

HealthToday

MOVING AHEAD FOR A BETTER ME

How Centegra helped
Maureen Schroeder
turn her life around
page 6

Centegra
HealthSystem

ALWAYS LOOKING AHEADSM

877-CENTEGRA / CENTEGRA.ORG

» **INSIDE**

A big decision

5 tips for getting
joint surgery right
page 5

All you need to know

Get the facts straight
on heart attacks
page 15

Chew on this

2 easy steps for
healthier eating
page 23

MAY-JUL 2015



Welcome

HOSPITAL AND EVENT LOCATIONS

Algonquin

1. **1465 Commerce Drive**
Centegra Physician Care—Fox Valley
2. **1122 N. Main Street**
Centegra Sleep Services

Crystal Lake

3. **200 E. Congress Parkway**
Centegra Health Bridge Fitness Center
Centegra Rehabilitation & Sports
Medicine Clinic
4. **500 Coventry Lane**
Centegra Neurorehabilitation Center
5. **650 Dakota Street**
Centegra Physician Care—Fox Valley
6. **360 Station Drive**
Centegra Immediate Care
Centegra Anticoagulation
Management
Centegra Back & Spine Center
Centegra Clinical Laboratories
Centegra Diabetes Center
Centegra Healthy Living Institute
Centegra Imaging Center
Centegra Occupational Health
Centegra Physician Care
7. **690 E. Terra Cotta Avenue**
Centegra Physician Care—Surgical
Associates
8. **750 E. Terra Cotta Avenue**
Centegra Physician Care—Neurology
9. **360 N. Terra Cotta Road**
Centegra Gavers Breast Center
Centegra Physician Care—Surgical
Associates
10. **394 Federal Drive**
Milestones Therapy Center

Huntley

11. **10450 Algonquin Road**
Centegra Health Bridge Fitness Center
Centegra Rehabilitation & Sports
Medicine Clinic
12. **10350 Haligus Road**
Centegra Immediate Care
Centegra Anticoagulation
Management
Centegra Back & Spine Center
Centegra Clinical Laboratories
Centegra Diabetes Center
Centegra Healthy Living Institute

Centegra Imaging Center
Centegra Occupational Health
Centegra Physician Care
Centegra Weight-Loss Surgery Center

13. **10400 Haligus Road**
Centegra Hospital—Huntley (future
location)
14. **11650 S. Route 47**
Centegra Wound & Hyperbaric Center

McHenry

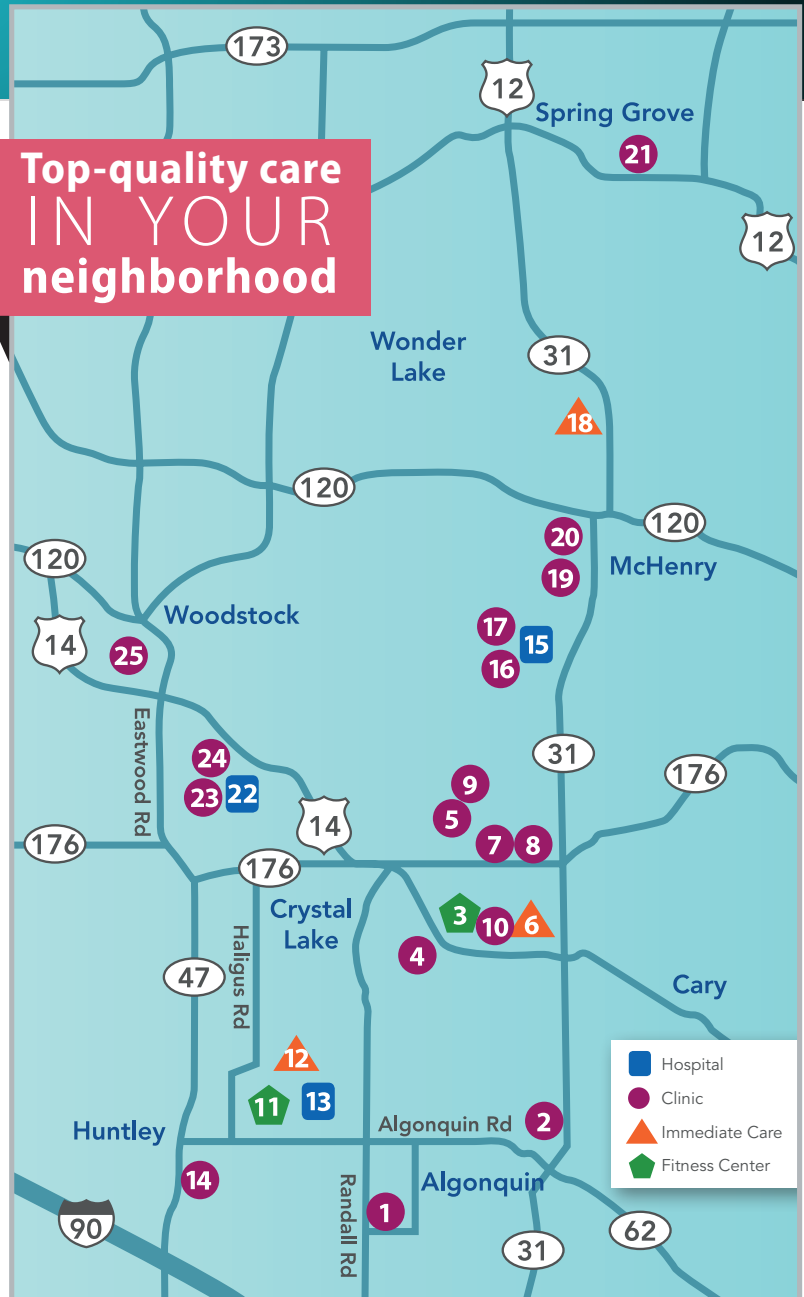
15. **4201 Medical Center Drive**
Centegra Hospital—McHenry
Centegra Anticoagulation
Management
Centegra Care Connections Pharmacy
Centegra Clinical Laboratories
Centegra Family Birth Center
Centegra Heart Center
Centegra Hip & Knee Replacement
Center
Centegra Imaging Center
16. **4305 Medical Center Drive**
Centegra Sage Cancer Center
Centegra Rehabilitation Clinic
17. **4309 Medical Center Drive**
Centegra Cardiac & Pulmonary
Rehabilitation
Centegra Cardiovascular & Thoracic
Center
Centegra Occupational Health
Centegra Physician Care
18. **2507 N. Richmond Road**
Centegra Immediate Care
Centegra Back & Spine Center
Centegra Imaging Center
Centegra Occupational Health
Centegra Physician Care
Centegra Rehabilitation & Sports
Medicine Clinic

19. **213 Front Street**
Centegra Home Health
Centegra Home Medical Equipment
20. **333 Front Street**
Centegra Rehabilitation & Sports
Medicine Clinic

Spring Grove

21. **1906 Holian Drive**
Centegra Physician Care

Top-quality care
IN YOUR
neighborhood



For a complete list of Centegra Physician Care specialties & locations, visit centegra.org/locations.

