



it's easy to enhance your health

1.13 | THURSDAY

**MINIMALLY INVASIVE
HIP SURGERY**

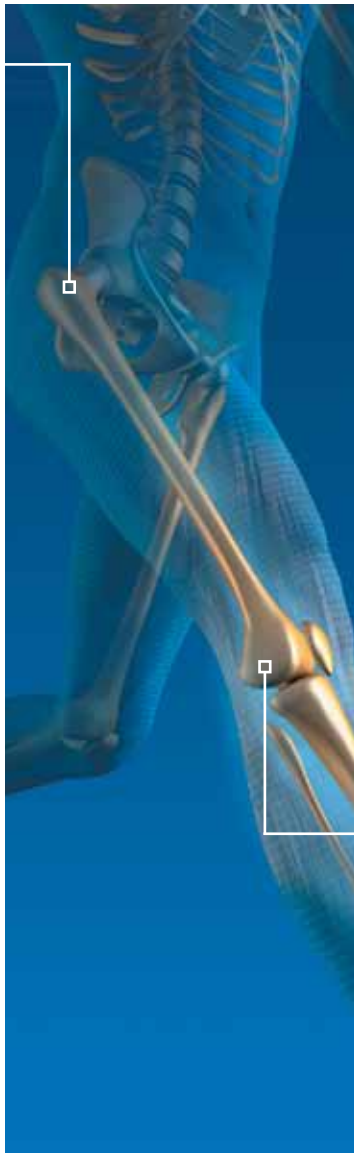
6:30-7:30 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus Join us to hear **Scott Barbour, M.D.**, a DeKalb Medical orthopedic surgeon, talk about the arthroscopic hip procedure that can be used to repair the hip joint without requiring a hip replacement. The benefits of this procedure, which is often performed on an outpatient basis, will be described. A complimentary tour of the new Joint Solutions Center will take place from 5:30-6:30 p.m. People wishing to tour the Joint Solutions Center should meet in the Theatre at 5:30 p.m.

2.18 | FRIDAY

VASCULAR DISEASE TREATMENTS

6:30-7:30 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus Join **Melissa Seely-Morgan, M.D.**, a DeKalb Medical interventional radiologist, as she discusses treatment options for peripheral vascular disease and peripheral artery disease. Learn about the latest medical advances to combat these conditions. Each person attending will receive a coupon for a free vascular screening that is valued at \$129.

WHAT YOU SHOULD KNOW You're invited to learn more about a wide range of healthcare topics through the seminars described on this page. Light refreshments will be served. All events and parking are free, but registration is required. Call **404.501.7063**.



2.25 | FRIDAY

**THE BRCA GENE AND
GENETIC TESTING**

6:30-7:30 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus Find out what is involved in genetic testing for the BRCA gene and how it can identify your risk for developing breast cancer. Attend this seminar led by DeKalb Medical oncologist **Jayanthi Srinivasiah, M.D.**

3.4 | FRIDAY

PUBERTY ROCKS FOR GIRLS

6-8 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus Is it time to address your daughter's journey into adolescence? Learn how to open the lines of communication with her with the help of DeKalb Medical physician **Kay Entekin, M.D.** This fun girls night out will cover body changes, mood swings, peer pressure and more. Learn how to help your daughter navigate the turbulent tween and teen years. Please note that this evening is not appropriate for males.



3.10 | THURSDAY

SOLUTIONS TO KNEE PAIN

6:30-7:30 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus Join **Jeff Traub, M.D.**, a DeKalb Medical orthopedic surgeon, as he talks about the latest advances in the treatment of knee conditions and pain. A complimentary tour of the new Joint Solutions Center will take place from 5:30-6:30 p.m. People wishing to tour the Joint Solutions Center should meet in the Theatre at 5:30 p.m.



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.

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, 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 aged 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.

NUTRITION



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. Please note that because scheduling is with three different specialists, we cannot guarantee that you would see them all on the same day.

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

Grocery Store Tour

Get one-hour hands-on nutrition education and a personalized grocery tour with a Wellness Center registered dietitian. 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

MIND AND BODY



Addicted, Dependent, Compulsive or Free Choice?

