





FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 404.501.WELL.

## THE WELLNESS CENTER

### 2665 NORTH DECATUR ROAD

■ DeKalb Medical has an 18,000-square-foot fitness center complete with an indoor pool and indoor track on its North Decatur Campus.

### HOURS

**M-F** 5:30 a.m.-9 p.m.  
**SA** 8 a.m.-4 p.m.  
**SU** 11 a.m.-5 p.m.

**A Wellness Center membership is NOT required to participate in DeKalb Medical's educational and consultative programs. Drop by anytime for a free tour.**

### MEMBERSHIPS

- No required contract or initiation fee.
- Membership is open to those ages 16 and older.
- For a free one-week coupon, go to [www.dekalbmedical.org](http://www.dekalbmedical.org), click on Programs and Services, and then on The Wellness Center!

### MONTH-TO-MONTH MEMBERSHIP \$44

### DISCOUNTS

If you join for six or 12 months, you receive a discount off the monthly rate and you can pay in full or by monthly bank draft: \$238 for six months or \$423 for 12 months.

### SENIORS

Discount for members ages 60 and older.

### FAMILY

The second member of your household receives a discount off the six-month or 12-month membership.

### EMPLOYEES

Employees of DeKalb Medical, City of Decatur, DeKalb County government and schools, and City Schools of Decatur all receive discount memberships.

### ONE-DAY GUEST PASS

Available for \$10 per day. If you join within 30 days, \$10 will be deducted from your first month's fee.

All events are held at The Wellness Center (in the 2665 Professional Building on the North Decatur campus), unless otherwise stated.



### WHERE TO FILL YOUR CART

The healthiest foods, such as fresh produce and dairy, are usually located around the perimeter of the store. Less healthy processed foods tend to be in the middle aisles.

## NUTRITION

### Grocery Store Tour

Get hands-on nutrition education with a personalized grocery tour. You'll spend one hour with Alice Schuler, R.D., a registered dietitian with more than 20 years of experience, certified in Weight Management Training for children, adolescents and adults, who will help you select the best food products and provide up-to-the-minute nutrition information. You will learn how to read nutrition labels for your specific nutrition requirements and how to easily comparison shop. You will also receive an information packet containing shopping tips and evidence-based nutrition information.

**FEE \$40 INFO 404.501.5015**

### Nutrition Consult

Learn from an expert! Alice Schuler, R.D., has more than 20 years of dietary experience and is certified in Weight Management Training for children, adolescents and adults. Consults include:

- a personalized tailored meal plan; if needed, this can incorporate all of your medical needs into one concise, manageable healthy meal plan. Topics include weight loss, insulin resistance, hypertension, high cholesterol, vegetarianism, food intolerances/allergies, irritable bowel syndrome, polycystic ovarian syndrome, pregnancy, sports nutrition and more.
- a personalized nutrition information packet that includes science-based nutrition information to answer all your nutrition questions and strategic tips on how to follow your tailored meal plan.

**FEE \$55/one hour; \$30/half-hour consult; \$15/15-minute check-in (for long-term clients); Wellness Center member discount: \$35/one hour; \$20/half hour; \$8/15-minute check-in (for long-term clients).  
INFO 404.501.5015**

### VITAMIN C

All fruits and vegetables contain some vitamin C. Vitamin C should be consumed every day because it cannot be stored by the body.



### Personal Nutrition Coach

Let an expert help you reach your weight-loss goals. Alice Schuler, R.D., has more than 20 years of weight-loss experience and is certified in Weight Management Training for children, adolescents and adults. Your individually tailored coaching sessions will include:

- guidance on how to eat your favorite dishes at home and at parties, and still meet your weight-loss goals throughout the year.
- evidence-based nutrition information on weight loss specific to your needs.
- lifestyle strategies that promote weight loss and maintenance of the lower weight.
- motivation and accountability.

Coaching consists of one one-hour nutrition consult plus two half-hour consults and four fifteen-minute consults. All sessions are individually tailored to your needs.

**FEE \$150; Wellness Center member discount: \$100  
INFO 404.501.5015**



## MIND AND BODY

### The Art of Relaxation and Stress Management

Learning to relax is the best way to effectively manage stress. Now there's a way to bring peace, tranquility and clarity back to your life that can be learned quickly and easily. The techniques, from the Silva Center, are simple, effective and natural, based on the knowledge that how you think, believe and behave dictates your living experience. Join us for this workshop to learn how to make simple, positive changes so you can live a powerful life of your own design.

**SESSIONS** Two-hour workshop **FEE \$50; DeKalb Medical employees: FREE (registration required)** Choose a location and date from the following list:

**DATES** Wednesday, Feb. 17 or Thursday, April 8  
**TIME** 6:30-8:30 p.m.

**DATES** Saturday, Feb. 27 or Saturday, April 17  
**TIME** 10:00 a.m. to noon

**LOCATION** DeKalb Medical at Hillendale Community Room

**DATES** Wednesday, Jan. 20 or Wednesday, March 17  
**TIME** 6:30-8:30 p.m.

**DATES** Saturday, Jan. 30 or Saturday, March 27  
**TIME** 10:00 a.m. to noon

**LOCATION** DeKalb Medical North Decatur Campus  
**INFO 404.501.WELL**

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### Belly Dance: Anyone Can Belly Dance

No experience necessary! Come enjoy the health and beauty benefits of this ancient women's dance. Belly dance embraces all body types and is natural to a woman's bone and muscle structure because the movements center on the torso rather than the legs and feet. The belly dancer isolates parts of her body to move each independently in a completely feminine interpretation of the music. So fun and relaxing you won't realize you're also getting a great workout.

