



HealthPark

Owensboro Medical Health System

quarterly calendar

The HealthPark is a 110,000-square-foot facility that offers outpatient diagnostic capabilities, outpatient therapy, a medical-based health and fitness center, a health resource center and a chapel. Our wellness programs help individuals to develop and maintain better overall health in mind, body and spirit.



it's about life!

march

CHOLESTEROL/BLOOD SUGAR SCREENING

Results in 8 minutes. Fast 10 to 12 hours prior to testing. Preregistration required, please call **270-688-4908**.

Date/Time: March 4, 8 to 10 a.m.

Location: West Concourse

Fee: \$25

METABOLIC SYNDROME SCREENING

Will assess risk factors for heart attack and stroke: cholesterol/blood sugar results, blood pressure and waist circumference. Requires 10- to 12-hour fast.

Date/Time: March 4, 8 to 10 a.m.

Location: West Concourse

Fee: Free

COOKING FOR YOUR HEALTH

Celebrate National Nutrition Month 2009 with registered dietitian Beth Cecil as she whips up healthy foods quickly and easily. Class will include a cooking demonstration along with recipes and tasty foods to sample. Call **270-688-4908**.

Date/Time: March 18, 5:30 p.m.

Location: Classroom A
Fee: \$5 for HealthPark members and \$10 for non-members

TAKING ACTION: VASCULAR DISEASE AND STROKE PREVENTION

Make plans to attend the important program centering on vascular disease and stroke/brain attack.

Date/Time: March 19.

Booth and demos from 3:30 to 5:30 p.m.; Robert Schell, M.D., will speak on abdominal aortic aneurysms and peripeheral arterial disease at 5:30 p.m.

Fee: Free

AHA HEART WALK AT THE HEALTHPARK

Date/Time: March 21
Registration at 8 a.m.,
Walk begins at 9 a.m.

DIABETES ALERT DAY

The American Diabetes Alert day is a one-day event focusing on the seriousness of diabetes. The Diabetes Resource Center is hosting diabetes risk screenings and classes.

Date/Time: March 24, 8 to 10 a.m., 3 to 5 p.m.

Location: Lobby

THE POWER OF PREVENTION CLASS

Date/Time: March 24, 10 a.m. and 5 p.m.

Location: HRC Classroom B

Instructor: Jackie Chisholm, R.D., L.D., CDE

Fee: Free

HEALTHONE WEIGHT HEALTH MANAGEMENT

Looking for an alternative to weight loss surgery? Our medically supervised weight loss program combines a versatile meal replacement with nutrition education, exercise and behavior modification in a group setting. Classes meet weekly for 20 weeks and are led by an R.D. and R.N. Call **270-688-4776**.

Date: March 26

Location: HRC Classroom

STRONGWOMEN

StrongWomen is a program developed by Tufts University based upon years of research on how strength training and proper nutrition improve the health of women of all ages. StrongWomen provides a safe and effective method of strength training for middle age and older women, and is appropriate for both sedentary and very active women. Applications will be accepted starting in March. The program will start April 7. Call **270-688-4855** for more information.

april



HEARING SCREENING

Date/Time: April 1, 8 to 10 a.m.
Location: Chapel
Fee: Free

VISION SCREENING

Date/Time: April 1, 8 to 10 a.m.
Location: Chapel Conference Room
Fee: Free

COOPER-CLAYTON METHOD TO STOP SMOKING

This quarterly 12-week program is offered free of charge through a collaborative effort between OMHS, Green River Heart Institute, Green River District Health Department & the Kentucky Cancer Program. These weekly educational and support sessions have an average success rate of more than

40 percent compared with the national average smoking cessation success of only 20 percent. This group uses a combination of nicotine replacement and support group; however, if you have been prescribed Chantix, then this program is for you as well. For more information, call **270-688-0808**.

Date/Time: 12-week series begins April 7, 5:30 to 6:30 p.m.
Location: Classrooms A & B
Fee: Free



Pilates Reformer Training

The Reformer is the essence of corrective Pilates, allowing the body to be supported where it is weak and challenged where it is strong. Develop core control, strength, flexibility, alignment, coordination and balance. Call **270-688-4828**.

call

THE DANGERS OF HIGH CHOLESTEROL

What is high cholesterol? What are safe cholesterol levels? How can unsafe cholesterol levels be improved? This class will discuss healthy lifestyle tips to help maintain or bring down your cholesterol to a healthy level.

