Fellowship: Scripps Clinic and Research Foundation, La Jolla, Calif.

Joined Staff: 2007

Board Certification: Eligible, American Board of Orthopedic Surgery

Midwest Orthopaedic Institute, SC
2111 Midlands Court, Suite 100
Sycamore, IL 60178 | 815.758.0000

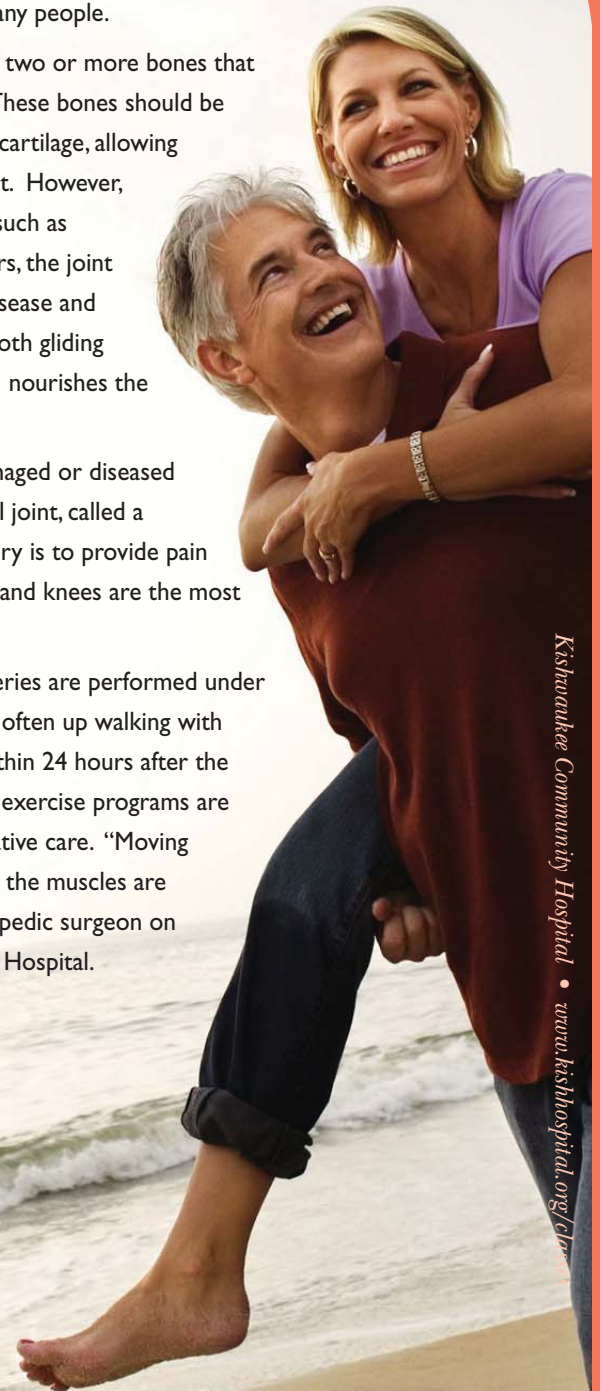
Advancements in Joint Replacement

For many people, joint pain can be so painful and debilitating that it limits their ability to perform daily tasks and enjoy sports and recreation. Advancements in joint replacement surgeries have made these procedures a viable pain-relief option for many people.

A joint is formed by the ends of two or more bones that are connected by thick tissues. These bones should be covered with a smooth layer of cartilage, allowing for easy and pain-free movement. However, when a degenerative condition such as arthritis or a severe injury occurs, the joint can become stiff and painful. "Disease and damage in a joint affect the smooth gliding motion and alter the fluid which nourishes the joint," says Rajeev K. Jain, MD.

Joint replacement surgery a damaged or diseased joint is replaced with an artificial joint, called a prosthesis. The goal of the surgery is to provide pain relief and restore mobility. Hips and knees are the most commonly replaced joints.

Hip and knee replacement surgeries are performed under general anesthesia. Patients are often up walking with assistance on their new joint within 24 hours after the procedure. Physical therapy and exercise programs are an important part of post-operative care. "Moving the new joints and rehabilitating the muscles are essential," says Dr. Jain, an orthopedic surgeon on staff at Kishwaukee Community Hospital.



Adult Wellness

Vision Correction

Imagine being able to enjoy life without worrying about contacts or glasses. By taking advantage of the many vision correction options available, most patients are able to drive a car, watch a movie and enjoy sports such as skiing, golf, swimming and racquet sports without contact lenses or glasses.

Refractive eye surgery is an advanced surgical procedure used to correct nearsightedness, farsightedness and astigmatism. Today, there are several options available at Hauser-Ross Eye Institute to help most people see better without their glasses. These procedures include: Laser In-Situ Keratomileusis (LASIK), Photorefractive Keratectomy (PRK), Implantable Contact Lenses (ICL), and Refractive Lens Implants (RLI).

To evaluate a patient's eligibility for refractive procedures, physicians carefully measure the unique characteristics of each individual's vision and develop a treatment plan designed specifically for that person. This gives a more precise and accurate treatment, allowing individuals to achieve their best possible vision.

Patients can achieve better vision and quality of life with the benefits of new technologies and local expertise. With a wide variety of techniques available, patients are seeing better than ever before.

New!