**SESSIONS** 6 **FEE** \$60; \$15/drop-ins  
**DATES** Jan. 11-Feb. 15 or March 1-April 5 **DAY** Monday  
**TIME** 7:45-8:45 p.m. **INFO** 404.501.WELL  
**FREE INTRO CLASS:** Jan. 4, 7:45-8:45 p.m.

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### Belly Dance Basics Weekend Workshops

**FEE** \$18 **DATES** Jan. 10, Jan. 24, Feb. 14, Mar. 7  
**DAY** Sunday **TIME** 2-3:30 p.m. **INFO** 404.501.WELL

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### Seated Belly Dance Basics Weekend Workshops

**FEE** \$18 **DATE** Jan. 9, Jan. 23, Feb. 6, Mar. 6 **DAY** Saturday  
**TIME** 1-2:30 p.m. **INFO** 404.501.WELL

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### Belly Dance: Sitting and Standing

No experience necessary! Come enjoy the health and beauty benefits of this ancient women's dance. Belly dance embraces all body types. It is therapeutic for those with limited mobility, vertigo, stiff joints and much more! So fun and relaxing you may not realize you're also getting a great workout until you feel and see the results!

**SESSIONS** 6 **FEE** \$60; \$15/drop-ins **DATES** Jan. 13-Feb. 17; Feb. 24-Mar. 31 **DAY** Wednesday  
**TIME** 2-3 p.m. **INFO** 404.501.WELL  
**FREE INTRO CLASS:** Jan. 6, 2-3 p.m.

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### Bach Flower Therapy Consultation

Bach Flowers can bring balance to body and mind. Relax with a personalized Bach Flower consultation.

**SESSIONS** individual **FEE** \$75/45 minutes  
**SESSIONS** couple **FEE** \$135/90 minutes  
**SESSIONS** animal **FEE** \$40/35 minutes  
**INFO** 404.501.5428

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### Body-Focused Psychotherapy

Body-focused psychotherapy integrates body, mind and spirit into the healing process. Like traditional psychotherapy, we talk about the issues at hand. But we also explore how our thoughts impact and influence our feelings, and how our bodies respond and react to both. By holistically addressing body, mind and emotions, we are able to more fully let go of our past and live more dynamically in the present.

**FEE** \$120/55 min. **INFO** 404.501.5428

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### ChiWalking®

The ChiWalking® program combines a walking posture with the inner focus and flow of t'ai chi to create efficient and powerful movement at any walking speed. Whether you're just starting a fitness program, training for a marathon, pushing a stroller, trail walking, hiking or grocery shopping, you'll learn proper alignment and movement techniques that will make walking easier, more dynamic, balanced, relaxed and pain-free. Instructor: Sandy Bramlett, Certified ChiWalking Mentor.

**SESSIONS** Half-day workshops **FEE** \$70  
Choose a date from the following three listed:  
**DATE** Jan. 16 **DAY** Saturday **TIME** noon-4 p.m.  
Follow-up class Saturday, Jan. 30, noon-2 p.m.  
**LOCATION** The Dr. Bobbie Bailey Tower Auditorium  
**DATE** Feb. 27 **DAY** Saturday **TIME** noon-4 p.m.  
Follow-up class Saturday, Mar. 20, noon-2 p.m.  
**LOCATION** The Wellness Center  
**DATE** Apr. 10 **DAY** Saturday **TIME** 9 a.m.-1 p.m.  
Follow-up class Saturday, Apr. 24, 9-11 a.m.  
**LOCATION** The Dr. Bobbie Bailey Tower classroom 4040  
**INFO** 404.501.WELL

**SESSIONS** 4 weekday sessions **FEE** \$70  
Choose a date from the following two listed:  
**DATES** Feb. 17-Mar. 10 **DAY** Wednesday  
**TIME** 8:30-9:30 a.m. Follow-up session:  
Saturday, Mar. 20, noon-2 p.m. **LOCATION** The Dr. Bobbie Bailey Tower classroom 4040  
**DATES** Mar. 31-Apr. 21 **DAY** Wednesday  
**TIME** 8:30-9:30 a.m. Follow-up session:  
Saturday, Apr. 24, 9-11 a.m. **LOCATION** The Wellness Center  
**INFO** 404.501.WELL

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### Goodbye New Year's Resolutions ... Hello Personal Themes

Get ready for the new year with a theme—a proven technique to help you get the change you want. Based on her upcoming book, author and Wellness Center life coach Jane McMullan Howe shows you how using a one-word or short-phrase theme is a more effective way to create change in your life than the traditional and often failed New Year's resolutions. Learn what a theme is and how to choose one, use it and keep it alive. Uncover gremlin themes that sabotage success. Hear powerful stories of how others have successfully used themes to create extraordinary results in their lives.

**SESSIONS** 3 **FEE** \$75 **DATES** Feb. 4-18  
**DAY** Thursday **TIME** 6:30-8:30 p.m.  
**LOCATION** The Dr. Bobbie Bailey Tower classroom 4040  
**INFO** 404.501.WELL

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### Grief Group

A program for people dealing with the stages of grief; open to anyone who has lost a loved one.

