



CLASSES for your MIND, BODY and SOUL

Community Health Education that Promotes a Healthier Lifestyle



Edgerton Hospital and Health Services is committed to providing exceptional health care for our communities. We offer quality programs to enrich your mind, body and soul.

STRONGWOMEN™

Certified StrongWomen Instructor

The StrongWomen class is an 11 week exercise program for middle-aged and older women. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. The class is appropriate for both sedentary and very active women. Registration required.

Edgerton Hospital Classroom: \$40

January 17 – March 29 (Tuesdays & Thursdays); 5:00 – 6:00 p.m.

SMOKING CESSATION

Marti Yakel, RN

Quit smoking for good with **Freedom From Smoking®**! If you are thinking about quitting smoking, you have taken the first step to quitting for good. **Freedom From Smoking®** will show you how to quit for good in a supportive setting. It is the best thing you can do for you and your family! Registration required.

Edgerton Hospital Classroom: \$75

Starts January 17 – February 28, (Tuesdays) & February 9 (Thursday); 8 sessions, 7 week course; 6:00 – 7:30 p.m.

RAISING HEALTHY EATERS

Edgerton Hospital, UW Extension, Edgerton Elementary School's Family Resource Center

This class will include hands-on activities and discussions for parents of 2-5 year olds. Children (age 2-5) will participate in fun, nutrition activities at the same time! Children under age two may stay with parent during class. Raising Healthy Eaters topics include: dealing with choosy eaters, introducing new foods, managing challenging mealtime situations and helping children develop healthy eating habits. Registration required.

Edgerton Elementary School's Family Resource Center: \$15

January 24 – February 28 (Tuesdays); 8:30 – 10:00 a.m.



Edgerton Hospital Classroom:

On-going (Thursdays); (Weigh-in); 4:30 – 5:00 p.m. (Educational Session); 5:00 – 5:30 p.m.

See www.weightwatchers.com for current registration fees and specials.

WOMENHEART SUPPORT NETWORK MEETING

Kathleen Butler & Keynote Speaker

This support group is for women living with heart disease. The monthly meetings will provide a great networking opportunity and will be fun and educational with a variety of key note speakers and topics. To register, call Sue Kindschi at 608-884-1396.

Cardiac Rehab Room: FREE!

Meets the fourth Thursday of every month; January 26, February 23, March 22; 6:00 – 7:30 p.m.

YOGA IN NO TIME

Elise Wileman

Discover a fresh approach to relieving the stressors of everyday life at home or in the work place through simple, fool-proof techniques everyone can do. Utilizing common practices easy to perform anywhere without any supplies, equipment or previous experience. All you need is yourself! Registration required.

Edgerton Hospital Classroom: \$30

January 28 (Saturday); 1:00 – 2:30 p.m. OR March 5 (Monday); 5:30 – 7:00 p.m.

RED DRESS - ARTS COUNCIL LUNCHEON AND "ART WITH HEART" GALLERY



Celebrate National Wear Red Day with a Red Dress Luncheon. "Art with Heart" gallery will be displayed by Art Council of Edgerton. To help raise awareness of heart disease and stroke, Kathleen Butler, WomenHeart Support Network Coordinator, and a guest speaker will discuss heart disease in women. This event will provide health screenings and the opportunity to speak to health professionals about cardiovascular disease in women. Registration required.

Edgerton Hospital Classroom: \$10

February 3 (Friday); 11:30 a.m. – 1:30 p.m.

WALKING THE LABYRINTH

Trish Kalthagen

This class will offer some history and creative ways to walk the Labyrinth. You'll find that it may be a calming, thoughtful, transformational moment in time. Instrumental music will add to this experience as you discover that each individual can walk this cloth Labyrinth using different methods. Many have expressed deep gratitude for these gatherings which have supported their life journey. Registration required.

Edgerton Hospital Classroom: FREE!

February 4 (Saturday); 9:00 – 11:00 a.m.

A GIFT TO YOUR FAMILY: ADVANCE CARE PLANNING

Agrace HospiceCare

This session emphasizes the importance of making decisions about future medical care and sharing your wishes with your loved ones. Participants will be offered some suggestions for selecting a healthcare agent, tips for starting the conversation and learn where to keep this important document. Complimentary documents will be provided to all attendees. Registration required.

Edgerton Hospital Classroom: FREE!

February 8 (Wednesday); 1:00 – 2:00 p.m.

COMPRESSION ONLY CPR

American Heart Association Instructor

Compression Only CPR, also known as Hands Only CPR. It is similar to CPR but without the rescue breaths. Learn this lifesaving skill in just 15 minutes!

Edgerton Hospital Classroom: Free!

February 9 (Thursday); Stop by anytime between 10:00 – 11:00 a.m. OR 2:00 – 3:00 p.m.

DO I HAVE A SLEEP DISORDER?

Beth Kaufman, RPSGT and Lynn Waldera, RRT, RPSGT, BA

Snoring may actually be a symptom of a harmful sleep disorder that causes breathing to stop during the night. Join Edgerton Hospital & Health Services to learn more about snoring and other sleep-related concerns. Registration required.

Edgerton Hospital Classroom: Free!

March 1 (Thursday); 6:00 – 8:00 p.m.

MANAGING YOUR MEDICATIONS

Heather Prestil, RPh

It is important to become an active partner in your medication program. This includes understanding why certain medications have been prescribed, the possible side effects, and the best way to take them to ensure their safety and efficiency. Studies show that patients who have accurate information about their drug regimens are much more likely to follow through than those without. Registration required.

Edgerton Hospital Classroom: Free!

March 6 (Tuesday); 10:00 – 10:45 a.m.

HEARTSAVER PLUS AED CERTIFICATION

American Heart Association Instructor

Learn how to use an AED (automatic external defibrillator) and perform CPR on an adult, child and infant. In addition to CPR and AED use, participants learn how to help a choking victim. Two-year completion card is issued upon successful completion. Registration required.

Edgerton Hospital Classroom: \$35
March 8 (Thursday); 9:00 a.m. – Noon

FREE! Heart Healthy Programs...

Create a healthy heart by attending our free educational programs presented by top-notch health care professionals. These classes are specifically designed for anyone who may be at high-risk for heart disease or has previously suffered a heart attack. In 45 minutes, you'll learn the steps necessary to ensure a healthy heart! Feel free to register for as many programs as you'd like.

Topics include:

- The Basics of Cholesterol
- Reading Food Labels
- Blood Pressure
- Strength Training and Relaxation Techniques

Programs are typically offered on Wednesdays, 9:00 – 9:45 a.m. at Edgerton Hospital.



For a current listing of class dates and times visit www.edgertonhospital.com/classes or, call Jamie at 608-884-1609.

For more information, or to register with a secure payment, visit www.edgertonhospital.com Or call 608-884-1609 to register.