Woodstock

22. **3701 Doty Road**
Centegra Hospital—Woodstock
Centegra Anticoagulation
Management
Centegra Cardiac & Pulmonary
Rehabilitation
Centegra Care Connections Pharmacy
Centegra Clinical Laboratories
Centegra Imaging Center
Centegra Occupational Health

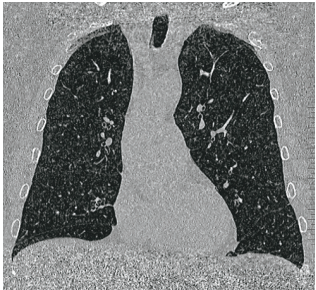
- Centegra Rehabilitation & Sports
Medicine Clinic
Centegra Sleep Services
23. **3703 Doty Road, Medical Office Building 1**
Centegra Rehabilitation & Sports
Medicine Clinic
 24. **3707 Doty Road, Medical Office Building 2**
Centegra Physician Care
 25. **527 W. South Street**
Centegra Behavioral Health
Outpatient Programs

Classes and events

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Low-dose CT lung screenings: Best way to find lung cancer

Since Centegra Health System began to offer its low-dose CT lung screening program, more than 1,000 people have taken advantage of this important offer. Low-dose CT lung screenings are the best way to find lung cancer when it is in its earliest, most treatable stages. Without this screening, the chances of lung cancer spreading to other areas of the body could increase before it is detected.



Low-dose CT lung scans help Centegra doctors detect lung cancers early.

More than 20 percent of patients who were screened had some type of medical findings, ranging from coronary artery disease to pulmonary hypertension. Two percent of those screened have been diagnosed with lung cancer.

To be eligible for the screening, you must be between the ages of 55 and 80. You must have smoked the equivalent of a pack of cigarettes a day for 30 years or two packs a day for 15 years.

For more information, visit centegra.org/lungscreening. To schedule a screening, call 815-334-5566.

The meaning of wellness



Centegra’s mission is to inspire and engage community members in their health and wellness. It’s an idea that means different things to different people. And it’s a part of everything you’ll read about in this edition of *Health Today*.

The new Centegra Hospital–Huntley’s programs and services will be designed to get you well and keep you healthy.

On page 4, you’ll see our latest construction update and learn about ways you can help us better serve the community.

For Lynn Waishwell, wellness means adventure—and the freedom to pursue it. That’s a possibility she’s thrilled to have back since her double knee replacement at the Centegra Hip & Knee Replacement Center. You’ll find her story on page 5.

For Maureen Schroeder, wellness means the confidence to push her own boundaries and chase the big dreams. On page 6, she shares how the Centegra Health Bridge Fitness Center helped inspire her journey.

We want you to know that whatever wellness means to you, Centegra will be here to help you achieve it.

Sincerely yours,
Michael S. Eesley
Chief Executive Officer



HOW TO REACH US

- ▶ Call the Centegra Referral Line (24 hours a day): 877-CENTEGRA (236-8347).
- ▶ Visit centegra.org.
- ▶ Find us at facebook.com/CentegraHealthSystem.
- ▶ Follow us at [@CentegraHealth](https://twitter.com/CentegraHealth).

Centegra Behavioral Health Services

800-765-9999 | Call for information about Centegra Behavioral Health Services.

McHenry County Crisis Services

800-892-8900 | mchenry-crisis.org
For immediate assistance or for information about social service providers in the community.

HEALTHTODAY is published as a community service for the friends and patients of CENTEGRA HEALTH SYSTEM. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations. 2015 © Coffey Communications, Inc. All rights reserved. CMM31105



Visit centegra.org/huntley to sign up to receive periodic construction updates about Centegra Hospital-Huntley.

Group chose to donate to the Centegra Health System Foundation because we know our contribution is directly impacting those we care about the most."

FOR OUR FAMILIES

As the excitement of a changing skyline in Huntley becomes a reality, community investment and engagement are important to the final success of the project. Just as Centegra physicians and nurses have been involved in the design and floor plans of the new hospital, community investors play a critical role in ensuring Centegra Hospital-Huntley provides the services and technology the community needs.

"Centegra has provided my family quality care over the years," says Chuck Ruth, Centegra Health System board member and Huntley resident. "This project ensures all Huntley-area families have access to local optimum health care for decades to come. We hope everyone will take the opportunity and in their own way get involved in this worthwhile campaign to benefit our community."

The Centegra Health System Foundation is dedicated to helping create a healthier community by providing philanthropic support for initiatives such as the Centegra Hospital-Huntley campaign. The Foundation provides steadfast support of Centegra's mission, to inspire and engage the community in their health and wellness.

To make an early investment by contributing to the Centegra Hospital-Huntley project, please see the envelope that is part of this issue of *Health Today*. To make a donation online, visit donate.centegra.org. To learn more about the Centegra Health System Foundation, visit centegra.org/foundation or call 847-802-7080.

From the ground up

How community investors play a critical role in the Huntley project

Community members who have driven by the intersection of Algonquin and Haligus Roads in Huntley have had a chance to see the incredible progress that is happening at Centegra Hospital-Huntley. After years of planning, construction is more than 50 percent complete and crews have begun work on the inside of the new hospital.

When the new facility opens in late summer 2016, it will be home to the most advanced medical care in the region. Patients will receive Centegra's high-quality care in private rooms that provide a healing environment. Centegra Health System recently received approval for a cardiac catheterization laboratory at Centegra Hospital-Huntley, which will be available the day the hospital opens. This means community members will have rapid access

to leading-edge emergency and routine cardiac procedures close to their homes.

As Centegra Health System looks ahead to Centegra Hospital-Huntley, other business and philanthropic leaders have also recognized the importance of having exceptional health care close to home. These leaders are among the early investors in Centegra Hospital-Huntley.