**FEE** Free **DATES** Jan. 14-Feb. 18; Mar. 4-Apr. 8  
**DAY** Thursday **TIME** 6-7:30 p.m.  
**INFO** 404.501.5148

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### Healing Touch

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. A session is conducted while the client lies on a massage table, fully clothed. Healing touch is relaxing and nurturing and supports your natural ability to heal.

**FEE** \$70/60 min. **INFO** 404.501.5428

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### Labyrinth Walking

The labyrinth has been called a walking meditation and a path of prayer; it offers a way to connect with self, find insight for current questions we face, ask for help and express fears, sorrows or joy. The labyrinth is a metaphor for our life's journey and can provide clarity in areas where we struggle. The labyrinth is also a way to focus and be present in the moment. It's easy to do, there is no right or wrong way to do it, and for those who find it difficult to do sitting meditation, it can offer another way to quiet the mind. This workshop will provide an opportunity to learn more about the labyrinth, including some of its history, which spans hundreds of years. Barbara Emmanuel, LCSW, is in private practice in Decatur and has been using the labyrinth in group settings since 2000.

**FEE** Free, registration required **DATES** Jan. 8; Feb. 19; Mar. 12; Apr. 16 **DAY** Friday **TIME** 6-8 p.m.  
**LOCATION** The Dr. Bobbie Bailey Tower Auditorium  
**INFO** 404.501.WELL

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### Life Coaching

Jane McMullan Howe, M.S., ACC, Certified Coach, works with individuals to achieve wellness through coaching. Jane and her clients identify, confront and overcome challenges; clarify boundaries; and achieve balance through powerful questioning delivered in a compassionate and light-hearted coaching style. An experienced coach, her clients include leaders from Fortune 500 companies and professionals from all walks of life. A member of the International Coach Federation and Georgia Coach Association, she has been honored for her service to the coaching community.

**SESSION** 1 in-person **FEE** \$100/60 minutes  
**SESSIONS** 4 by phone **FEE** \$200/four 30-minute sessions/month **INFO** 404.501.5428

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### Massage Therapy

Massage is one of the oldest healing arts—Chinese records dating back 3,000 years document its use. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low-back pain, arthritis, fatigue, high blood pressure, smoking cessation, depression and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living. Gift certificates available.

**SESSION** traditional massage  
**FEE** \$67/60 minutes; \$37/30 minutes

**SESSION** traditional massage discount package  
**FEE** \$290/five 60-minute sessions

**SESSION** hot stone massage  
**FEE** \$90/75 minutes

**INFO** 404.501.2222

### Meditation Instruction

This is a private session with Judy Perras, certified in meditation instruction by Deepak Chopra. Benefits of meditation include stress reduction, better sleep, lower blood pressure, improved cardiovascular function and the ability to stay centered even in the midst of all the turmoil that's going on around you.

**FEE** \$70/60 minutes **INFO** 404.501.5428

### Meditation Workshop

Meditation is a practice. We practice being present in our meditation so that we can become more present and aware in our daily lives. It is a simple practice but not always easy. In this class you will learn a simple yet proven mindfulness meditation technique and receive guidance toward implementing it in your life. Instructor: Judy Perras, certified in meditation instruction by Deepak Chopra.

**FEE** \$40 **DATES** Thursday, Jan. 28 or Tuesday, Mar. 23  
**TIME** 7-8:30 p.m. **LOCATION** The Dr. Bobbie Bailey Tower classroom 4040 **INFO** 404.501.WELL

### Nicotine Anonymous

A 12-step program to help you quit nicotine and to provide ongoing support. No registration required.

**FEE** Free **DAY** Every Friday  
**TIME** 7:30-8:30 p.m.

**INFO** 404.244.8444  
(Nicotine Anonymous Hotline)



### Reflexology

Reflexology is the physical act of applying pressure to the feet with specific thumb, finger and hand techniques. It is based on a system of reflex areas on the feet that reflect an image of the body with a premise that such work effects a physical change to the body. It promotes relaxation, improves circulation, reduces pain, soothes tired feet and encourages overall healing.

**FEE** \$65/45 minutes **INFO** 404.501.2222

### Tai Ji: Inner Balance Through Tai Ji

The ancient art of Tai Ji, often described as meditation in motion, uses gentle flowing movements to reduce stress and improve health. Research suggests that Tai Ji may reduce depression, improve balance and coordination, improve sleep quality, slow bone loss in women after menopause, lower blood pressure, improve cardiovascular fitness and improve everyday physical functioning. This class focuses on the 5 Elements and Circles Tai Ji form created by Chungliang Huang, Living Tao Foundation. It is open to new and returning students. Instructor: Meg Randolph

**SESSIONS** 12 **FEE** \$150 **DATES** Jan. 12-  
Mar. 30 **DAY** Tuesday **TIME** 7:40-8:40 p.m.  
**INFO** 404.501.5725

### Tai Ji for Arthritis and Osteoporosis: Better Bones and Balance

For people with arthritis, being active is essential. Without activity, joints become stiffer and muscles become weaker, which will lead to further pain and stiffness. Activity keeps bones, muscles and joints healthy, thus improving flexibility and muscular strength. Activity also helps people with osteoporosis by slowing down bone loss and improving balance. This Tai Ji class focuses on core strengthening and is specifically designed for those with arthritis, back pain and osteoporosis. It is taught by Meg Randolph, who has trained with Dr. Paul Lam of the Tai Chi for Health Community.