A Closer Look at Vision Correction

The refractive coordinator at Hauser-Ross Eye Institute discusses options to eliminate or reduce your need for glasses. Topics include LASIK, PRK, implantable contact lenses and refractive lens implants.
Free (Registration Required)

KCH Roberts Conference Center

July 30, 6:30 - 8 pm

New Treatment Options for Cataracts

A cataract is a painless "clouding" of the eye lens. Join **Dr. Jasmeet Dhaliwal** from Hauser-Ross Eye Institute and Surgicenter as he explains the diagnosis and available treatment for cataracts.
Free (Registration Required)

KCH Roberts Conference Center

Aug. 20, 6:30 - 8 pm



Jasmeet S. Dhaliwal, MD

Specialty: Ophthalmology

Medical Special Interest: Cataract surgery, cornea & refractive surgery, comprehensive ophthalmology

Medical School: University of Illinois

Residency: University of Cincinnati, Ohio

Fellowship: Henry Ford Hospital, Michigan

Board Certification: American Academy of Ophthalmology

Professional Highlights: Chief resident, multiple journal publications, fellowship trained in cornea & refractive surgery at Henry Ford Hospital in Michigan

Hauser-Ross Eye Institute & Surgicenter
2240 Gateway Drive
Sycamore, IL 60178
815.756.8571

Adult Wellness Support Groups

Bridge of Hope

A grief group for adults who have experienced the death of someone special. This group meets for 6 sessions and offers grief education and support.

To register call 815.756.3000.

Free

DeKalb County Hospice

Meets every other Monday

Bereaved Children

This group is a safe and nurturing environment for children grades 1 to 8 who have experienced the death of a parent, sibling or a significant person in his/her life.

To register call 815.756.3000.

Free (*Registration Required*)

Federated Church

First Friday of the Month

Bereaved Parents: Living After Loss

This group is intended for parents who have experienced the death of a child (no matter the age).

Call 815.756.3000 to register.

Free

DeKalb County Hospice

Third Wed., 7 - 8:30 pm

Diabetes Support Group

The Diabetes Support Group offers the opportunity to learn from other's experiences and share your own. All persons with diabetes, their family and friends are welcome. The Diabetes Support Group at Kishwaukee Community Hospital meets at 6 pm, second floor, suite 202.

Call 815.748.8378 for more information.

Free

Kishwaukee Community Hospital

Sept. 15, 6 pm

Adult Anger Management

This eight-session educational class includes an individual assessment and provides a comfortable environment to work through your anger. Learn to control your anger instead of letting it control you.

\$210 Person (*Registration Required*)

KHS Counseling Services (Professional Building)

Call 815.748.8334 for dates and times.



Facilitated by KishHealth System and area professionals, support groups offer hope, understanding, information and useful life skills.

To register please refer to the individual support group listings on the following pages.

Support Groups

Adult Anger Management

See listing above

Powerful Tools for Caregivers

See page 4

Mom's Breastfeeding Group

See pages 14 and 21

Bereavement Support Groups

See listings above

Diabetes Support Group

See listings above

Cancer Support and Networking Groups

See pages 13

Adult Wellness



\$99
May not be covered by insurance.



HeartWise Cardiac Health Evaluation

The HeartWise Cardiac Health Evaluation provides a combination of screening and non-invasive tests available for evaluating cardiovascular disease. These tests provide a personalized assessment of your major risk factors for heart disease. This information is valuable to you in planning and discussing your options with your physician.

- State-of-the-art CT scan to reveal extent of calcified plaque, an indication of blockage in the coronary arteries
- Measurements of cholesterol and glucose levels
- Blood pressure, BMI and body fat analysis
- A personal consultation with a registered nurse to identify and understand your cardiac risk factors

Suggested for the following criteria:

- Age 40 and older
- At least one risk factor: heart disease including diabetes, family history, obesity, elevated cholesterol, elevated blood pressure and tobacco use.

An appointment is required.

For more information contact:

815.748.8962

Learn more at www.kishhospital.org.
Click on "Heart Health".

Prostate Health *New!*

Join **Dr. Jay Burstein** and **Dr. Sajit Bux**, board certified urologists, to discuss current views on the diagnosis and treatment of prostate diseases, including cancer. Free (*Registration Required*)

KCH Roberts Conference Center

Sept. 22, 6:30 - 8 pm



Jay D. Burstein, MD, FACS

Specialty: Urology

Medical Special Interest:

Laser treatment for enlarged prostate, chronic pelvic pain disorders, overactive bladders

Medical School: University of Illinois College of Medicine

Residency: Mount Sinai, Chicago

Professional Highlights: Fellow of the American College of Surgeons; Author of medical textbook chapters regarding urologic surgical techniques and complications; Pioneered minimally invasive procedures to correct urinary incontinence. First to introduce "non-incision" bladder suspension to Chicago area in 1984; 20-year clinical experience in use of laser treatment for prostate enlargement.

DeKalb Clinic Chartered | 815.758.8671
217 Franklin Street | DeKalb, IL 60115



Sajit Bux, MD

Specialty: Urology

Medical School: Sriram Chandra Bhanja Medical College

Residency: State University/New York Upstate Medical University & Emory University, Georgia & West Virginia University Robert C. Byrd Health Sciences Center

Joined Staff: 2004

Professional Highlights: Pfizer Scholar

DeKalb Clinic Chartered | 815.758.8671
217 Franklin Street | DeKalb, IL 60115



Cancer Awareness & Support

KCH is designated as a Comprehensive Community Cancer Center by the American College of Surgeons, Commission on Cancer. Only one in four hospitals that treat cancer receive this designation.