Know someone who has a drinking problem or a pill problem? Know a compulsive shopper? Or an over-spender? Know a romantic who is in and out of relationships like a revolving door? A co-dependent spouse? A workaholic? What drives these people? These are some of the questions we will talk about in this class. Instructor: Hugh Burns, Licensed Marriage and Family Therapist

FEE \$30 **DATE** Feb. 5 **DAY** Saturday
TIME 10-11:30 a.m. **LOCATION** The Wellness Center
INFO 404.501.WELL.

Afraid of Public Places?

Know someone who is terrified of being in a crowd? Who can travel only a limited distance from home? Who avoids busy stores? Who fears losing control in a public place? Whose life is restricted by these intense fears? In this class we will talk about this chronic condition, called "agoraphobia," and how to deal with it. Instructor: Hugh Burns, Licensed Marriage and Family Therapist

FEE \$30 **DATE** Jan. 29 **DAY** Saturday
TIME 10-11:30 a.m. **LOCATION** The Wellness Center
INFO 404.501.WELL

Bach Flower Therapy Consultations

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

SESSIONS individual **FEE** \$75/45 min.
SESSIONS couple **FEE** \$135/90 min.
SESSIONS animal **FEE** \$40/35 min.
INFO 404.501.WELL

Belly Dance Your Body!

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 as the movements center on the torso rather than the legs and feet. Wear something you can stretch and move in and bring a hip scarf to accentuate your hip movements! Three classes to choose from, or take them all!

SESSIONS Weekend Workshop **FEE** \$18/class
DATE Jan. 16, Feb. 20 or March 20 **DAY** Sunday
TIME 2-3:30 p.m.

SESSIONS 5 **FEE** \$50; \$15/drop-in
DATE Jan. 10-Feb. 14 (no class on Jan. 17)
DAY Monday **TIME** 7:45-8:45 p.m.

SESSIONS 5 **FEE** \$50; \$15/drop-in
DATE Feb. 28-March 28 **DAY** Monday
TIME 7:45-8:45 p.m.
INFO 404.501.WELL.

Body-Focused Psychotherapy

Body-focused psychotherapy integrates body, mind and spirit into the healing process. We 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 \$125/55 min.
INFO 404.501.5428



Career Counseling

The purpose of one-on-one, private career counseling is to provide the information you need to make informed decisions about your education, your career and your lifestyle. Go to www.dekalbmedical.org/Main/ClassesandEvents.aspx for a detailed description of what you will gain from career counseling.

Counselor: Terry L. Wynne, owner of The Professional Edge, has over 20 years experience as a career counselor

FEE \$120/hr **INFO** 404.501.5428

Creative Dance Play!

Use dance to tell a story that you and others in your class create! Guided by actress/dancer Aviva, we become flowers, ancient warriors or cats who have adventures for which we use our imagination to turn the room into a beach, outer space, waterfall, a museum, etc. Not only do we incorporate dance moves from around the world, but we also cater to limited mobilities, while heightening our senses with laughter and discovery! This is our ancient secret: stay safely in shape by laughing and playing!

SESSIONS 5 **FEE** \$50; \$15/drop-in

DATES Jan. 5–Feb. 9 (no class on February 2) or March 2–March 30 **DAY** Wednesday **TIME** 2–3 p.m.

INFO 404.501.WELL

Effective Interviewing Preparation and Techniques

Savvy interviewers know just what to ask to find the right person for the job. This seminar will teach you techniques for how to gain the edge over your competitors and enhance the probability that you get the job. Go to www.dekalbmedical.org/Main/ClassesandEvents.aspx to see a detailed description of this class for more information on what you will learn. Instructor: Terry Wynne, Licensed Professional Counselor and career counseling specialist

FEE \$50 **DATE** March 12 or March 26 **DAY** Saturday **TIME** 9:30–noon **LOCATION** The Dr. Bobbie Bailey Tower, Room 4040 **INFO** 404.501.WELL

Fitness Walking: ChiWalking Techniques

Walk off the weight, lose inches, increase your energy, strengthen your immunity, lower your cholesterol, improve your heart health, and look and feel better! The ChiWalking Program will provide you with simple and easy-to-learn techniques to align your body to walk farther, to improve endurance and to walk at a calorie-burning speed without joint pain or risk of injury. Walk it off with ease with ChiWalking. ChiWalking is also a perfect ongoing, easily accessible exercise for those with diabetes, for cancer survivors and for those who have had a knee or hip replacement. Instructor: Sandy Bramlett, Certified ChiWalking Instructor

SESSIONS One half-day clinic **FEE** \$80

DATE Jan. 23 **DAY** Sunday **TIME** 1–5 p.m.
Follow-up class Saturday, Feb. 12, noon–2 p.m.