Mike Curran, Centegra Health System board of governors chairman and co-president of Curran Group, says his investment in Centegra Hospital-Huntley reflects his desire to ensure the community has access to superior health care and wellness services.

"Centegra leaders and medical professionals live in our community and know our needs," Curran says. "Curran

"We hope everyone will take the opportunity and in their own way get involved in this worthwhile campaign to benefit our community."

—Chuck Ruth, Centegra board member and Huntley resident

To contribute, please see the envelope in this issue of *Health Today* or visit donate.centegra.org.

Be like Lynn

5 ways to have a successful joint replacement surgery

Lynn Waishwell loves the active life. In her 20s, she backpacked through Europe and visited the Sahara. But by 61, weight gain and arthritis had taken their toll. Her knees constantly ached. She couldn't walk without a cane—and she felt isolated.

"You miss some of the robustness of life when you're limited with knee pain," she says. So when she decided to have both knees replaced at Centegra Hip & Knee Replacement Center, she was ready to do everything she could to start living again.

Waishwell's surgeon, John Daniels, MD, says her fantastic attitude and effort made all the difference. "She put all the work and effort in," he says, "and that's why she's got a great result."



John Daniels, MD

5 THINGS LYNN DID RIGHT—AND YOU CAN TOO

To set herself up for success, Waishwell took five key steps before and after surgery that led to a better recovery:

- 1. She lost weight.** Less weight means less stress on the new joint—and, in many cases, a quicker recovery. So Waishwell planned ahead and began losing weight six months before surgery. "At first it seemed impossible because I was very sedentary and in a pretty dark place," says Waishwell. But she worked hard and shed about 55 pounds.
- 2. She adopted a strength routine.** Waishwell worked with a trainer to help strengthen the leg, arm and core muscles she would rely on during her recovery. According to Dr. Daniels, that can be a big help when it's time to use those same muscles after surgery and in rehab.
- 3. She talked with a navigator.** Centegra's joint navigators are nurses who help guide patients through the process—from surgical paperwork to rehab planning. "She was someone I could call to discuss my fears and help

Step inside. Take a virtual tour of the Centegra Hip & Knee Replacement Center at centegra.org/hipandknee.

me make decisions about my care," Waishwell says.

- 4. She attended a surgical class.** The class reviewed what she could do to get ready for surgery. It explained pain management. And it gave her a chance to ask questions. Most of all, it helped Waishwell realize she had a role to play in this experience—and that motivated her to prepare.
- 5. She followed through with rehab.** After surgery, a rehab program helps patients regain strength and flexibility. Waishwell's recovery included a stay at a rehab center, followed by outpatient physical therapy at Centegra Health Bridge Fitness Center. "I never missed an appointment," she says. And she continues to build her strength and flexibility—even now that she's completed rehab.

ACTIVE AGAIN

Thanks to her new knees, Waishwell is living in the moment again. She's even planning a trip to the Galapagos Islands. "The world is open," she says. "I'm ready to dive in."

What inspires Lynn?

A veteran teacher, Lynn Waishwell was most inspired by students who worked hard to improve. They weren't necessarily the top students, but they prevailed. "That's inspiring to me," she says.

Inspired by Lynn? You can follow her story on Twitter. Search for [@Lynnwwell](https://twitter.com/Lynnwwell).



Project: Me!

*Centegra helped
Maureen love fitness—
and change her life*

As Maureen Schroeder drove her son, Brady, to preschool 6½ years ago, a construction site caught her eye. It was Centegra Health Bridge Fitness Center taking shape in Huntley.

“I thought: ‘How can I drive right past this to go to another gym? I’m going to have to get out of my comfort zone and join,’” she says. She never imagined this one decision would kick off a transformation in her whole life.

BREAKING DOWN BARRIERS

Though physical fitness is central to Schroeder’s life now, it wasn’t always easy for her. Diagnosed with a heart condition at 16, she had to be monitored carefully when playing sports. Heart surgeries corrected the life-threatening condition, but she still thought of herself as a “chicken” about gyms. “I was once too scared to even go to one and get on a treadmill,” she says.

But something about Centegra Health Bridge Fitness Center felt different. At first it was the social aspect she loved and the “come as you are” atmosphere. It helped her feel comfortable, whether she was working out or talking to a friend.

That’s not unusual, says Matt Carlen, vice president of health and wellness with Centegra Health System. “It’s a lot easier to exercise when you know your friends will be there. We have members who have been taking group fitness classes together for 10 years.”

