

HEALTH EDUCATION NEWS

CLASSES, SCREENINGS, PROGRAMS AND SERVICES

Winter 2015

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BE SMART ABOUT YOUR HEART

February is the month for valentines and candy hearts, but also a reminder to think about the health of your own heart! The American Heart Association launches a campaign in February to educate about cardiovascular disease, the leading cause of death in the United States.

To decrease your risk you can quit smoking, exercise, eat a healthy diet and maintain a healthy weight. There are also several simple screenings you can do to check your blood pressure and cholesterol, which can help determine if you are at risk for the disease. Be smart about your heart by taking advantage of these screenings at Divine Savior.

FREE BLOOD PRESSURE SCREENINGS

PORTAGE

Date: Every Wednesday
Time: 1:00 – 5:00 p.m.
Location: Divine Savior Healthcare, Suite 100
2817 New Pinery Road, Portage

PARDEEVILLE CLINIC

Date: 4th Friday of the month
Time: 1:00 – 3:30 p.m.
Location: Pardeeville Clinic
102 Gillette Street, Pardeeville

CROSSROADS CLINIC – OXFORD

Date: 2nd Friday of the month
Time: 12:00 – 3:00 p.m.
Location: Crossroads Clinic
N4390 Crossroads Clinic Rd, Oxford

No appointment necessary.

CHOLESTEROL SCREENING

Includes a full lipid panel and blood sugar test.

Date:
Thursday, March 5, 2015

Time: 7:00 - 8:20 a.m.
(By appointment only.)

Cost: \$20

Call: To register call the Education Department at (608) 745-6405.



Guided Meditation Class

All the worries and stresses of everyday life can often prevent us from taking time for ourselves. However, it is important for your health to turn off the mental chatter, take a break from the distractions that technology provides, and simply sit with your thoughts. Studies show that meditation can decrease stress and anxiety, increase focus, and even provide

relief for sufferers of chronic pain and illness.

Join us for a 6-week Guided Meditation class for an opportunity to relax and ease the burden of a busy life.



Guided Meditation Class

Days: Thursdays

Dates: January 8—
February 12, 2015

Time: 5:15-5:45 p.m.

Cost: \$30 for 6 classes

Call: (608) 745-6405 to register



Bringing Wellness to Your Workplace

At Divine Savior Healthcare, we encourage and promote healthy lifestyles, not just for our patients and employees, but also for our community businesses. We recognize the benefits of controlling healthcare costs through prevention, healthy lifestyle choices, and early identification of health issues. We are proud to be able to offer companies progressive and proactive approaches for employee wellness that benefit the employees, as well as the company's bottom line. We design health service packages to fit the specific needs of each company.

For more information on getting started with wellness at your company, please contact:
Employee Wellness Specialist
(608) 745-6408
employeeewellness@dshealthcare.com

Blood Drive

Less than 5% of the population donates blood. Be one of the few to save a life! Only blood donated through the BloodCenter of Wisconsin goes to help patients at Divine Savior Healthcare. Your support is appreciated and needed.

Date: Tuesday, February 24, 2015

Time: 12:00—5:00 p.m.

Place: Divine Savior Healthcare,
Suite 100

Call (608) 745-6405 to register or make an appointment online at www.bcw.edu/divinesavior

“Knowing basic First Aid and CPR can help reduce the severity of an injury or save a life.”

CPR AND FIRST AID COURSES OFFERED

Heartsaver CPR and First Aid courses for the community are offered at Divine Savior Healthcare to teach area residents lifesaving skills. Accidents happen. Knowing basic First Aid and CPR can help reduce the severity of an injury or save a life.

Heartsaver CPR for the Community

Date: January 24, 2015

OR February 7, 2015

Time: 9:00 a.m. — 2:30 p.m.

Cost: Adult/child = \$55

Adult/child/infant = \$65

Prices include book.

Heartsaver First Aid for the Community

Date: April 18, 2015

Time: 9:00 a.m. – 2:00 p.m.

Cost: \$45, Includes book

Call (608) 745-6405 to register.

Follow us on Facebook!



Do you want the latest news and events from Divine Savior Healthcare?

Like our page and we will update you on all the great upcoming programs we offer!

BABYSITTING BASICS

Before you let your youngster stay home alone or baby-sit younger children, make sure they know the basic emergency procedures and childcare duties.

Divine Savior Healthcare will be offering a Babysitting Basics workshop to teach students about the responsibilities of babysitting, child development, first aid and child/infant CPR.

Date: Saturday, January 10, 2015

Time: 9:00 a.m.—3:30 p.m.

Cost: \$25 per person

Call: (608) 745-6405 to register

GET IN SHAPE WITH EXERCISE CLASSES

Divine Savior Healthcare offers fun and motivating exercise classes to help you get in shape, improve your health, and manage stress.

Slow Flow Yoga

January 5—February 11

Heighten your sense of well-being with this gentle, yet invigorating yoga class.

Days: Mondays & Wednesdays

Time: 8:30—9:30 a.m.

Cost: \$50 for 12 classes

Xpress Body Blast

January 5—February 11

Get a total body workout in less time! This fun, 45 minute class incorporates cardio intervals and toning for a total body workout!

Days: Mondays & Wednesdays

Time: 5:30—6:15 p.m.

Cost: \$40 for 12 classes

Fitness Fusion

January 5—February 11

Cardio, Pilates and fitness-based yoga moves blended together for a fat burning workout that will strengthen and firm your entire body!

Days: Mondays & Wednesdays

Time: 6:30—7:30 p.m.

Cost: \$40 for 12 classes

Zumba®

January 6—February 12

Zumba® is a Latin-inspired, dance-fitness party that incorporates Latin and International music and dance movements.

Days: Tuesdays & Thursdays

Time: 6:15—7:15 p.m.

Cost: \$40 for 12 classes

Zumba Gold®

January 7—February 11

A great dance fitness class for beginners! If you're an active older adult, new to exercise or recovering from an injury, Zumba Gold® is for you! Join us for all the fun and flavor of a Zumba® class at a slightly lower intensity.

Days: Wednesdays

Time: 10:00 – 10:45 a.m.

Cost: \$20 for 6 classes



Tai Chi

January 6—February 10

This gentle, low-impact exercise class is great for stress management and is healing to the joints, muscles and spirit.

Days: Tuesdays

Time: 6:00—7:30 p.m.

Cost: \$42 for 6 classes



Stretch, Breathe & Strengthen

January 6—February 10

Includes centering and breath focus, chair exercises, stretching, weight work, standing exercises and relaxation.

Days: Tuesdays

Time: 10:00—11:00 a.m.

Cost: \$20 for 6 classes

Senior Fitness

January 8—February 5

A gentle low-impact class designed especially for seniors.

Days: Thursdays

Time: 10:00—11:00 a.m.

Cost: \$17 for 5 classes

“Divine Savior Healthcare offers fun and motivating exercise classes.”

Registration begins one month before the scheduled session.

Class sizes are limited.

Call (608) 745-6405 to register.

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\$5 discount for joining more than one class!**

Divine Savior Healthcare
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Phone: (608) 745-6405
Fax: (608) 745-6397



Divine Savior Healthcare's Education Department provides a variety of health promotion services including health assessments, screenings, risk-reduction interventions and educational opportunities to assist community members in improving their individual health and wellness.

www.dshealthcare.com