LOCATION The Wellness Center

SESSIONS One half-day clinic **FEE** \$80

DATE March 27 **DAY** Sunday **TIME** 1–5 p.m.
Follow-up class Saturday, April 9, noon–2 p.m.

LOCATION The Wellness Center

INFO 404.501.WELL

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

How to Create a Competitive Résumé

A résumé may be your only opportunity to obtain an interview, and this seminar is your opportunity to make sure you know how to make your résumé an outstanding one. Go to www.dekalbmedical.org/Main/ClassesandEvents.aspx to see a detailed description of this class for more information on what you will learn. Instructor: Terry Wynne, Licensed Professional Counselor who specializes in career counseling

FEE \$50 **DATE** Feb. 26 or March 5 **DAY** Saturday **TIME** 9:30–noon **LOCATION** The Dr. Bobbie Bailey Tower, Room 4040 **INFO** 404.501.WELL

Life Coaching

Jane McMullan Howe, M.S. A.C.C., 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.

SESSIONS 1 in-person **FEE** \$100/60 minutes

SESSIONS 4 by phone **FEE** \$200/four 30-minute
INFO 404.501.5428

Massage Therapy

Massage therapy is beneficial for many chronic conditions. Gift certificates available!

SESSION traditional massage

FEE \$67/60 min.; \$37/30 min.

SESSION traditional massage discount package

FEE \$290/five 60-min.

SESSION hot stone massage **FEE** \$90/75 min.

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 min. **INFO** 404.501.5428

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 affects a physical change to the body. It promotes relaxation, improves circulation, reduces pain, soothes tired feet and encourages overall healing.

FEE \$65/45 min. **INFO** 404.501.2222

Seated Belly Dance: Weekend Workshop

Yes, you can enjoy the same combination of healing movement and dance while seated! Please join us for this workshop as we get a great hour-and-a-half workout that doesn't feel like a workout—what could be better? And you never have to get on the floor or stand up if it is uncomfortable for you!

FEE \$15/class **DATES** Jan. 15, Feb. 19, March 19 **DAY** Saturday **TIME** 1:30–2:30 p.m.

INFO 404.501.WELL



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

Tai Ji (Chi) for Arthritis: Better Bones and Balance

For people with arthritis or osteoporosis, being active is essential. This class is specifically designed for those with arthritis, back pain, decreased balance and osteoporosis and for those who have undergone recent elective joint replacement surgeries. This class can be done seated or standing. Please wear loose, comfortable clothing and supportive shoes. Instructor: Meg Randolph, Certified by Dr. Paul Lam's Tai Chi for Health Community to teach Tai Ji for Arthritis

SESSIONS 8 **FEE** \$100

DATES Jan. 11–March 1 or March 8–April 26

DAY Tuesday **TIME** 10:15–11 a.m.

INFO 404.501.5725

Tai Ji: Inner Balance Through Tai Ji (Chi)

The ancient art of Tai Ji uses gentle flowing movements to reduce stress and improve health. 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. 11–March 29 **DAY** Tuesday

TIME 7:40–8:40 p.m. **INFO** 404.501.5725

What Are Dreams?

Do they predict the future? Do they solve problems? Do they tell us about someone we know? Do they tell us about ourselves? Who can interpret dreams? In this class we will answer these and other related questions. Instructor: Hugh Burns, Licensed Marriage and Family Therapist

FEE \$30 **DATE** Jan. 22 **DAY** Saturday

TIME 10–11:30 a.m. **LOCATION** The Wellness Center

INFO 404.501.WELL

Whose Money Is It?

Disagreements, deceptions and arguments about money can destroy a marriage. We will talk about this threat to a marital relationship, and ways to prevent it. Instructor: Hugh Burns, Licensed Marriage and Family Therapist

FEE \$30 **DATE** Jan. 15 **DAY** Saturday

TIME 10–11:30 a.m. **INFO** 404.501.WELL

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 over 10 years, supporting and empowering each other in being a breastfeeding mom. Baby weight checks are also available.

FEE Free **DAY** Thursdays **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 **INFO** Call 404.501.WELL or check our website for location, dates and times.