Call 815.748.8962 to register.

Online registration is available at www.kishhospital.org/classes

Networking Groups are a wonderful opportunity for individuals with similar experiences due to cancer to share information and give and receive support. Participants can find inspiration and encouragement within the new relationships that grow out of the group.

Men with Cancer Networking Group

This group is open to men with cancer.
Free (No Registration Required)

KCH Roberts Conference Center

Meets on the 2nd Wednesday of the month, 8 - 9 am

Women's Networking Group

This group is open to women with cancer.
Free (No registration required)

KCH Roberts Conference Center

Begins July 21, 3rd Tuesday of the month, 6:30 - 7:30 pm

Caregiver Networking Group

This group is open to spouses and other caregivers of individuals with cancer.
Free (No registration required)

KCH Roberts Conference Center

Meets the second Wednesday of the month, 8 - 9 am

Cancer Support Services

Support services for cancer patients and their families are available through several sources within KishHealth System.

- **Nutrition Services 815.756.1521 x153311**
- **KishHealth Counseling Services 815.748.8334**
- **Kishwaukee Community Hospital Social Services 815.748.8330**
- **DeKalb County Hospice 815.756.3000**



Look Good, Feel Better Workshop

A free program that teaches beauty techniques to women who are actively undergoing cancer treatment, to help them combat the appearance-related side effects of radiation and chemotherapy. Come and learn tips for skin care, makeup, hair care, and wigs. All participants will receive a free kit of cosmetics (valued up to \$200).

Free (Registration Required)

American National Bank

July 14, 7 pm

Powerful Tools for Caregivers

Specially designed for those who regularly take time to help a loved one.

See page 4



Genoa Programs



A variety of specialized classes taught by community wellness nurse educators are available at KishHealth Family & Specialty Care, 599 Pearson Drive, Genoa.

To register call 815.748.8962.



Online registration is available at www.kishhospital.org/classes

Safe Sitter Basic

This 2-day internationally recognized babysitting program teaches 11-13 year olds the skills to provide children in their care a safe, nurturing environment. Includes Safe Sitter backpack, manual, supplies and light refreshments.
\$40 Person (Registration Required)

KishHealth Family & Specialty Care
July 28 & 29, 8:30 am - Noon

It's Great To Be Me

This program for girls, 10 to 12 years old, will enhance self-esteem and promote personal empowerment and health. Through a variety of fun activities, girls will learn how to cope with peer pressure and respect their bodies and minds.
\$20 Person (Registration Required)

KishHealth Family & Specialty Care
Aug. 3 - 5, 9 - 11 am

Fresh Start[®]: Quit Smoking Program

Tired of feeling winded after climbing the stairs? Tired of going outside in the rain or cold to have a smoke? Tired of planning your day around cigarettes? Then it's time to quit. Let a KCH nurse educator teach you how to take control of your addiction with this American Cancer Society smoking cessation program. A support person is welcome at no additional charge. Free for those who have attended a KCH smoking cessation class in the last year.
\$25 Person (Registration Required)
Refundable if attend all classes

KishHealth Family & Specialty Care
Sept. 9 - 30, Weds., 6:30 - 8 pm



Dr. Karen Federici

Mom's Breastfeeding Group

Mothers and babies are welcome to attend this breastfeeding group to discuss the joys and challenges of breastfeeding. Dr. Karen Federici, facilitates the group at KishHealth Family and Specialty Care in Genoa, and a certified lactation counselor facilitates the group at Kishwaukee Community Hospital. Sessions are free! No need to register - come as often as you like. Just drop in with your baby to meet other breastfeeding moms and receive the support and encouragement you need.
Free

KishHealth Family & Specialty Care
Second Thurs., 10 - 11:30 am

Diabetes Self-Management Education

Individual appointments with certified diabetes educators are available. Call 815.748.8378 for more information or to schedule an appointment.
Call for Price

KCH Diabetes Education Center
Call to schedule an appointment

AARP Driver Safety

This two-session class, for people age 50 and above, features the nation's first and largest classroom refresher for mature drivers. The class includes workbook assignments, video instruction and class lectures. The class does not include a driving test. All participants will receive a certificate of completion for auto insurance discount.
\$12 AARP Members (Registration Required)
\$14 AARP Non-members

KishHealth Family & Specialty Care
Sept. 17 & 18, 9 am - 1 pm

Girls Only...Your Changing Body

This program is for 9 to 12 year old girls and their moms. The natural physical and emotional changes a young girl experiences can be overwhelming and puzzling. Knowing what to expect can lessen anxiety and make the transition smoother.
\$10 Mom & Daughter (Registration Required)

KishHealth Family & Specialty Care
Sept. 21, 6 - 8 pm

Kids Only Programs

Kishwaukee Community Hospital presents classes specifically tailored toward children and adolescents. Nine to 13-year-olds can benefit from the customized classes taught by community wellness nurse educators.

To register call 815.748.8962.

Online registration is available at www.kishhospital.org/classes

Call 815.748.8900 x6066 for
The Next Level
Sports Performance Clinic

Let us help develop your skills

Speed development

- Agility training
- Power improvement
- Core stability
- Strength & balance training
- Injury prevention
- Stretching techniques

Ages 10-12

Wednesdays
6 - 7 pm

\$30 (four week clinic, 4 sessions)

Class size limited to eight to allow a high level of individualized attention. Sessions are 1 day a week.