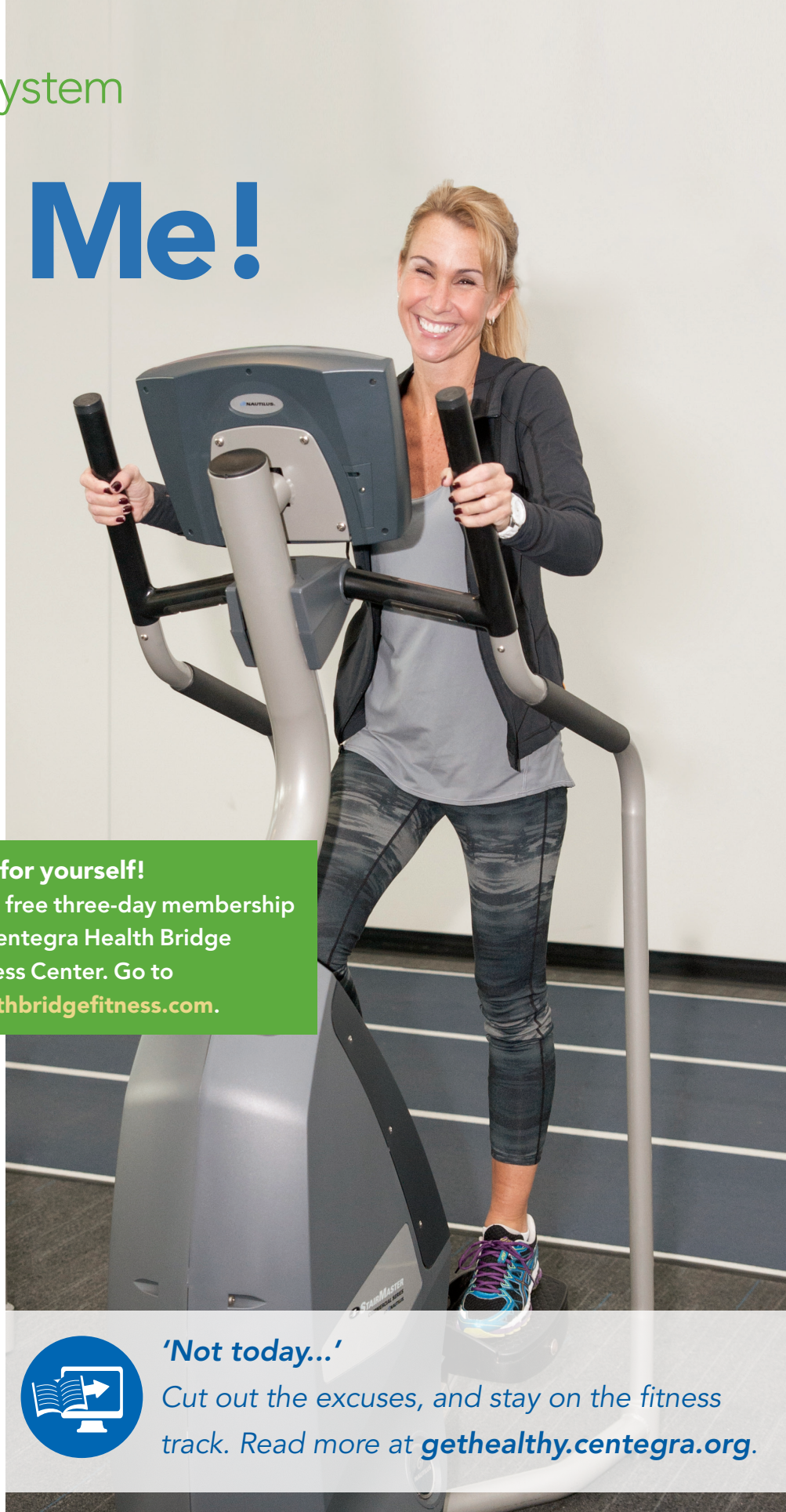
Over time, Schroeder ventured into new activities—tennis, swimming, step aerobics. It became a way of life that boosted her

See for yourself!
Try a free three-day membership
to Centegra Health Bridge
Fitness Center. Go to
healthbridgefitness.com.



‘Not today..’

Cut out the excuses, and stay on the fitness track. Read more at gethealthy.centegra.org.





KIDZONE Fun for kids, peace of mind for parents

While parents work out, kids can hang out—at KidZone. It's Centegra Health Bridge Fitness Centers' child care service—but it's much more than babysitting.

"We focus on making sure kids have a lot of fun," says Matt Carlen, vice president of health and wellness with Centegra Health System. Among KidZone's many offerings: mini basketball, dance activities, crafts and a weekly Kids Night Out! swimming and pizza party.

"The caregivers are great, and it's more personal than at other gyms I've been to," Maureen Schroeder says. Her kids don't just love it—they beg to go, she says.

KidZone is open seven days a week for kids 4 months to 11 years old. To register your child, call **815-444-2900**.

confidence. "Before, I was afraid I'd mess up in classes," she says. "But the instructors are so motivating. They got me to try things I normally wouldn't—and they made me love the classes."

With her newfound confidence, Schroeder dared to set—and achieve—even more challenging goals, including training for a half marathon and triathlons.

The transformation hasn't just been hers. Now she meets up with friends at the track instead of the coffee shop. And her children—Brady (now 10) and Cara (4)—love the children's activities at the center. "I know I'm doing my kids a really good service by showing them working out is good for you—and can be fun," Schroeder says.



operations with Centegra Physician Care. "Day or night, you can go on the Internet to request regular appointments," he says. "And Immediate Care has weekend, early morning and evening hours for convenient access. That's great for a parent who's been up all night with a sick child." Plus, every Centegra hospital, physician office and Immediate Care location has access to

your medical records—so you get the same personalized, safe care at every location. It's not just the convenience that has made an impression on Schroeder. It's the caring she sees throughout Centegra Health System. Nine months pregnant with

Cara and home alone with her son, she chose Huntley's new Immediate Care over the emergency room when she suddenly had severe foot pain. "They couldn't have been nicer to Brady, who was a bit scared to have his mom there," she says. "And I received such thorough care."

LOOKING AHEAD

When Schroeder drove by that construction site six years ago, she didn't know it would help create a new blueprint for her own life too. And the ride is far from over. She has a new goal. Inspired by the instructors who've made such a difference in her life, her dream now is to become a fitness instructor herself.

"I owe that to Centegra," she says. "And not to be corny, but mentally and physically, if I can do it—anybody can."

MAKING THE CONNECTION

Athlete, mother, patient, friend. Schroeder is all four—and more. That's something Centegra understands. And it's why, on the same campus as the fitness center, the Schroeders can also access primary care, immediate care, medical specialists and lab services. "I can finish a fitness class, leave my car parked, walk over for blood tests—all in one stop," Schroeder says. "It's so convenient."

That's the comprehensive mindset at Centegra, says Mike Ford, vice president of

Every journey starts with a single step

Our wellness programs are designed to help you discover your best self. Call **877-CENTEGRA** to learn about:

- ▶ Centegra's Healthy Living Institute—offering personalized weight-loss solutions, wellness coaching, cooking demos and more

- ▶ Centegra WellBridge—a discounted 60-day fitness education program, which includes a two-month membership to Centegra Health Bridge Fitness Center
- ▶ Fuel to Win Sports Nutrition—for athletes who want to learn the best way to eat for their sport

We're where you are. Go to **centegra.org** to find a Centegra Physician Care doctor or an Immediate Care location near you.

Classes & Events



How to register

Membership is not required to enjoy classes at a Centegra Health Bridge Fitness Center or any of our Centegra Health System programs. However, all members receive discounts and priority registration. Please register 24 hours in advance and have a waiver, if required, signed prior to the beginning of a class. Prices are per person unless otherwise noted. To register, call the number listed with the class.

CENTEGRA HEALTH BRIDGE FITNESS CENTERS

Hours:

- ▶ Crystal Lake: Monday through Friday, 5am to 10pm; Saturday and Sunday, 6am to 7pm
- ▶ Huntley: Monday through Friday, 5am to 11pm; Saturday, 6am to 10pm; Sunday, 6am to 9pm

Phone: **815-444-2900**

On the web: healthbridgefitness.com

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

Aquatics



CHILDREN'S SWIM LESSONS

Our water safety instructors are trained and certified by the American Red Cross to work with children of all ages. Call **815-444-2900** to register.