Childbirth Preparation

Lectures, discussion and videos help you understand the stages of labor and delivery, birthing options, breathing, relaxation, massage and medication options. Please bring two pillows and a blanket to class. This will be a one-day intensive class for those with time constraints.

FEE \$90/couple **INFO** Call 404.501.WELL or check our website 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

Infant CPR for Parents

Infant CPR is designed to prepare for potential child emergencies; it covers infant CPR and choking. NOTE: This is not a CPR certification course.

INFO Call 404.501.WELL or check our website for location, dates and times.

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

Mom & Baby Fitness

Get ready for a great workout! 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 and water. Medical consent is required if your baby is less than 12 weeks old.

SESSIONS 4 **FEE** \$60 or \$18/class **DATES**

Jan. 23–Feb. 13, Feb. 27–March 20, March 27–April 17

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 19 years.

SESSION For parents of infants up to 6 months old

FEE Free **DAY** Thursdays **TIME** 10–11 a.m.

SESSION For parents with infants ages 6 months to 1 year **FEE** Free **DAY** Thursdays **TIME** 11 a.m.–noon

LOCATION The Dr. Bobbie Bailey Tower, Classroom 4040 **INFO** No registration required. For more information, call 404.501.5725.

Newborn Baby Care

Anticipating the birth of a 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? What to do when baby is fussy? All this and many other questions are addressed in this one-night class.

FEE \$40/couple **LOCATION** The Dr. Bobbie Bailey Tower, Classroom 3040 **INFO** Call 404.501.WELL or check our website for location, dates and times.

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 your 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 website 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 or \$18/class

DATES Jan. 14–March 4, March 11–April 29

DAY Friday **TIME** 7–8 p.m. **LOCATION** The Wellness Center **INFO** 404.501.WELL

Prenatal Toning, Fitness & Yoga Combo

This specially designed combo gives you a taste of everything. 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: bottle of water, towel and yoga mat. Medical consent is required.

SESSIONS 8 **FEE** \$120; \$18/class

DATES Jan. 12–March 2, March 9–April 27

DAY Wednesday **TIME** 7:30–8:30 p.m.

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

Talking About Toddlers

Once babies are able to move about by themselves, they become toddlers. Issues of going to sleep, transitioning from one activity to another, eating and using the toilet are some common concerns to parents of toddlers. The class will learn how toddlers think, the needs of this stage of childhood and how to set logical and natural consequences for effective limits that can lead to the harmony that allows you to enjoy your toddler.

SESSIONS 4 **FEE** \$100 **DATE** Jan. 20–Feb. 10 **DAY** Thursday **TIME** 7–9 p.m.

LOCATION The Wellness Center

SESSIONS 4 **FEE** \$100 **DATE** Feb. 18–March 11

DAY Friday **TIME** 10–noon

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. The forum is for family and loved ones of persons living with bipolar disorder and those in recovery from active bipolar disorder. The group meets in the 800 Classroom on the ground floor of DeKalb Medical, 2701 North Decatur Road. No registration required. Parking close to the 800 Classroom is available on Bill Thrasher Drive off Winn Way near the back of the hospital campus.

FEE Free **DAY** 2nd Wednesday of each month

TIME 6–7:30 p.m. **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. Free, no registration required.

DAY 4th Tuesday of each month

TIME 6:30–7:30 p.m. **LOCATION** North Decatur Campus, Center for Outpatient Diabetes Education, Ground Floor **INFO** 404.501.1790

Driving Evaluation

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

INFO 404.501.5140

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

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 July and 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

Veteran's 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



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

CANCER PROGRAMS



Cancer Survival/Support Groups

Learn how to cope with diagnosis, treatment and life changes a cancer diagnosis may bring. Groups are available for patients and family members.

FEE Free **INFO** 404.501.5701

Grief Group

A program for people dealing with the stages of grief. Open to anyone who has lost a loved one, and not limited to loss from cancer.

FEE Free **DATES** Jan. 20–Feb. 24 and March 10–April 14 **DAY** Thursday **TIME** 6–7:30 p.m.
INFO 404.501.5148

The 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. 13, 20, 27
INFO 404.501.5701

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.

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

Pastoral Care Support Group at Hillandale

The main focus is to encourage current cancer patients, survivors and their families going through the diagnosis, treatment and aftercare stages of cancer.