Date/Time: April 9, 5:30 to 6:30 p.m.
Location: Classroom A
Fee: Free

PERIPHERAL ARTERY DISEASE: ARE YOU AT RISK?

Learn about diagnostic and treatment options for peripheral artery disease. Learn what questions you need to ask your doctor about prevention. Optional Ankle Brachial Index screening is \$10. This screening will be by appointment following the class. Pre-register by calling **270-688-4908**.

Date/Time: April 9, noon to 1 p.m. or 5 to 6 p.m.
Location: Classroom B
Fee: Free

WHAT IS A BRAIN ATTACK?

This class will discuss the causes of high blood pressure, the risk factors and how you can lower your risks for a stroke.

Date/Time: April 16, 5 to 6 p.m.
Location: Classroom B
Fee: Free

NUTRITION 101

New information about food and diet emerges daily. All this information can be overwhelming and even confusing. The key to healthy eating is to focus on information that is based on scientific research.

Date/Time: April 22, 5 p.m.
Location: Classroom A
Fee: Free



POSITIVE ATTITUDES TO CHANGE

Attitudes are contagious. Is yours worth catching? Your attitude can have a positive or negative effect on your health, occupation and relationships. Learn how your attitude can make a difference in your life. Course fee includes a journal and pen.

Date/Time: April 23, 5:30 to 6:30 p.m.
Location: Classroom B
Fee: \$6 for HealthPark members and \$10 for non-members

TAI CHI

Uses low-impact exercises and breathing techniques to condition the mind and body, and nourish the spirit. This eight-week class is for people of all ages and all walks of life. Call **270-688-5433**.

Dates/Time: 11 a.m on Tuesdays. **Fee:** Free to members

may

DIABETES SCREENING

This is a screening tool to see if you may be at risk for diabetes. You will need to be fasting for at least two hours. You can have black coffee and take any routine medicines.

Date/Time: May 6, 8 to 10 a.m.

Location: West Concourse

Fee: Free

RESPIRATORY SCREENING SLEEP APNEA INFORMATION

Date/Time: May 6, 8 to 10 a.m.

Location: West Concourse

Fee: Free



FALLS RISK ASSESSMENT

Date/Time: May 6, 11 a.m. to noon

Location: Front Lobby Hallway

Fee: Free

DIAGNOSTICS FOR HEART DISEASE

The Heart of a Woman and His Heart Program offers this free class about diagnostic tests for heart disease. Heart disease is the No. 1 killer of men and women. You will learn about different diagnostic tests your physician may order to determine if you have heart disease.

Date/Time: May 14, noon to 1 p.m. or 5:30 to 6:30 p.m.

Location: Classroom A

Fee: Free

TAKING ACTION: CONTROLLING ARTHRITIS

A free, community arthritis-awareness event. For more information, call 270-688-4908.

Date/Time: May 19, 3:30 to 6:30 p.m.

Fee: Free

BE HAPPY ATTITUDES

The Be Happy Attitudes offer eight positive keys to becoming a more authentic person and living a truly successful life. You'll have the keys to a vital and joyous life ... time-tested principles for lasting happiness. Course fee includes a journal and pen.

Date/Time: May 28, 5:30 to 6:30 p.m.

Location: Classroom B

Fee: \$6 for HealthPark members, \$10 for non-members

massage

Our Mother's Day Special is guaranteed to give mom the pampering she deserves. The HealthPark's certified massage therapists offer 15-, 30-, or 60-minute sessions. Additional services available include paraffin treatments and foot baths. Appointments may be scheduled by calling

270-688-LIFE (5433). This service is available both for members and non-members welcome.

call



Golden Partners

Golden Partners is a unique program designed for individuals who are 55 and older, capturing our belief that wellness involves maintaining a sound body, mind and spirit. Membership is \$25 person or \$40 couple, per year.