Seven-Week Sessions

Various days and times available; check the website.

CHBFC-CL CHBFC-H

• Session 3

Date	Day, time
Apr 20–Jun 8*	Varies

• Session 4

Date	Day, time
Jun 13–Aug 1*	Varies

*No class May 25, Jun 9–12, Jul 4

Registration: First priority given to walk-in registrants, second priority given to online registrants (when available), third priority given to phone registrants

- Members only: Starting Apr 6 (Session 3), Jun 1 (Session 4)
- Community currently in group lessons: Starting Apr 11 (Session 3), Jun 6 (Session 4)
- Open registration for all: Starting Apr 13 (Session 3), Jun 8 (Session 4)

Fee: PTB–Level 3: \$70 Member, \$85 Community;
Level 4–Level 6: \$90 Member, \$105 Community

Summer 2-Week Intensives

CHBFC-CL CHBFC-H

• Intensive A*

Day	Date	Time
M–Th	Jun 8–18	9am–noon

• Intensive B*

Day	Date	Time
M–Th	Jun 22–Jul 2	9am–noon

• Intensive C†

Day	Date	Time
M–Th	Jul 6–16	9am–noon

• Intensive D†

Day	Date	Time
M–Th	Jul 20–30	9am–noon

CHBFC-H

• Intensive E†

Day	Date	Time
M–Th	Aug 3–13	9am–noon

*All registration begins May 18.

†All registration begins Jun 15.

Fee: \$75 Member, \$85 Community (L1–L3)

Fee: \$95 Member, \$105 Community (L4–L6)

AQUATICS FOR KIDS

Endurance Swim for Children

A challenging, hour-long workout that encompasses stroke days, distance days and sprint days. This program will refine competitive strokes and improve racing abilities. Ages 5 and up. Call **815-444-2900** for class information and to register.

CHBFC-CL CHBFC-H Lap and Leisure Pools

• Session 3

Date	Day, time
Apr 20–Jun 8	Varies

• Session 4

Date	Day, time
Jun 13–Aug 1	Varies

Fee: \$70 Member, \$100 Community

Fitness Swimming for Kids

For swimmers ages 13 and younger who have completed Red Cross Level 3. Participant must be able to swim 25 yards continuously. Call **815-444-2900** for class information and to register.

CHBFC-CL Lap Pool

• Session 3

Day	Date	Time
Sa	Apr 20–Jun 8	Noon–12:45pm

• Session 4

Day	Date	Time
Sa	June 13–Aug 1	Noon–12:45pm

Fee: \$60 Member, \$85 Community

Home-School PE Swimming

The first 30 minutes of class focuses on structured swim skills based on current ability and is followed by 15 minutes of free play in the pool. Ages 4 to 16. Call **815-444-2900** to register.

CHBFC-CL Leisure Pool

• Session 3

Day	Date	Time
M	Apr 20–Jun 8	3:15–4pm

• Session 4

Day	Date	Time
M	Jun 13–Aug 1	3:15–4pm

Fee: \$70 Member, \$100 Community

Swim Consultant—Private Lessons

Our tier 4 instructor will provide lessons for competitive swimmers looking to improve their technique and drop their race times. All four strokes, starts and turns are areas of focus. Ages 9 and up. Call concierge at **815-444-2900** for packages and prices.

CHBFC-CL CHBFC-H

Swim Team Prep

For swimmers 5 and older who have been or are on a swim team. Participants must be able to swim more than 25 yards continuously and know all four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Class is one hour. Call **815-444-2900** for class information and to register.

CHBFC-CL CHBFC-H Lap and Leisure Pools

• Session 3

Date	Day, time
Apr 20–Jun 8	Varies

• Session 4

Date	Day, time
Jun 13–Aug 1	Varies

Fee: \$70 Member, \$100 Community

Want to make a splash? Rent a pool—and celebrate!

Rent Centegra Health Bridge Fitness Center or the Indoor Pool Facility for your next event. Different party packages and times are available based on your choices. Our American Red Cross-certified lifeguards will be on guard at the pools. Call **815-444-2900** for more information.

CHBFC-CL CHBFC-H



AQUATICS FOR ADULTS

Adult Beginner Swim Lessons

Focus on the basics. Our water safety instructors are trained by the American Red Cross. Call **815-444-2900** for class information and to register.

CHBFC-CL CHBFC-H

• Session 3

Date	Day, time
Apr 20–Jun 8	Varies

• Session 4

Date	Day, time
Jun 13–Aug 1	Varies

Fee: \$65 Member, \$93 Community

Adult Stroke Improvement

Work on perfecting individual swim strokes. Focus on rotary breathing, proper body position and efficient movements. Our experienced Water Safety Instructors are trained by American Red Cross and are certified lifeguards. Minimum 2 participants, maximum 8. Call **815-444-2900** for dates and times and to register.

CHBFC-CL CHBFC-H

Fee: \$80 Member, \$95 Community

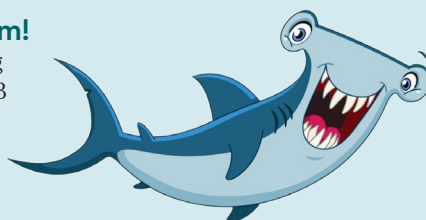
Health Bridge HammerHeads Swim Team!

Crystal Lake will swim against Huntley. We are seeking swimmers ages 5 through 14 (eighth grade) for our HB HammerHeads 2015 spring, summer, fall and winter (2015–16) swim team seasons. Each swimmer must be able to perform the four competitive swim strokes—freestyle, backstroke, butterfly and breaststroke—with an 85 percent or higher efficiency at tryouts. Swimmers who have completed level 5 are generally ready to try out for the swim team. Swim practices are one hour, twice per week, usually on Mondays and Wednesdays. Swim meets are held in Huntley, and there are four swim meets per season. Participants will purchase swimsuits and swim caps (not included in fee). Call **815-444-2900** for tryout and season dates.

CHBFC-CL CHBFC-H

Fee: \$355 Member, \$385 Community

Tryout fee: \$5





Ai Chi

Ai chi is a simple form of aquatic exercise designed to strengthen and tone the body while promoting relaxation. Participants move through a series of poses, or forms, while practicing breath control. This practice encourages flexibility and core stability and establishes an overall sense of well-being. Call **815-444-2900** or see concierge to register.