**SESSIONS** 8 **FEE** \$100 **DATES** Jan. 14-Mar. 4  
**DAY** Thursday **TIME** 10:15-11 a.m.  
**INFO** 404.501.5725

### A Taste of Tai Ji

Join us for this one-hour "taste" of Meg Randolph's Inner Balance Through Tai Ji. All levels of expertise are welcome.

**FEE** \$12.50 **DATE** Jan. 16 **DAY** Saturday  
**TIME** 11:30 a.m.-12:30 p.m. **INFO** 404.501.5725

## PARENTING AND PRENATAL CARE



### Baby Talk—Breastfeeding Support Group

A weekly mother-to-mother support group facilitated by a certified lactation consultant. This amazing group has been in existence for more than 10 years, supporting and empowering its members in being breastfeeding moms. Baby weight checks are also available.

**FEE** Free **DAY** Every Thursday **TIME** 11 a.m.-noon  
**LOCATION** The Dr. Bobbie Bailey Tower classroom 3040  
**INFO** 404.501.WELL

### Breastfeeding Class

This one-night class provides valuable information and tips for success and a good foundation for successful breastfeeding before the baby is born. Learn positioning, latching and building an abundant breast milk supply. The main focus is on getting started in the hospital and the first few weeks and months of nursing. Dad's/VIP's role in the breastfeeding team is also discussed.

**FEE** \$40/couple **DATES** Jan. 14; Jan. 28; Feb. 11;  
Feb. 25; Mar. 11; Mar. 25; Apr. 8; Apr. 22 **DAY** Thursday  
**LOCATION** The Dr. Bobbie Bailey Tower Auditorium  
**INFO** Call 404.501.WELL

### Childbirth Preparation

Incorporates a variety of teaching methods including lecture, discussion and videos. Understanding the stages of labor and delivery, birthing options (breathing, relaxation, massage and medication options) are presented. Please bring two pillows and a blanket to class.

- Option 1—traditional series, one evening per week for four weeks
- Option 2—one-day intensive class for those with time constraints

**FEE** \$90/couple **INFO** Call 404.501.WELL or check our Web site for location, dates and times.

### Childbirth for Mothers on Bedrest

Unable to attend class? Receive written childbirth material covering stages of labor, delivery, breathing, relaxation and medication options. The material provided does not take the place of anything your healthcare provider tells you, and you should call your doctor if you have any questions.

**FEE** \$20 **INFO** 404.501.WELL



## Gestational Diabetes Class

This class, held on DeKalb Medical's North Decatur campus, is for anyone diagnosed with gestational diabetes. This class requires a physician order and is covered by most insurance plans.

**INFO** 404.501.1790

## Joy in the Mourning Support Group

A support group for healing after the death of a child that speaks to the needs of the African-American community. Group leader: Georgette Peterson, R.N.

**FEE** Free **DAY** 3rd Tuesday of each month

**TIME** 7-9 p.m. **LOCATION** Private Dining Room, Hillandale campus **INFO** 404.501.WELL

## Infant CPR for Parents

Infant CPR is designed to prepare for potential child emergencies; it covers infant CPR and choking. NOTE: not a CPR-certification course. For an additional \$40 fee, a practice-at-home Infant CPR Anytime Take Home Kit is available. Kit includes: mini-baby mannequin, instructional DVD and more. Pay for your kit at the same time you register for Infant CPR class.

**FEE** \$30 (mom and partner) **DATES** Jan. 19; Feb. 23; Apr. 13 **DAY** Tuesday **TIME** 7:30-8:30 p.m.

**LOCATION** The Dr. Bobbie Bailey Tower classroom 3040 **INFO** Call 404.501.WELL

## Mom & Baby Fitness

Get ready for a great workout! If you liked our Prenatal Combo class, you'll love Mom & Baby Fitness. This class incorporates cardio, strength training and focused abdominal work. Your baby can get in on the fun, too, or simply stay close to you on your mat. Class ends with a treat for baby: a gentle baby massage. What to bring: yoga mat, front carrier (Baby Bjorn or similar), towel, water. Medical consent is required if baby is less than 12 weeks old.

**SESSIONS** 4 **FEE** \$60 or \$18 per class

**DATES** Jan. 17-Feb. 7, Feb. 21-Mar. 14, Mar. 21-Apr. 18 (skip Apr. 4), Apr. 25-May 16 **DAY** Sunday

**TIME** 12:15-1 p.m. **LOCATION** The Wellness Center **INFO** 404.501.WELL

## New Parents Support Group

Bring your baby and join other parents who face similar issues and challenges. This group has been helping parents for 18 years.

**SESSION** For parents of infants up to 6 months

**FEE** Free **DAY** Thursday **TIME** 10-11 a.m.

**SESSION** For parents with infants ages 6 months to

1 year **FEE** Free **DAY** Thursday **TIME** 11 a.m.-noon

**LOCATION** The Dr. Bobbie Bailey Tower classroom 4040

**INFO** No registration required

## Newborn Baby Care

Anticipating the birth of baby and the joys of impending parenthood, soon-to-be parents have many questions and concerns about caring for their infant both physically and emotionally. Bathing? Diapering? When baby is fussy? All this and many other questions are addressed in this one-night class.