Benefits include travel opportunities, weekly exercise sessions and special events throughout the year. A free blood pressure screening is offered each Tuesday from

1 to 4 p.m. For more information or to enroll, call **270-688-4855**.

call

BODYPUMP 69

Don't miss the launch of the next BodyPump class series. BodyPump 69 debuts in May 2009. This strength training class is for members only.

Group Personal Training

Try the power of group training with a workout that is customized for participants. Enjoy the fun, the cost savings and the extra motivation that a group of friends can experience with their own Personal Trainer. For more information, call **270-688-4828**.

call

CPR and more

AHA BLS FOR HEALTHCARE PROVIDER

Fee: \$65

- March 12, 8 to 11 a.m.
- April 9, 8 to 11 a.m.
- May 14, 8 to 11 a.m.

AHA BLS FOR HEALTHCARE PROVIDER RENEWAL

Fee: \$55

- March 12, 1 to 3:30 p.m.
- April 9, 1 to 3:30 p.m.
- May 14, 1 to 3:30 p.m.

AHA BLS INSTRUCTOR COURSE

Fee: \$250

- May 21, 8 to 3:30 p.m.

AHA FAMILY & FRIENDS CPR

Fee: \$40

- April 8, 9 to 11 a.m.

AHA HEALTHCARE PROVIDER ONLINE RENEWAL SKILLS TESTING

Fee: \$30

- March 11, 1:30 to 2 p.m., 2 to 2:30 p.m., 2:30 to 3 p.m.
- April 8, 1:30 to 2 p.m., 2 to 2:30 p.m., 2:30 to 3 p.m.
- May 13, 1:30 to 2 p.m., 2 to 2:30 p.m., 2:30 to 3 p.m.

AHA HEARTSAVER CPR

Fee: \$50

- March 11, 9 a.m. to noon

AHA HEARTSAVER FIRST AID

Fee: \$60

- May 13, 8 a.m. to noon

AHA HEARTSAVER PEDIATRIC FIRST AID

Fee: \$65

- March 18, 8 a.m. to 12:30 p.m.



CPR TRAINING CENTER

HealthPark Health Resource Center

Call **270-688-1557** to register for classes or for more information. All classes are held in the HealthPark Health Resource Center Classrooms. Fees include materials and certification card.

BONDING WITH BABY

This eight-week class helps mom get back on the road to fitness after her baby is born. Moms bring new baby along for low-impact strength exercises, focusing especially on the core muscles. Baby is used as resistance during some of the exercises or is held close to you in a front baby carrier. You not only bond with your baby, but you also establish relationships with other new moms and their babies. This class is recommended for babies up to 4 months old. A physician's release is required. For more information or to register, call **270-688-5433**.

Fee: \$56 for members, \$69 for non-members

membership

As Owensboro's only medical-based fitness center, the HealthPark offers health and fitness membership, therapeutic memberships, corporate memberships and special assistance programs. Membership provides access to the indoor walking/running track, cardio and strength training equipment, gymnasium, racquetball courts, locker room with amenities, warm water therapy pool and 25-meter lap pool. Members also have access to our aquatic classes and land aerobic classes. To find out more about membership opportunities or for a guided

tour, call **270-688-LIFE (5433)**.

call

HEALTHPARK HOURS OF OPERATION

Monday – Thursday, 5:15 a.m. to 10 p.m.

Friday, 5:15 a.m. to 8 p.m.

Saturday, 7 a.m. to 7 p.m.

Sunday, Noon – 8 p.m.

FAMILY TIMES

Members may bring their children age 12 and under, and enjoy time together swimming, playing in the gym or racquetball courts or a game of table tennis.

Wednesday & Friday, 6 to 8 p.m.

Saturday & Sunday, Noon to 4 p.m.

PLAYPARK HOURS

Monday – Friday, 8 a.m. to 8 p.m.

Saturday, 8 a.m. to 2 p.m.

CORNERSTONE CAFÉ

Our café serves breakfast foods, soups, salads and sandwiches. We also serve soft drinks, coffee and tea, and fruit smoothies.

Monday – Friday, 8 a.m. to 4 p.m.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.