Ages 13-18

Mondays &
Wednesdays • 5 - 6 pm

\$100 (four week clinic, 8 sessions)

\$150 (six week clinic, 12 sessions)

Class size limited to six to allow a high level of individualized attention. Sessions are 2 days a week.



At Unlimited Performance, Kishwaukee Community Hospital's outpatient physical therapy center, you will find a variety of fun and challenging programs designed to improve your physical health.

Next Level programs run throughout the year.

Call 815.748.8900 x6066 for dates & times.

Girls Only...Your Changing Body

This program is for 9 to 12 year old girls and their moms. The natural physical and emotional changes a young girl experiences can be overwhelming and puzzling. Knowing what to expect can lessen anxiety and make the transition smoother.

\$10 Mom & Daughter

KCH Roberts Conference Center

July 13, 6 - 8 pm

Aug. 10, 6 - 8 pm

KishHealth Family & Specialty Care in Genoa

Sept. 21, 6 - 8 pm

It's Great To Be Me

This program for girls, 10 to 12 years old, will enhance self-esteem and promote personal empowerment and health. Through a variety of fun activities, girls will learn how to cope with peer pressure and respect their bodies and minds.

\$20 Person (Registration Required)

KCH Roberts Conference Center

July 27 - 29, 9 - 11 am

KishHealth Family & Specialty Care in Genoa

Aug. 3 - 5, 9 - 11 am

Safe Sitter Basic

This 2-day internationally recognized babysitting program teaches 11-13 year olds the skills to provide children in their care a safe, nurturing environment. Includes Safe Sitter backpack, manual, supplies and light refreshments.

\$40 Person (Registration Required)

KCH Roberts Conference Center

July 22 & 23, 8:30 am - Noon

Aug. 6 & 7, 8:30 am - Noon

KishHealth Family & Specialty Care in Genoa

July 28 & 29, 8:30 am - Noon

Wellness Club

2009

This exciting program focuses on improving your health through education and lifestyle adjustments.

In conjunction with area restaurants, fitness centers and Kishwaukee Community Hospital staff, the KCH Wellness Club promotes a healthy lifestyle and overall well-being.

Registration is required for all programs and screenings, call 815.748.8962.



Online registration is available at www.kishhospital.org/classes/wellness_club

Membership is free!

Benefits of Membership

- Free quarterly seminars
- Discounted and free health screenings
- Discounts at area fitness centers
- A 10% discount* at participating restaurants on specially designed healthy entrees evaluated by a KCH registered dietitian.

Participating Fitness Centers

Various discounts available.

- Cardinal Fitness
- DeKalb Park District
- Jazzercise
- Kishwaukee Family YMCA
- Sycamore Park District
- FitWorkz
- Curves

Participating Restaurants

10% discount on select entrees.*

- Captain Vic's Fish and Seafood Market
- Chesapeake Bagel Bakery
- Eduardo's Mexican Restaurant
- Egg Haven
- Eggsclusive Café
- Hillside Restaurant
- The Junction Eating Place
- The Lincoln Inn Family Restaurant & Bakery
- PJ's Courthouse Tavern & Grille
- Rosita's Mexican Restaurant
- Shawn's
- Sycamore Parkway Restaurant
- Taxco

*10% discount may not be combined with any other discount or special pricing.

Wellness Club: Cholesterol Screen

Join the free KCH Wellness Club and participate in an exclusive cholesterol screening. Test is an instant screening. Abnormal results may require additional testing. Twelve hour fasting required.

\$10 Person (*Registration Required*)

KCH Roberts Conference Center

Sept. 15 or 16, 7 - 10 am

Wellness Club: Sleep Apnea Screen

Even mild sleep apnea is linked to cardiovascular disease, hypertension, stroke and heart failure. This screening, based on neck measurement, height, weight, and a questionnaire, determines how likely you are to have Obstructive Sleep Apnea.

Free (*Registration Required*)

KCH Roberts Conference Center

July 29, 6 - 9 pm

Wellness Club: Medicare Bingo

Join a Blue Cross Blue Shield Representative for a fun and informative program about Medicare while playing bingo. Receive handouts, prizes and giveaways.

Free (*Registration Required*)

KCH Roberts Conference Center

July 30, 1 - 2 pm

For healthy menu options go to

www.kishhospital.org/classes/wellness_club

Fitness Programs

At Unlimited Performance, Kishwaukee Community Hospital's outpatient physical therapy center, you will find a variety of fun and challenging programs designed to improve your physical health.