**FEE** \$40/couple **DATES** Jan. 12; Feb. 2; Mar. 9;

Apr. 20 **DAY** Tuesday **TIME** 6-9 p.m. **LOCATION**

The Dr. Bobbie Bailey Tower classroom 3040

**INFO** Call 404.501.WELL

## Obstetrical Tour

I'm in labor—what do I do and where do I go? Our OB tour is designed to familiarize expectant parents with Labor & Delivery, Mother Baby and nurseries. You will also complete pre-registration, so bring photo ID and insurance card. Please arrive 15 minutes prior to the start of the tour as tours start promptly. There is no fee, but registration is required.

**INFO** Call 404.501.WELL or check our Web site for location, dates and times.

## Pregnancy Water Aerobics

The pool is where a pregnant woman wants to be! This fun aqua workout will tone your body by using the water for resistance training. Additional benefits: your body will feel lighter and cooler, and water can help reduce swelling. What to bring: bottle of water and aqua socks or shoes (optional). Medical consent is required.

**SESSIONS** 8 **FEE** \$120, \$18 per class

**DATES** Jan. 15-Mar. 5 **DAY** Friday **TIME** 7-8 p.m.

**LOCATION** The Wellness Center **INFO** 404.501.WELL

## Prenatal Toning, Fitness and Yoga Combo

This specially designed combo gives you a taste of everything Oh Baby! Fitness has to offer in a prenatal class. We start out with 20 minutes of aerobic, cardio and strength training. That's followed by 20 minutes of stability/birthing ball exercise. Class finishes with a 20-minute yoga cool-down, including relaxation, stretching and meditation. What to bring: a yoga mat, towel and a bottle of water. Medical consent is required.

**SESSIONS** 8 **FEE** \$120, \$18 per class

**DATES** Jan. 13-Mar. 3; Mar. 10-Apr. 28

**DAY** Wednesday **TIME** 7:30-8:30 p.m.

**SESSIONS** 8 **FEE** \$120, \$18 per class

**DATES** Jan. 14-Mar. 4; Mar. 11-Apr. 29

**DAY** Thursday **TIME** 11:15 a.m.-12:15 p.m.

**LOCATION** The Wellness Center **INFO** 404.501.WELL

## MEDICALLY SPEAKING

### Aquatic Therapy

Led by a licensed rehab therapist, this program is excellent for arthritis or fibromyalgia patients. Requires a physician's referral.

**INFO** 404.501.2784

### Bipolar Disorder Community Forum

This monthly support and education group is facilitated by Neil Kahn, M.D., chief of the Department of Psychiatry at DeKalb Medical, and Paul Olander, L.C.S.W., C.C.M., director of Behavioral Health Services. This free service is for family and loved ones of persons living with bipolar disorder and those in recovery from active bipolar disorder.

**FEE** Free, no registration required **DAY** 2nd Wednesday of each month **TIME** 6-7:30 p.m. **LOCATION** 800

classroom at DeKalb Medical North Decatur Campus

**INFO** 404.501.WELL

### Cardiac Rehabilitation Program

An exercise and education program for those who have experienced a heart attack or other cardiac dysfunctions. An exercise physiologist will develop a program for you and will monitor your EKG while you exercise. Requires a physician's referral.

**INFO** 404.501.7155

### Diabetes Education Classes

Designed for those with diabetes or prediabetes, this class requires a physician's referral and is covered by most insurance plans.

**INFO** 404.501.1790

### Diabetes Workshop

Join us to discuss topics pertinent to those with diabetes—family and friends are welcome also. We meet at DeKalb Medical North Decatur Campus' Center for Outpatient Diabetes Education, on the ground floor of the hospital.

**FEE** Free, no registration required **DAY** 4th Tuesday of each month **TIME** 6:30-7:30 p.m.

**INFO** 404.501.1790

### Grocery Tours by Certified Diabetes Educators

Personal grocery tours for those with diabetes or prediabetes. Morning and evening times are available.

**FEE** \$40 **INFO** 404.501.1790



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### Driving Evaluation

Get an initial evaluation consisting of clinical testing and on-road evaluations with certified driving rehabilitation specialists.

**INFO** 404.501.5140

### Lymphedema Therapy

The Rehab Results Group offers outpatient treatment provided by a certified lymphedema therapist.

**INFO** 404.501.5140

### Pulmonary Rehabilitation Program

An exercise physiologist will develop a program for patients with chronic lung disease in order to improve exercise capacity and quality of life. Requires a physician's referral.

**INFO** 404.501.7155

### DeKalb Stroke Club

This free support group is open to all stroke survivors, their families and friends. We meet at DeKalb Medical-North Decatur Campus in the Cafeteria Board Room, on the ground floor next to the cafeteria exit.

**FEE** Free **DAY** 1st Saturday of each month, except Dec. **TIME** 1:30 p.m. **INFO** 404.501.WELL

### Weight-Loss Surgery Education

Learn about different procedures from a bariatric surgeon and have your questions answered. Registration required. Call for dates and times.

**INFO** 404.501.LOSE

### Surgical Weight-Loss Support Group

Led by a psychologist, this group is for weight-loss surgery patients, family, friends and anyone considering weight-loss surgery.