FEE Free **DAY** 1st Thursday of every month
TIME 6:30–8 p.m. **INFO** 404.501.5701

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 physical therapist are required before you begin the class. Call Laura or Rachele at 404-296-8511 to schedule your assessment appointment. Classes are offered in 8-week sessions and continue throughout the year. Participants may join again after completing one 8-week session.

SESSIONS 8 **FEE** Free **DATES** Jan. 12–March 2 and March 23–May 11 **DAY** Wednesday
TIME 11 a.m. or 6 p.m. **INFO** 404.501.5701

Atlanta Legal Aid Cancer Initiative

Atlanta Legal Aid representatives assist low-income cancer patients with legal issues related to benefits, health insurance, job discrimination, debt relief, wills, advanced directives and more.

FEE Free **DATES** Jan. 20, Feb. 17, March 17
DAY Thursday **TIME** 9:30–11:30 a.m.
INFO 404.501.5701

FITNESS AT THE WELLNESS CENTER



See the Member Group Exercise Schedule 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 min.; \$30/30 min.
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 min.; \$30/30 min. Discount packages: \$190/five 60-min. sessions; \$135/five 30-min. sessions. Senior Discount: 10 percent off all personal training sessions **INFO** 404.501.5415



THE WELLNESS CENTER MEMBER GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15–7:15 a.m. Pilates	8–9 a.m. Yoga	6:15–7:15 a.m. Pilates	8–9 a.m. Yoga/Pending Add.**	8–9 a.m. Yoga	9–10:15 a.m. Circuit Training	12:15–1 p.m. Mom and Baby Fitness
9–10 a.m. Hi/Low Impact	9:05–10:05 a.m. Muscle Works	9–10 a.m. Low Impact	9:05–10 a.m. Muscle Works	9–10 a.m. Low Impact	10:30–11:30 a.m. Walk to Get Fit	2–3:30 p.m. Belly Dancing
10:30–11:30 a.m. Easy Motion	10:15–11 a.m. Tai Ji for Arthritis	10:30–11:30 a.m. Easy Motion	1:15–2:15 p.m. Strength & Balance**	10:30–11:30 a.m. Easy Motion	10:30–11:30 a.m. Beginner Step (1st, 2nd and 3rd Saturday)	2–3:30 p.m. ChiWalking
noon–1 p.m. Low Impact	1:15–2:15 p.m. Strength & Balance**	noon–1 p.m. Low Impact	3–4 p.m. Beginning Pilates	noon–1 p.m. Low Impact	1:30–2:30 p.m. Seated Belly Dancing	**55 years and older
1:15–1:45 p.m. Pulmonary Rehab	3–4 p.m. NIA	1:15–1:45 p.m. Pulmonary Rehab	4:30–5:30 p.m. Muscle Works	1:15–1:45 p.m. Pulmonary Rehab		The classes highlighted have a separate fee. They are open to members and non-members.
1:15–2:15 p.m. Senior Cardio Jam/ Strength	4:30–5:30 p.m. Muscle Works	1:15–1:30 p.m. Senior Cardio Jam	5:35–6:30 p.m. Muscle Works	1:15–2:15 p.m. Strength & Balance**		
2:05–3 p.m. Strength & Balance**	5:30–6:30 p.m. Muscle Works	2–3 p.m. Creative Dance Play	6:35–7:35 p.m. Stretch and Relax	3–4 p.m. Pilates		
3:05–4:05 p.m. Pilates	6:35–7:35 p.m. Step	3–4 p.m. Pilates		4:30–5:30 p.m. Step		
4:30–5:30 p.m. Step	7:40–8:40 p.m. Tai Ji	4:35–5:30 p.m. Cardio Circuit		5:35–6:35 p.m. Anything Goes		
5:30–6:30 p.m. Cardio Kick		5:35–6:30 p.m. Cardio Kick				
6:35–7:35 p.m. Step Circuit Training		6:35–7:35 p.m. Step Circuit Training				
7:45–8:45 p.m. Belly Dancing		7–8 p.m. Walk To Get Fit				
		7:30–8:30 p.m. Prenatal Toning & Fitness				

We reserve the right to:

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

THE WELLNESS CENTER POOL SCHEDULE No late entry into aqua classes 30 minutes after start of class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9:30 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9:30 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	8–8:30 a.m. Lap Swim	11 a.m.–1:30 p.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim
9–10 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	9–10 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	9–10 a.m. Water Aerobics	8:35–9:30 a.m. Water Aerobics	1:30–4:30 p.m. Lanes 1&2: Free Swim Lane 3: Lap Swim
10:05–11 a.m. Water Aerobics	10:35–11:30 a.m. Senior Water Aerobics	10:05–11 a.m. Water Aerobics	10:35–11:30 a.m. Senior Water Aerobics	10:05–11 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	The classes highlighted have a separate fee. They are open to members and non-members.
11:05 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	11:35 a.m.–noon Free Swim	11 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	11:30 a.m.–noon Free Swim	11 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	10:35–3:30 p.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	
noon–1 p.m. Lap Swim	noon–1 p.m. Water Aerobics: Arthritis Plus	noon–1 p.m. Lap Swim	noon–1 p.m. Water Aerobics: Arthritis Plus	noon–1 p.m. Lap Swim		
1:05–2 p.m. Water Aerobics: Arthritis Plus	1–2 p.m. Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	1:05–2 p.m. Water Aerobics: Arthritis Plus	1–2 p.m. Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	1:05–2 p.m. Water Aerobics: Arthritis Plus		
2–3 p.m. Free Swim	2–4 p.m. Lanes 1 & 2: Water Therapy Lane 3: Free Swim	2–4 p.m. Free Swim	2–4 p.m. Lanes 1 & 2: Water Therapy Lane 3: Free Swim	2–3 p.m. Free Swim		
3:05–4 p.m. Aqua Yoga	4–5 p.m. Lap Swim	4:05–5 p.m. Water Aerobics	4–5 p.m. Lap Swim	3:05–4 p.m. Aqua Yoga		
4:05–5 p.m. Water Aerobics	5:05–6 p.m. Lap Swim	5:05–6 p.m. Lap Swim	4–5 p.m. Lap Swim	5:05–7 p.m. Lap Swim		
5–6 p.m. Lap Swim	5:05–6 p.m. Water Aerobics	6:05–7 p.m. Private Lessons	5:05–6 p.m. Water Aerobics	7–8 p.m. Pregnancy Water Aerobics		
6–7 p.m. Private Lessons	6:05–7 p.m. Water Aerobics	7:05–8 p.m. Water Aerobics	6:05–7 p.m. Water Aerobics	8:05–8:35 p.m. Lap Swim		
7:05–8 p.m. Water Aerobics	7:05–8:35 p.m. Lap Swim	8:05–8:30 p.m. Lap Swim	7:05–8:30 p.m. Lap Swim			
8:05–8:35 p.m. Lap Swim						





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

SilverSneakers

Medicare-eligible individuals (those 65 and older or qualified by disability) enrolled in specific plans receive a free Wellness Center membership. Please call your insurance plan for more details.

INFO 404.501.2222

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 p. 7 for a complete listing of water fitness classes included in The Wellness Center membership.

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

helping PATIENTS



IN MORE WAYS THAN ONE

As director of behavioral health services at DeKalb Medical, Paul Olander, L.C.S.W., J.D., knows that there are many different ways to help people. In addition to the help he provides to behavioral health patients as part of his job, he also helps surgical and medical patients who need blood by donating regularly at blood drives held at the hospital by the Red Cross.

"I've been a donor at almost every drive for the past six years," says Olander. "I'm not sure why I decided to start donating when I did, but working in a hospital makes me more aware of the importance of donating."

DeKalb Medical's blood bank provided 15,745 units of blood to patients in fiscal year 2010, an average of 1,312 units each month. "There's no reason not to give blood," says Olander. "It's convenient; the people working at the blood drive are friendly; it's a chance to take a break during a busy workday to spend time with other people you would not otherwise meet; and they have Nutter Butters!"



DeKalb Medical

Pushing Beyond



HELP OTHERS On Wednesday, February 16, you can help DeKalb Medical and the American Red Cross save lives by giving blood at the hospital's blood drive. The drives will be held in the Dr. Bobbie Bailey Tower Auditorium from noon to 6 p.m. Although you are not required to pre-register, you can register by going to www.givelife.org and entering DeKalb Medical's sponsor code: demece. To register by telephone or for more information, call **404.501.WELL**.