Programs run throughout the year:

Call for dates & times. 815.748.8900 x6066

Online registration is available at www.kishhospital.org/classes

The Next Level Sports Performance Clinic

Kids ages 10-12

Clinics cover speed development, power improvement, agility training, core stability, strength & balance training and injury prevention & stretching techniques. Class size is limited to eight to allow a high level of individualized attention. Sessions are 1 day a week. \$30 Person - 4 sessions

Unlimited Performance

July 1 - 22, meets every

Wednesday, 6 - 7 pm

Aug. 5 - 26, meets every

Wednesday, 6 - 7 pm

Sept. 9 - 23, meets every

Wednesday, 6 - 7 pm

Teens ages 13-18

These clinics designed for teens (13-18) cover speed development, power improvement, agility training, core stability, strength & balance training and injury prevention & stretching techniques. Class size is limited to six to allow a high level of individualized attention. Sessions are 2 days a week. \$100 Person 4-week session (8 sessions) \$150 Person 6-week session (12 sessions)

Unlimited Performance

Begins July 20, meets every

Monday and Wednesday,

5 - 6 pm

One on One Personal Conditioning/Training Program

This unique program is designed to give a personalized conditioning/training program. The program will emphasize cardiovascular health, flexibility, core stability, general strength & balance and agility & skill development based on personal goals. \$30 Person - per session (*Registration Required*)

Unlimited Performance

Call to set up an appointment

Aquatic Exercise

This class is for individuals with back pain, joint pain including arthritis, soft tissue pain including fibromyalgia or individuals seeking to improve cardiovascular fitness. Warm water sessions decrease pain with improved range of motion, stretching, and flexibility. Six-week class meets once a week. Class size limited to four people.

\$75 Person (*Registration Required*)

Unlimited Performance

Starts July 6 and runs for 6 weeks. Call for specific dates and times.

Starts Aug. 31 and runs for 6 weeks. Call for specific dates and times.

Fit Moms, Fit Babies

In this 8 week pre/post natal exercise class, you can eliminate or reduce pregnancy related discomforts, strains and pressures through exercise. Increase energy, improve immunity and have a better outlook on your pregnancy and motherhood. Pregnant women who are interested in starting a workout program should always consult a physician before embarking on any type of exercise.

\$48 Once a Week - For one day a week

\$80 Twice a Week - For two days a week (*Registration Required*)

Unlimited Performance

Begins Sept. 21, meets every Monday and Thursday, noon - 1 pm

Runner's Gait Analysis

Screening of foot biomechanics and flexibility, along with a video tape analysis/review of your running gait on a treadmill. Shoe purchase available through Dick Pond Athletics at a 15% discount.

\$30 Person (*Registration Required*)

Unlimited Performance

Call for an appointment

Pilates

Improve posture, flexibility and stamina by isolating and training core muscles. Pilates is perfect for all ages and fitness levels. Class size limited to 15.

\$48 Once a Week

\$80 Twice a Week (*Registration Required*)

Unlimited Performance

Aug. 3 - Sept. 24

Deciding what to do just got easier

CO-OP Programs

Kishwaukee Community Hospital, Kishwaukee College, Kishwaukee Family YMCA, and the DeKalb and Sycamore Park Districts are partnering to present a sample of classes offered throughout the community.

To register for these classes, refer to the individual listings.



Online registration available at
www.sycamoreparkdistrict.com
or call 815.895.3202.

Cubs vs Astros

Let's spend the afternoon at the most scenic ballpark in the country! Cheer on the Cubbies against their division rivals from Houston. The playoff push will be just around the corner and you can help cheer the Cubs on to victory. Secure a ticket and register as soon as possible. Tickets go fast. The fee includes ticket and bus transportation. Don't fight the traffic! Register now and let us take care of the commuting and parking hassles. For all ages. Children must be accompanied by an adult.

Wednesday, July 29 \$50 per person
Depart: 10:45 am from the Community Pool parking lot

Summer Concerts

Join us for some enjoyable music in the park this summer! All concerts are held on Thursday nights starting at 7 pm and take place near the Good Tymes Shelter, (located at the Airport Rd. Sports Complex). Concerts are FREE courtesy of local businesses that provide monetary support! Food and drinks are available for purchase or bring your own. Be sure to bring a blanket or lawn chair. Call the park district at 815-895-3202 or visit our website, www.sycamoreparkdistrict.com in case of inclement weather.

July 9: Black Tie Trio

July 16: Bagshot Row

Chess Wizards Summer Camp

The mission of Chess Wizards is to improve our students' abilities to focus and think ahead in various aspects of life. While introducing students to the magical world of chess, Chess Wizards teaches many important life concepts such as the ability to win graciously and accept defeat with dignity and sportsmanship. Campers are divided into groups according to their level, and a teacher is assigned to each group. This camp is full of various activities including time outside for active games. The end of camp features a mini tournament and all students receive a trophy, a chess board, folder with puzzles, and a Chess Wizards T-shirt. Half and full day camps are available. If you sign up for the full day option be sure to bring a non perishable lunch. Chess Wizards supplies all the equipment, snacks and prizes for all students participating in camp. Ages: Kindergarten and up

Monday thru Friday, Aug. 10-14

Option 1: 9 am - noon \$200 • Option 2: 9 am - 3 pm \$350

Location: Sycamore Park District Board Room



Kishwaukee Family YMCA

For more information,
call 815.756.9577

www.kishymca.org

Adventure Guides: Parent-Child Program

SPEND MORE QUALITY TIME WITH YOUR CHILD. This program strengthens the relationship between children ages 5-10 and their parents, and fosters a sense of self-esteem.

The program includes monthly circle meetings & monthly field trips.

Meetings run September - June (with a couple summer

excursions) \$40 plus optional special event fees

One large group activity per month. Smaller groups gather once or twice a month.

Located at the Kishwaukee Family YMCA

YMCA Teen Leaders Club

This is a free program for teens ages 12-17. This productive club will focus on community service, social development, leadership training and physical development. Members will also have the chance to participate in larger Leaders Club Rallies & Events.