CHBFC-CL Therapy Pool

Day	Date	Time
M	May 11–Jun 15*	1–2pm
M	Jun 22–Jul 27	1–2pm

Fee: \$52.50 Member, \$80 Community

*No class May 25. Fee for this session: \$43.75 Member, \$66.67 Community



Junior Lifeguard Class

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard but will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course. Call **815-444-2900** for days and times and to register.

CHBFC-CL CHBFC-H Leisure Pool, Conference Room

Please call for dates and times.

Fee: \$195 Member, \$205 Community

Lifeguard Certification Class

Must be able to swim 300 yards according to American Red Cross guidelines and retrieve a 10-pound brick the first day of class. Participants must be ages 16 and up. Must attend all class days and times. Call **815-444-2900** to register.

CHBFC-H Conference Room, Lap Pool

Please call concierge for dates and times.

Fee: \$270 Member, \$290 Community

Lifeguard Instructor Certification Class

Learn the skills needed to teach the Lifeguard Instructor course. Must be able to pass the precourse according to American Red Cross guidelines the first night of class. Participants must be 17 and older. Must attend all class days and times and bring LG manual and own pocket mask. Please call concierge at **815-444-2900** for dates and times and to register.

CHBFC-H

Fee: \$285 Member, \$300 Community (includes books for LGI and instruction)

FREE Swim Testing

Available by appointment! Call the concierge at **815-444-2900**.

Water Safety Instructor Certification Class

Students will learn how to conduct training sessions and evaluate participants' progress. Ages 16 and up. Students must be able to swim the precourse, including front crawl, back crawl, butterfly, elementary backstroke and sidestroke. Call **815-444-2900** to register.

CHBFC-H

Please call for dates and times.

Fee: \$295 Member, \$345 Community

MEDICALLY INTEGRATED AQUATICS

Arthritis Water Exercise 1

Group warm water exercise classes focus on progressive improvement of strength, endurance and range of motion. Enjoy exercising in our comfortable, supportive environment. Minimum 7, maximum 16 (Crystal Lake); minimum 7, maximum 25 (Huntley). *Physician release required before class registration.* Call **815-444-2900** or stop by concierge to register.

CHBFC-CL Therapy Pool

Day	Date	Time
F	Mar 27–May 15	Noon–1pm
F	May 22–Jul 10	Noon–1pm
F	Jul 17–Sep 18*	Noon–1pm

*No class Aug 3–14

Fee: \$16 Member, \$32 Community

Day	Date	Time
M,W	Mar 23–May 15	Noon–1pm
M,W	Mar 23–May 15	6:30–7:30pm
M,W	May 18–Jul 8*	Noon–1pm
M,W	May 18–Jul 8*	6:30–7:30pm
M,W	Jul 13–Sep 16*	Noon–1pm
M,W	Jul 13–Sep 16*	6:30–7:30pm
Tu,Th	Mar 24–May 14	9:45–10:45am
Tu,Th	Mar 24–May 14	11am–noon
Tu,Th	Mar 24–May 14	Noon–1pm
Tu,Th	May 19–Jul 9*	9:45–10:45am
Tu,Th	May 19–Jul 9*	11am–noon
Tu,Th	May 19–Jul 9*	Noon–1pm
Tu,Th	Jul 14–Sep 17*	9:45–10:45am
Tu,Th	Jul 14–Sep 17*	11am–noon
Tu,Th	Jul 14–Sep 17*	Noon–1pm

*No class May 25, Sep 7, Aug 3–14

Fee: \$30 Member, \$60 Community (M,W); \$32 Member, \$64 Community (Tu,Th)

Day	Date	Time
M,W,F	Mar 23–May 15	8:30–9:30am
M,W,F	Mar 23–May 15	9:45–10:45am
M,W,F	Mar 23–May 15	11am–noon
M,W,F	May 18–Jul 10*	8:30–9:30am
M,W,F	May 18–Jul 10*	9:45–10:45am
M,W,F	May 18–Jul 10*	11am–noon
M,W,F	Jul 13–Sep 18*	8:30–9:30am
M,W,F	Jul 13–Sep 18*	9:45–10:45am
M,W,F	Jul 13–Sep 18*	11am–noon

*No class May 25, Sep 7, Aug 3–14

Fee: \$48 Member, \$96 Community (Mar 23–May 15); \$46 Members, \$92 Community (May 18–Jul 10 and Jul 13–Sep 18)

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

CHBFC-H Therapy Pool

Day	Date	Time
M,W	Mar 23–May 13	9:30–10:30am
M,W	May 18–Jul 8*	9:30–10:30am
M,W	Jul 13–Sep 16*	9:30–10:30am

*No class May 25, Sep 7, Aug 17–28

Fee: \$32 Member, \$64 Community (Mar 23–May 13); \$30 Members, \$60 Community (May 18–Jul 8; Jul 13–Sep 16)

Tu,Th	Mar 24–May 14	10:30–11:30am
Tu,Th	May 19–Jul 9*	10:30–11:30am
Tu,Th	Jul 14–Sep 17*	10:30–11:30am

*No class May 25, Sep 7, Aug 17–28

Fee: \$32 Member, \$64 Community (Mar 24–May 14); \$30 Members, \$60 Community (May 19–Jul 9; Jul 14–Sep 17)

Arthritis Water Exercise 1+

The next step up from AWE1—more intensity and repetition and more variety in muscle training techniques with less recovery time, but still no high-impact movement. Minimum 7, maximum 30. *Physician release required.* Call **815-444-2900** or stop by concierge to register.

CHBFC-H Therapy Pool

Day	Date	Time
Tu,Th	Mar 24–May 14	9:15–10:15am
Tu,Th	May 19–Jul 9	9:15–10:15am
Tu,Th	Jul 14–Sep 17*	9:15–10:15am

*No class Aug 17–28

Fee: \$32 Member, \$64 Community

Arthritis Water Exercise 2

A higher-intensity workout with more conditioning and endurance. Strengthen core and posture muscles, and increase your flexibility. *Physician release required.* Call **815-444-2900** or stop by concierge to register.

CHBFC-CL Lap Pool

Day	Date	Time
Tu,Th	Mar 24–May 14	9:45–10:45am
Tu,Th	May 19–Jul 9*	9:45–10:45am
Tu,Th	Jul 14–Sep 17*†	9:45–10:45am

*From Jun 9 to Sep 3, classes will be held from 9:15 to 10:15am

†No class Aug 17–28

Fee: \$32 Member, \$64 Community

Session 3 includes the 2-week pool closing, therefore it is a 10-week session.