**FEE** Free **DAY** 3rd Wednesday and last Monday of each month **TIME** 7:30-9 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7903

### Veterans' Surgical Weight-Loss Support Group

For weight-loss surgery patients who are at least 12 months post-op, and their family and friends.

**FEE** Free **DAY** 3rd Monday of each month **TIME** 7:30-9 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7903

## CANCER PROGRAMS



### Cancer Survival/Support Groups

Learn survival and coping skills, relaxation techniques, meditation and imaging, and how to deal with fear.

**FEE** Free **INFO** 404.501.5701

### Tree House Gang

A quarterly support group for children ages 5-17 who have a parent or other family member with cancer. Activities to help children understand and better deal with a cancer diagnosis in their family include a fun tour of the hospital, play and art.

**FEE** Free **DATES** Jan. 14, 21, 28 **TIME** 4 p.m. **INFO** 404.501.5701

Immediately after the Tree House Gang at 6:15 p.m., there is a grief group for children who have lost a parent to cancer.

### Hope and Healing Service

An ecumenical service with inspirational readings, prayer and messages of hope and healing led by the DeKalb Medical Pastoral Services Department.

**FEE** Free **DAY** 2nd Tuesday of each month **TIME** 6 p.m. **INFO** 404.501.5701

### Look Good ... Feel Better

Helps women cope with side effects of cancer treatment and feel more comfortable with changes in their appearance. Offered the third Thursday of each month. A complimentary bag filled with brand-name cosmetic products, expert tips and advice by a beauty expert, and access to the free wig and scarves collection of the Cancer Center are included in the free session.

**FEE** Free **DAY** 3rd Thursday of each month **TIME** 11 a.m.-1 p.m. **INFO** 404.501.5701 for your reservation

### Return to Wellness Exercise Class

An exercise class to help cancer survivors with their recovery from treatment and surgery. Doctor's permission and free assessment through the Cancer Center P.T. are required before you may begin the class. Call Laura or Rachele at 404.296.8511 to schedule your assessment appointment. Classes are offered in eight-week sessions, and continue to be offered all year long. Participants may join again after completing one eight-week session.

**SESSIONS** 8 **FEE** Free **DATES** Jan. 13-Mar. 3; Mar. 24-May 12 **DAY** Wednesday **TIME** 11 a.m. or 6 p.m. **INFO** 404.501.5701

## FITNESS AT THE WELLNESS CENTER

See the Member Group Exercise Schedule on page 7 for a complete listing of fitness classes included in The Wellness Center membership.

### Easy Motion

A seated exercise class designed to improve range of motion, muscle tone and cardiorespiratory fitness. See Group Exercise Schedule on page 7.

**FEE** Included in membership **INFO** 404.501.2222

### Exercise Prescription Session

Identify goals, maintain motivation and set or rework an exercise program with an exercise specialist.

**FEE** \$45/60 minutes; \$30/30 minutes **INFO** 404.501.5415

### Fitness Pathway

Let our wellness experts design a program specifically for you. The Pathway includes two hours of consultation with a registered dietitian, two hours with an exercise physiologist and one hour with a Wellness Center specialist.

**FEE** \$215; Wellness Center members \$150 **INFO** 404.501.5415

### Personal Training

Need motivation? Guidance? A new workout routine? Our personal trainers are here for you. (Personal training can be conducted by The Wellness Center staff only.)

**FEE** \$45/60 minutes; \$30/30 minutes Discount package: \$190/five 60-minute sessions; \$135/five 30-minute sessions. Senior Discount: 10 percent off all personal training sessions **INFO** 404.501.5415

### SilverSneakers

Medicare-eligible individuals (those 65 and older or qualified by disability) enrolled in the following plans receive a free Wellness Center membership: Blue Cross Blue Shield Plans C, E, F and J; Humana Gold Choice PFFS and Humana Choice PPO plans.