This club runs year round and teen leaders will set their own bi-weekly meetings. For information or to sign up, call and ask for Mary Hess.

Located at the Kishwaukee Family YMCA

America on the Move *It's time to get moving!*

Watch for details in Aug. for the Community Walk and America On the Move Incentive Program.

America on the Move will take place at YMCA's across the country in collaboration with America On The Move Foundation. This incentive program will promote healthy, active living with a focus on taking "small steps" to start or continue on that journey. The program is open to the entire community and all participants will receive a pedometer, t-shirt, 4-week walking pass to the Kishwaukee YMCA, information on taking small steps to improve your health, and the opportunity to take part of the America On The Move Community Walk.

Six Secrets of Weight Loss

Have you tried losing weight with little or no success? **Dr. Louis Casado**, board certified in internal medicine, discusses the six secrets of weight loss and strategies to maintain long-term success.

Free (Registration Required)

KCH Roberts Conference Center

Sept. 21, 6:30 - 8 pm

Prostate Health

Join **Dr. Jay Burstein** and **Dr. Sajit Bux**, board certified urologists to discuss current views on the diagnosis and treatment of prostate diseases, including cancer.

Free (Registration Required)

KCH Roberts Conference Center

Sept. 22, 6:30 - 8 pm

Total Knee & Hip Replacement

Is knee or hip replacement in your future? Join orthopedic surgeon, **Dr. Rajeev Jain**, for this informative discussion on the latest materials and procedures used to replace joints, recovery issues, and the hospital's new "Joint Effort" pre- and post-op education program.

Free (Registration Required)

KCH Roberts Conference Center

Sept. 24, 6:30 - 8 pm



Kishwaukee College

For registration information,
call 815.825.2086, ext. 204

www.kishwaukeecollege.edu

Reiki I & II

Reiki, the Japanese word for "Light Energy" accelerates the body's healing process through the use of White Light energy. This healing art is recognized throughout the world as the most profound technique to heal the body, mind or spirit.

Reiki I: Saturdays, July 11 & 18 • 8 am – Noon \$65
Kishwaukee College U-301

Reiki II: Saturdays, Aug. 1 & 8 • 8 am – Noon \$65
Kishwaukee College U-301

Disney World Travel Tips

Learn how to plan a trip to Disney World - where to stay, what time of year to travel, how to find the best deals, and other tips to make your dollar stretch so you can take the trip of a lifetime!

Monday, July 13 • 6 – 8:30 pm \$35 Kishwaukee College B-113

Stained Glass

Learn basic stained glass construction including pattern preparation, glass cutting, copper foiling, soldering, and finishing. Each student will complete a small stained glass panel using the Tiffany method. Cost includes \$25 for supplies used in class. Students will need to purchase additional supplies (pattern and glass) at a cost of \$30 to \$60 depending selection. No refunds after 7/6.

Mondays, July 13 – Aug. 10 • 6 pm - 9 pm \$149
Kishwaukee College B-413



DeKalb Park District

For registration information,
call 815.756.8560

www.dekalbparkdistrict.com

Wacky Pirate Cruise

Join Buccaneer Bob for a journey along Chicago's River and Lakefront on the Mercury Cruise Line while having fun with Chicago's only Wacky pirate. Enjoy the easy to understand 90 minute Urban Adventure Tour. We will be shoving off from Haish gym at 7:30 am sharp so rise and shine, bring a sack lunch for later and we'll take no prisoners. Children will recite the Wacky pirate oath; receive a wacky pirate mask and a certificate of survival (if they survive). Kids are encouraged to wear their best pirate costume to win a prize and become Buccaneer Bob's Swashbuckler of the Day. The trip is for children 3 to 10 and their parents.

Friday, Aug. 7 • 7:30 am - 3:30 pm

Adults \$33/Children \$23 (transportation included)

Co-ed Badminton Camp

This camp is designed to be a step up from the backyard game. Camp will help get boys and girls into better physical shape, improve conditioning and prepare girls for high school competition. We will introduce skills including moves, serves, types of scoring, and swings. There will also be lots of game time, singles/doubles play, and more. Both beginner and current players will benefit from this program. Racquets supplied or bring your own. Camp will be run by Laura Klein, a former varsity DeKalb High School player. Specially designed for high school students.

Mon - Thurs, July 13-16 • 3:30 - 5:30 pm \$60

Adult Golf Lessons

Learn golf basics including instruction on grip, swing, putting, and chipping. Lessons will be held on the driving range and putting green at Buena Vista Golf Course. For those 15 years and older.

Thursdays, July 2 - 23 • 6:45 - 7:30 pm \$55 per session

Thursdays, Aug. 6 - 27 • 6:45 - 7:30 pm \$55 per session

Childbirth and Infants

Having a baby is a special time in your life. Kishwaukee Community Hospital's Childbirth and Infant classes prepare you for childbirth and help you develop the skills to care for your little one.

To register call 815.748.8962.



Online registration is available at www.kishhospital.org/classes

Boot Camp for New Dads

New!



This nationwide program for fathers-to-be is taught by veteran dads who bring their own babies for hands on practice. This workshop includes infant basics, becoming a dad, forming a new family and caring for new moms. Fathers-to-be will go home prepared and confident in their ability to be a new dad.