Healing Waters

Private and partnered aquatic healing sessions with a certified Aquatic Therapy & Rehab Institute instructor. Retrain muscles; focus on gait patterns; improve balance, flexibility and range of motion; and stabilize and strengthen your core. Ideal for pain management, transitioning from physical therapy to independent or group exercise, and building strength and endurance before and after surgery as well as for those with special needs. Ages 14 and up. *Physician release required before registration.* Call concierge at **815-444-2900** to set up a time.

CHBFC-CL

Low-Back Water Exercise

Got back pain? Learn about correct posture and how to strengthen and stretch the muscles responsible for stabilizing the spine. Led by a physical therapist, the first class is a lecture, and the rest are in the therapy pool. *Physician release required before registration.* Call **815-444-2900** or visit concierge to register.

CHBFC-CL Conference Room (first night), Therapy Pool

Day	Date	Time
Th	Apr 23–May 28	6–7pm
Th	Jun 11–Jul 16	6–7pm

Fee: \$40 Member, \$60 Community

Multiple Sclerosis Water Exercise

Learn to increase your range of motion, stabilize your balance and build your strength. *Physician release required before registration.* Call **815-444-2900** or visit concierge to register.

CHBFC-CL Lap Pool

Day	Date	Time
W,F	Mar 25–May 15	10–10:45am
W,F	May 20–Jul 10	10–10:45am
W,F	Jul 15–Sep 18*	10–10:45am

*No class Aug 17–28

Fee: \$20 Member, \$60 Community

PRIVATE AND SEMIPRIVATE SWIM LESSONS

Looking for a one-on-one swim lesson? Our American Red Cross-certified swim instructors can provide you or your child personalized attention, focusing on the skills that are needed. Do you have two or more children within a close range of skills that need individualized attention? Whether you're a beginner or advanced swimmer, our private or semiprivate swim lessons will help you achieve your goals. Call **815-444-2900** to register.

CHBFC-CL CHBFC-H

Private Swim Lessons

Swim instructor level tier 1

- **Five 30-minute lessons**
\$110 Member, \$130 Community
- **Ten 30-minute lessons**
\$190 Member, \$220 Community

Senior swim instructor level tier 2

- **Five 30-minute lessons**
\$125 Member, \$145 Community
- **Ten 30-minute lessons**
\$210 Member, \$235 Community

Semiprivate Swim Lessons

Swim instructor level tier 1

- **Five 30-minute lessons**
\$85 Member, \$100 Community
- **Ten 30-minute lessons**
\$160 Member, \$190 Community

Senior swim instructor level tier 2

- **Five 30-minute lessons**
\$95 Member, \$105 Community
- **Ten 30-minute lessons**
\$180 Member, \$200 Community

Family

CHILDBIRTH AND INFANT CARE

Breastfeeding Basics

Taught by Centegra's international board-certified lactation consultants. Call **877-CENTEGRA** to register.

CH-M Classroom A

Day	Date	Time
Sa	Jun 13	9am–noon
Sa	Jul 11	9am–noon
Sa	Aug 8	9am–noon

Fee: \$30

 Find Centegra Breastfeeding Resource Center and services on Facebook: [facebook.com/CentegraBreastfeedingResourceCenter](https://www.facebook.com/CentegraBreastfeedingResourceCenter).

FREE Breastfeeding Support Group

Bring your baby, your experiences and your questions. No registration needed. Call **815-334-3850** or **815-759-4839** for information. For schedule updates, please call the Breastfeeding Resource Center at **815-334-3850**.

CH-M Please ask at the front desk for location. Ends June 24.

Day	Time
M	10–11:30am

CH-W Please ask at the front desk for location.

Day	Time
W	9–11am
Th	5–7pm



Childbirth Education

Designed to prepare you and your support person for the birth of your baby. Includes a tour. Call **877-CENTEGRA** to register.

CH-M Classrooms C and D

Day	Date	Time
Tu	May 5–26	7–9:30pm
Tu	Jun 2–23	7–9:30pm
Tu	Jul 7–28	7–9:30pm

Fee: \$75

Infant CPR and Safety

This is a community education class and is not for certification. Taught by American Heart Association instructors. Call **877-CENTEGRA** for information.

CH-M Classrooms C and D

Day	Date	Time
F	Jul 17	6–10pm

Fee: \$40 couple; \$25 single person

Lactation Consultant

Available for outpatient consultations, retail purchases, pump rentals, bra fittings and weight checks. Appointments are required. Call **815-334-3850** to register.

CH-M CH-W Please ask at the front desk for directions.

Fees are applicable for some services—please call for details.

Prenatal Yoga

Enjoy some gentle stretching as well as a centering and calming workout. *Physician release required before participation.* Call **815-444-2900** or stop by concierge to register.

CHBFC-CL Conference Room

Day	Date	Time
W	Apr 1–May 6	5–6pm
W	May 13–Jun 17	5–6pm
W	Jun 24–Jul 29	5–6pm

CHBFC-H Mind/Body Studio

Day	Date	Time
W	Apr 1–May 6	5–6pm
W	May 13–Jun 17	5–6pm
W	Jun 24–Jul 29	5–6pm

Fee: \$52.50 Member, \$80 Community

FAMILY AND CHILD ACTIVITIES

Family Yoga

Parents and their children ages 6 to 11 can have fun together while focusing on their health. This class teaches a variety of yoga poses while improving flexibility and balance. Call **815-444-2900** to register.

CHBFC-CL Mind/Body Studio

Day	Date	Time
Sa	May 30–Jun 20	Noon–12:45pm

CHBFC-H Mind/Body Studio

Day	Date	Time
Sa	May 30–Jun 20	1:30–2:15pm

- Fee (one parent, one child): \$35 Member, \$52.50 Community
- Each additional parent or child: \$10
- Daily drop in (if space is available): \$10 Member, \$15 Community

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

TENNIS CAMPS

Aces and Aquatics Summer Camp

This instructional multisport camp features professional tennis lessons along with swim lessons and other gym activities at a great price. Your child will have fun while getting tennis instruction from our tennis pros and swim instruction from our swim instructors. On Fridays, we will watch a movie and eat pizza. This camp is structured for kids ages 6 to 12.