**INFO** 404.501.2222

## THE WELLNESS CENTER MEMBER GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:15–7:15 a.m.</b> Pilates	<b>8–9 a.m.</b> Yoga	<b>6:15–7:15 a.m.</b> Pilates	<b>8–9 a.m.</b> Yoga	<b>9–10 a.m.</b> Hi/Low Impact	<b>9–10:15 a.m.</b> Step Circuit Training	<b>12:15–1:30 p.m.</b> Mom and Baby Fitness, Pg. 5
<b>9–10 a.m.</b> Hi/Low Impact	<b>9:05–10 a.m.</b> Muscle Works	<b>8:30–9:30 a.m.</b> Chi Walking, Pg. 3	<b>9–10 a.m.</b> Muscle Works	<b>10:30–11:30 a.m.</b> Easy Motion/ SilverSneakers	<b>9 a.m.–1 p.m.</b> Chi Walking, Pg. 3	<b>2–3:30 p.m.</b> Belly Dancing, Pg. 3
<b>10:30–11:30 a.m.</b> Easy Motion/ SilverSneakers	<b>1:15–2:15 p.m.</b> Strength & Balance**	<b>9–10 a.m.</b> Hi/Low Impact	<b>10:15–11 a.m.</b> Tai Ji for Arthritis, Pg. 4	<b>noon–1 p.m.</b> Low Impact	<b>10:30–11:30 a.m.</b> Beginner Step (1st, 2nd and 3rd Saturday)	**55 years and older
<b>noon–1 p.m.</b> Low Impact	<b>4:30–5:30 p.m.</b> Muscle Works	<b>10:30–11:30 a.m.</b> Easy Motion/ SilverSneakers	<b>11:15–12:15 p.m.</b> Prenatal Toning, Fitness and Yoga, Pg. 5	<b>1:15–2:15 p.m.</b> Strength & Balance**	<b>noon–4 p.m.</b> Chi Walking, Pg. 3	<b>The classes highlighted have a separate fee. They are open to members and non-members.</b>
<b>1:30–2 p.m.</b> Senior Cardio Jam	<b>5:30–6:30 p.m.</b> Muscle Works	<b>noon–1 p.m.</b> Low Impact	<b>1:15–2:15 p.m.</b> Strength & Balance**	<b>3–4 p.m.</b> Pilates	<b>1–2:30 p.m.</b> Belly Dancing, Pg. 3	
<b>2:05–3 p.m.</b> Strength & Balance**	<b>6:30–7:30 p.m.</b> Step Circuit Training	<b>1:15–1:45 p.m.</b> Senior Cardio Jam	<b>3–4 p.m.</b> Beginning Pilates	<b>4:30–5:30 p.m.</b> Step Circuit		
<b>3:05–4:05 p.m.</b> Pilates	<b>7:40–8:40 p.m.</b> Tai Ji, Pg. 4	<b>2–3 p.m.</b> Belly Dancing, Pg. 3	<b>4:30–5:30 p.m.</b> Muscle Works	<b>5:30–6:30 p.m.</b> Latin Dance		
<b>4:30–5:30 p.m.</b> Step		<b>3–4 p.m.</b> Pilates	<b>5:30–6:30 p.m.</b> Muscle Works	<b>6–8 p.m.</b> Labyrinth Walking, Pg. 3		
<b>5:30–6:30 p.m.</b> Cardiokick		<b>4:30–5:30 p.m.</b> Step	<b>6:35–7:35 p.m.</b> Yoga			
<b>6:30–7:30 p.m.</b> Step		<b>5:30–6:30 p.m.</b> Cardiokick				
<b>7:30–8:30 p.m.</b> Belly Dancing, Pg. 3		<b>6:30–7:30 p.m.</b> Step Circuit Training				
		<b>7:30–8:30 p.m.</b> Prenatal Toning, Fitness and Yoga, Pg. 5				



### WE RESERVE THE RIGHT TO:

- change the group exercise schedule and pool schedule as needed; please call 404.501.2222 if you would like to verify the status of a class
- substitute instructors
- limit number of participants in a class due to space and safety

## THE WELLNESS CENTER POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30–9 a.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	<b>5:30–9:30 a.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	<b>5:30–9 a.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	<b>5:30–9:30 a.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	<b>5:30–9 a.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	<b>8–8:30 a.m.</b> Lap Swim	<b>11 a.m. –1:30 p.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim
<b>9–10 a.m.</b> Water Aerobics	<b>9:30–10:30 a.m.</b> Water Aerobics	<b>9–10 a.m.</b> Water Aerobics	<b>9:30–10:30 a.m.</b> Water Aerobics	<b>9–10 a.m.</b> Water Aerobics	<b>8:30–9:30 a.m.</b> Water Aerobics	<b>1:30–4:30 p.m.</b> Lanes 1&2: Free Swim Lane 3: Lap Swim
<b>10–11 a.m.</b> Water Aerobics	<b>10:30–11:30 a.m.</b> Senior Water Aerobics	<b>10–11 a.m.</b> Water Aerobics	<b>10:30–11:30 a.m.</b> Senior Water Aerobics	<b>10–11 a.m.</b> Water Aerobics	<b>9:30–10:30 a.m.</b> Water Aerobics	<b>The classes highlighted have a separate fee. They are open to members and non-members.</b>
<b>11 a.m.–noon</b> Lanes 1 & 2: Water Therapy Lane 3: Free Swim	<b>11:30 a.m.–noon</b> Free Swim	<b>11 a.m.–noon</b> Lanes 1 & 2: Water Therapy Lane 3: Free Swim	<b>11:30 a.m.–noon</b> Free Swim	<b>11 a.m.–noon</b> Lanes 1 & 2: Water Therapy Lane 3: Free Swim	<b>10:30–11 a.m.</b> Lane 1: Free Swim	
<b>noon–1 p.m.</b> Lap Swim	<b>noon–1 p.m.</b> Water Aerobics: Arthritis Plus	<b>noon–1 p.m.</b> Lap Swim	<b>noon–1 p.m.</b> Water Aerobics: Arthritis Plus	<b>noon–1 p.m.</b> Lap Swim	<b>11 a.m.–3:30 p.m.</b> Lane 1: Free Swim Lanes 2 & 3: Lap Swim	
<b>1–2 p.m.</b> Water Aerobics: Arthritis Plus	<b>1–2 p.m.</b> Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	<b>1–2 p.m.</b> Water Aerobics: Arthritis Plus	<b>1–2 p.m.</b> Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	<b>1–2 p.m.</b> Water Aerobics: Arthritis Plus		
<b>2–3 p.m.</b> Free Swim	<b>2–4 p.m.</b> Lanes 1 & 2: Water Therapy Lane 3: Free Swim	<b>2–4 p.m.</b> Free Swim	<b>2–4 p.m.</b> Lanes 1 & 2: Water Therapy Lane 3: Free Swim	<b>2–3 p.m.</b> Free Swim		
<b>3:05–4 p.m.</b> Aqua Yoga	<b>4:05–5 p.m.</b> Water Aerobics	<b>4:05–5 p.m.</b> Water Aerobics	<b>4:05–5 p.m.</b> Lap Swim	<b>3:05–4 p.m.</b> Aqua Yoga		
<b>4:05–5 p.m.</b> Water Aerobics	<b>4–5 p.m.</b> Lap Swim	<b>5–6 p.m.</b> Lap Swim	<b>4–5 p.m.</b> Lap Swim	<b>4:05–5 p.m.</b> Water Aerobics		
<b>5–6 p.m.</b> Lap Swim	<b>5–6 p.m.</b> Water Aerobics	<b>6–7 p.m.</b> Private Lessons, Pg. 8	<b>5–6 p.m.</b> Water Aerobics	<b>5:05–7:00 p.m.</b> Lap Swim		
<b>6–7 p.m.</b> Private Lessons, Pg. 8	<b>6–7 p.m.</b> Water Aerobics	<b>7:05–8 p.m.</b> Water Aerobics	<b>6–7 p.m.</b> Water Aerobics	<b>7–8 p.m.</b> Pregnancy Water Aerobics, Pg. 5		
<b>7:05–8 p.m.</b> Water Aerobics	<b>7–8:30 p.m.</b> Lap Swim	<b>8:05–8:30 p.m.</b> Lap Swim	<b>7:05–8:30 p.m.</b> Lap Swim	<b>7:05–8:30 p.m.</b> Lap Swim		
<b>8:05–8:30 p.m.</b> Lap Swim						





FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 404.501.WELL.

### Technogym Setup

An individual session includes training on our Technogym seated weight-lifting equipment exercise prescription; and measurements for blood pressure, heart rate and body fat. Setup is required before using the Technogym machines.

**FEE** \$35 **INFO** 404.501.5415

### Technogym Weight-Training Equipment

An individualized total body workout using Technogym weight machines designed to tone and strengthen muscle groups. Setup by an exercise specialist required.

**INFO** 404.501.2222

### AQUATICS AT THE WELLNESS CENTER



See the Wellness Center Pool Schedule on page 7 for a complete listing of water fitness classes included in The Wellness Center membership.

### Adult Swimming Lessons

Have you always wanted to learn how to swim? Lessons are available to anyone over the age of 16.

**SESSIONS** 10 **FEE** \$100 **DATES** Jan 4-Feb. 3; Feb. 8-Mar. 10; Mar. 15-Apr. 21 (skip April 5 and 7); Apr. 26-May 26 **DAYS** Monday and Wednesday **TIME** 6-7 p.m. **INFO** 404.501.WELL

### Private Swimming Lessons

These lessons are tailored to your specific needs and offered to anyone over the age of 16.

**FEE** \$45/60 min.; \$30/30 min. Discount package: \$190/five 60-min. sessions; \$135/five 30-min. sessions. Senior Discount: 10 percent off all personal training sessions **INFO** 404.501.5415



**DeKalb Medical**

*Pushing Beyond*

#### 3.25 | THURSDAY

##### SOLUTIONS TO HIP PAIN

7 to 8 p.m. ■ DeKalb Medical Theatre, North Decatur Campus Join **Thomas Branch, M.D.**, an orthopedic surgeon, as he talks about the latest advances in hip replacements and treating hip problems. A complimentary tour of the new Joint Solutions Center will take place from 6 to 7 p.m. People wishing to tour the Joint Solutions Center should meet in the Theatre at 6 p.m.

#### 4.1 | THURSDAY

##### SOLUTIONS TO KNEE PAIN

7 to 8 p.m. ■ DeKalb Medical Theatre, North Decatur Campus Join **Jeff Traub, M.D.**, an orthopedic surgeon, as he talks about the latest advances in the treatment of knee conditions and knee pain. A complimentary tour of the new Joint Solutions Center will take place from 6 to 7 p.m. People wishing to tour the Joint Solutions Center should meet in the Theatre at 6 p.m.

#### 4.2 | FRIDAY

##### THE ABCs OF BREAST CANCER PREVENTION

7 to 8 p.m. ■ DeKalb Medical at Hillandale Cancer Center Auditorium Learn what you can do to reduce your risk of developing breast cancer by listening to **April Speed, M.D.**, a breast disease specialist and surgeon at DeKalb Medical. Dr. Speed will offer advice on monitoring your breast health and minimizing your risk of developing breast cancer.

#### 4.16 | FRIDAY

##### SEVEN THINGS EVERY WOMAN SHOULD KNOW ABOUT CANCER

7 to 8 p.m. ■ DeKalb Medical Theatre, North Decatur Campus Join **Allen Lawhead, M.D.**, a board-certified gynecologic oncologist, to learn more about the types of cancer, screenings and treatments that are of particular interest to women. Dr. Lawhead will present the most important points every woman should consider when dealing with the threat of cancer.



#### WHAT YOU SHOULD KNOW

You're invited to learn more about a wide range of healthcare topics through the seminars described on pages 1 and 8. Light refreshments are served. All events and parking are free, but registration is required. Call **404.501.WELL**.



learn how to  
enrich your health