\$15 Person (Registration Required)

KCH Roberts Conference Center

July 27, 6 - 9 pm

Sept. 28, 6 - 9 pm



Cameron Wiegartz,
RN, BSN

Cameron teaches the Boys Only class and Boot Camp for New Dads.

Cameron also works as an Information Systems Clinical

Informatics Analyst at KishHealth System. He's been with KHS since 1997, where he's worked in several clinical leadership roles prior to joining the Information Systems Department.

Cameron received his Associates of Science degree in nursing from Kishwaukee College and his Bachelor's of Science degree in nursing from Aurora University. He is also certified in pain management.

Cameron is married and has three children ages two months to six years. He was born and raised in Sycamore and currently resides in Malta.

Tour of the KCH Maternity Suites

We encourage expectant parents to join us for a walking tour of the beautiful and spacious KCH Maternity Suites. The tour is free, but registration is required. This tour is also given as a part of our Prepared Childbirth classes.

Free (Registration Required)

Kishwaukee Community Hospital

July 6, 5 - 6 pm

Aug. 3, 5 - 6 pm

Sept. 14, 5 - 6 pm

Baby Basics for Your Curious Canine

Bringing home a new baby to your canine kid? The new sounds, smells and schedule changes a baby brings may cause stress in your dog. Join a certified dog trainer and learn how to help your dog accept a new baby in the house.

\$20 Couple (Registration Required)

KCH Roberts Conference Center

Aug. 21, 6:30 - 8:30 pm

Happiest Baby on the Block

In this class new parents will learn how to help their baby sleep better and soothe even the fussiest one in minutes...even seconds. Fee includes The Happiest Baby on the Block DVD and a Soothing Sounds CD.

\$25 Couple (Registration Required)

KCH Roberts Conference Center

Aug. 11, 6:30 - 8:30 pm

Infant Safety & CPR

For new parents, grandparents, and caregivers. Learn about infant safety including childproofing, poison prevention, SIDS, CPR and choking rescue for infants less than 1 year of age. Not a certification class.

\$15 Couple

KCH Roberts Conference Center

July 9, 6:30 - 9 pm

Sept. 10, 6:30 - 9 pm

Childbirth and Infants

Childbirth Education Classes

Prepared Childbirth

A five-session class for the expectant mom and her labor companion. Learn the signs and stages of labor; breathing, relaxation and comfort techniques, medications, variations of labor, including cesarean births; and take a tour of the KCH Maternity Suites. Labor companions learn to provide physical and emotional support during the birthing process.
\$75 Couple (Registration Required)

KCH Roberts Conference Center

July 8 - Aug. 5, Weds., 6:30 - 8:30 pm
Sept. 9 - Oct. 7, Weds., 6:30 - 8:30 pm

Prepared Childbirth for Young Moms

A class for young moms, ages 15-21. Learn the signs and stages of labor; breathing, relaxation and comfort techniques, medications and variations of labor including cesarean births with your support person and other young moms. A tour of the KCH Maternity Suites will be provided.

Free (Registration Required)

KCH Roberts Conference Center

Aug. 22, 10 am - 4:30 pm

Prepared Childbirth Refresher

For expectant parents who have attended a Prepared Childbirth class for a prior birth and wish to attend a "refresher" class. Attend the Prepared Childbirth Weekend Express Class from 10 am - 12:30 pm
\$35 Couple (Registration Required)

KCH Roberts Conference Center

July 11, 10 am - 12:30 pm
Aug. 1, 10 am - 12:30 pm
Aug. 29, 10 am - 12:30 pm
Sept. 26, 10 am - 12:30 pm

Prepared Childbirth Weekend Express

This condensed Prepared Childbirth class for the expectant mom and her labor companion provides the same basic information as our Prepared Childbirth class, but offers you the convenience of completing it in one day.
\$75 Couple (Registration Required)

KCH Roberts Conference Center

July 11, 10 am - 4:30 pm
Aug. 1, 10 am - 4:30 pm
Aug. 29, 10 am - 4:30 pm
Sept. 26, 10 am - 4:30 pm

New Baby Care

A class for parents and grandparents and other caregivers to learn the basics of newborn care. Bathing, diapering, feeding, crying and sleeping are just a few of the topics we will explore.
\$15 Couple (Registration Required)

KCH Roberts Conference Center

July 14, 6:30 - 8:30 pm
Aug. 18, 6:30 - 8:30 pm
Sept. 15, 6:30 - 8:30 pm

Infant Massage Class

Research shows touch is essential to human development. This one-hour, hands-on class will instruct you in beginner infant massage techniques and the clinical effects of massage on your baby. Limit two adults per infant.
Call 815.748.8900 x6066 to register.
\$15 Couple (Registration Required)

Unlimited Performance

July 15, 6 - 7 pm
Sept. 16, 6 - 7 pm

Sibling Class

Children who are at least 2 years old will benefit from this class by learning how babies look, act and behave. Children will tour a room in the KCH Maternity Suites, visit a newborn in the nursery, practice holding a baby and watch a video about having a baby sister or brother.
\$10 Family (Registration Required)

KCH Roberts Conference Center

July 18, 9:30 - 10:30 am
Sept. 12, 9:30 - 10:30 am

Mom's Breastfeeding Group KCH

Mothers and babies are welcome to attend this breastfeeding group to discuss the joys and challenges of breastfeeding. Dr. Karen Federici, facilitates the group at KishHealth Family and Specialty Care in Genoa and a certified lactation counselor facilitates the group at Kishwaukee Community Hospital. Sessions are free! No need to register - come as often as you like. Just drop in with your baby to meet other breastfeeding moms and receive the support and encouragement you need.
Free

KCH Roberts Conference Center

Fourth Thurs., 10 - 11:30 am

KishHealth Family & Specialty Care in Genoa

Second Thurs., 10 - 11:30 am

Breastfeeding

Learn the benefits of breastfeeding for mom and baby, getting started, preventing common problems and how to pump and store breast milk.
\$15 Couple (Registration Required)

KCH Roberts Conference Center

July 20, 6:30 - 9 pm
Aug. 17, 6:30 - 9 pm
Sept. 14, 6:30 - 9 pm

Fit Moms, Fit Babies

In this 8 week pre/post natal exercise class, you can eliminate or reduce pregnancy related discomforts, strains and pressures through exercise. Increase energy, improve immunity and have a better outlook on your pregnancy and motherhood. Pregnant women who are interested in starting a workout program should always consult a physician before embarking on any type of exercise.

Call 815.748.8900 x6066 to register.
\$48 Once a Week - For one day a week
\$80 Twice a Week - For two days a week

Unlimited Performance

Begins Sept. 21, meets every Monday and Thursday, noon - 1 pm

CPR & First Aid Education

Kishwaukee Community Hospital Emergency Medical Services provides classes catering to healthcare professionals, EMS students and the general public. The Kishwaukee Community Hospital Training Center is designated by the American Heart Association as a provider of CPR and Emergency Cardiovascular Care courses.

To register for these classes, call 815.756.1521, Libby Faivre x153626 or Rene Olsen x153618.



CPR Healthcare Provider

This course is intended for participants who provide healthcare to patients in a wide variety of situations, including in and out-of-hospital settings. These healthcare providers may include (but are not limited to) nurses, paramedics, EMT's, respiratory therapists, CNAs, and other allied health personnel. The course is also designed for anyone who is required to take a healthcare provider course for employment and may be attended by laypersons.

\$50 Person (*Registration Required*)

KishHealth Resource Center

July 27, 5:30 pm

Aug. 5, 5:30 pm

Sept. 9, 5:30 pm

CPR Renewal

This course is intended to renew CPR skills for participants who provide healthcare to patients in a wide variety of situations, including in and out-of-hospital settings. These healthcare providers may include (but are not limited to) nurses, paramedics, EMTs, respiratory therapists, CNAs, and other allied health personnel. The course is also designed for anyone who is required to take a healthcare provider course for employment and may be attended by laypersons. Must submit a copy of your current CPR card.

\$40 Person (*Registration Required*)

KishHealth Resource Center

July 11, 8 am

Aug. 10, 5:30 pm

Aug. 12, 5:30 pm

Sept. 2, 5:30 pm

Heartsaver AED/CPR

The American Heart Association Heartsaver AED Course teaches all lay rescuers when to phone 911, how to give CPR, how to use an AED (automated external defibrillator), and how to provide relief of choking. This course covers adult and child CPR & AED and Infant CPR. This course also includes information on the signs and symptoms of heart attack, stroke, and child and infant safety. A course completion card will be given following successful completion of the course. Price includes book.

\$45 Person (*Registration Required*)

KishHealth Resource Center

Aug. 8, 8 am

Sept. 14, 5:30 pm

Heartsaver First Aid

This course is intended for anyone who has a duty to respond to an emergency in the workplace and anyone who would like to learn how to help people suffering injuries or other medical emergencies.

\$40 Person (*Registration Required*)

KishHealth Resource Center

Aug. 19, 5:30 pm



Doctor Discussions: Heart Health

“Get into the Rhythm with Dr. Paul Nguyen”

See page 6 & 7

Program Locations

KishHealth System provides programs in a variety of locations for your convenience.

If you have any questions about program locations, please call 815.748.8962

Maps are available at www.kishhospital.org/classes



Kishwaukee Community Hospital
One Kish Hospital Drive, DeKalb
The KCH Roberts Conference Center is located on the garden level.



The KCH Professional Building
9 Health Services Drive, DeKalb
Parking & entrance in the back.



KishHealth Resource Center
626 Bethany Road, DeKalb
The old hospital is now the KishHealth Resource Center, equipped with two meeting rooms to handle large class sizes.



KishHealth Family & Specialty Care
599 Pearson Drive, Genoa



Unlimited Performance
2111 Midlands Ct., Sycamore
Coming from DeKalb, take Sycamore Road (IL 23) North just past Bethany Road. Take a right on Midlands Court.
Coming from Sycamore, take DeKalb Avenue (IL 23) South just past Edgebrook Lane/Mercantile Drive. Take a left on Midlands Court.
The entrance to Unlimited Performance is on the left side of the Midlands Professional Building facing Menards.



DeKalb County Hospice
2727 Sycamore Road, DeKalb



Hauser-Ross Eye Institute and Surgicenter
2240 Gateway Drive, Sycamore



Do you
struggle
with your
weight?
See Page 5

**What Are
Super Foods?**

Aug. 19, 6:30 - 8 pm

Create Your Weight

Sept. 2 - Nov. 4, Weds., 6:30 - 7:30 pm

**Six Secrets of
Weight Loss**

Presented by Dr. Louis Casado,
board certified in internal medicine.

Sept. 21, 6:30 - 8 pm