Day	Date	Time
M-F	Jun 8-19	8:30am-noon/ 1-4:30pm
M-F	Jun 22-Jul 3	8:30am-noon/ 1-4:30pm
M-F	Jul 6-17	8:30am-noon/ 1-4:30pm
M-F	Jul 20-31	8:30am-noon/ 1-4:30pm
M-F	Aug 3-14	8:30am-noon/ 1-4:30pm

Fee: \$170 Member (Premiere) or \$180 (Classic); \$190 Community

All-Tennis Camp

For young players ages 8 to 12 years old interested in a camp with just tennis. Learn new skills and play games in this camp.

Day	Date	Time
M,T,W	Jun 15-24	11am-2pm
M,T,W	Jul 13-22	11am-2pm

Fee: \$126 Member (Premiere) or \$132 (Classic); \$138 Community

Kids Basketball and Swim Camp

Kids will enjoy one hour of basketball instruction, swimming and a pizza lunch. For kids ages 6 to 11. Registration required. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
Tu	Jul 28	Noon-3pm

Fee: \$19 Member, \$28 Community

CHBFC-H Drop off in KidZone

Day	Date	Time
Th	Jun 11	Noon-3pm

Fee: \$19 Member, \$28 Community



CAMPS

KidZone offers structured activities for ages 4 to 13. A healthy snack will be provided; children should bring a sack lunch. Sibling discount: 10 percent. Registration is required. Call **815-444-2900** to register.

Full-Day Camps

CHBFC-H Drop off in KidZone

Day	Date	Time
M-F	Jun 8-12	8am-4:30pm
M-F	Jun 15-19	8am-4:30pm
M-F	Jun 22-26	8am-4:30pm
M-F	Jun 29-Jul 3	8am-4:30pm
M-F	Jul 6-10	8am-4:30pm
M-F	Jul 13-17	8am-4:30pm
M-F	Jul 20-24	8am-4:30pm
M-F	Jul 27-31	8am-4:30pm
M-F	Aug 3-7	8am-4:30pm
M-F	Aug 10-14	8am-4:30pm

- Day fee: \$60 Member, \$72 Community
- Week fee: \$220 Member, \$260 Community

Half-Day Camps

CHBFC-H Drop off in KidZone

Day	Date	Time
M-F	Jun 8-12	9am-2:30pm
M-F	Jun 15-19	9am-2:30pm
M-F	Jun 22-26	9am-2:30pm
M-F	Jun 29-Jul 3	9am-2:30pm
M-F	Jul 6-10	9am-2:30pm
M-F	Jul 13-17	9am-2:30pm
M-F	Jul 20-24	9am-2:30pm
M-F	Jul 27-31	9am-2:30pm
M-F	Aug 3-7	9am-2:30pm
M-F	Aug 10-14	9am-2:30pm

- Day fee: \$40 Member, \$55 Community
- Week fee, early-bird (by May 15): \$150 Member, \$175 Community
- Week fee, regular: \$175 Member, \$200 Community

Active Kids Camp

Kids will enjoy a fun-filled day! Registration is required, and camp activities may be subject to change due to inclement weather. Please bring a sack lunch, a swimsuit, a towel and sunscreen. A healthy snack in the morning will be provided. Sibling discount: 10 percent. Price is per day. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
F	Jun 19	9am-3pm

Field trip to Veterans Acres for hiking and picnic:

W	Jun 24	9am-3pm
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Bounce house fun:

Th	Jul 2	9am-3pm
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Field trip to Crystal Lake gymnastics:

F	Jul 10	9am-3pm
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Kids in the Kitchen and fitness lesson:

Tu	Jul 14	9am-3pm
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Field trip to Crystal Lake gymnastics:

F	Jul 24	9am-3pm
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Fee: \$40 Member, \$55 Community

Kids Combat and Swim Camp

Kids will enjoy one hour of combat, which is a high-energy cardio training class that combines moves from a range of martial arts disciplines. Participants will also go swimming in our indoor pool. Lunch is included. For kids ages 4 to 11. Registration is required. Call **815-444-2900** to register.

CHBFC-CL CHBFC-H Drop off in KidZone

Day	Date	Time
W	Jul 8	Noon-3pm

Fee: \$19 Member, \$28 Community





Kids in the Kitchen

Kids will learn how to prepare a healthy treat, and they'll also have fun decorating their kitchen accessory to take home. Please call the dietitian at **847-802-7018** if your child has any food allergies. Ages 4 and up. Call **815-444-2900** or visit concierge to register.

Fee: \$9 Member, \$15 Community

Kids Night Out!

Join us for a fun, safe and supervised night of swimming at our indoor pool, pizza, crafts and a movie! Ages 1 to 11. Swimming for kids ages 4 and up only. Registration is required. Price is per day. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
F	May 15	4:30–9:30pm
F	Jun 19	4:30–9:30pm
F	Jul 17	4:30–9:30pm

Fee: \$25 Member, \$38 Community

CHBFC-H Drop off in KidZone

Day	Date	Time
F	May 8	4:30–9:30pm
F	Jun 12	4:30–9:30pm
F	Jul 10	4:30–9:30pm

Fee: \$25 Member, \$38 Community

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Givers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

Kids Yoga and Swim Camp

Enjoy one hour of yoga, followed by swimming and a pizza lunch. For kids ages 4 to 11. Registration is required. Please bring a towel and sunscreen. Price is per day. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
W	Jun 17	Noon–3pm

Fee: \$19 Member, \$28 Community

CHBFC-H Drop off in KidZone

Day	Date	Time
Th	Jun 25	Noon–3pm

Fee: \$19 Member, \$28 Community

Zumba and Swim Camp

Kids will enjoy one hour of Zumba, which is high-energy dance class and swimming in our outdoor pool. Lunch is included. For kids ages 4 to 11. Registration is required. Please bring a towel and sunscreen. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
W	Jun 10	Noon–3pm

Fee: \$19 Member, \$28 Community

TEEN ACTIVITIES

Babysitting Training Course

Learn how to have a fun, safe babysitting experience, including basic care, how to respond to emergencies, the right way to diaper and feed a baby, and fun activities to keep toddlers occupied. Participants should bring lunch and a drink. Ages 11 to 14. Call **815-444-2900** to register.

CHBFC-CL Drop off in KidZone

Day	Date	Time
M	Jun 15	9am–3:30pm

Fee: \$55 Member, \$65 Community

CHBFC-H Drop off in KidZone

Day	Date	Time
W	Jun 24	9am–3:30pm

Fee: \$55 Member, \$65 Community

Centegra Sports Concussion Program

This program offers a collaborative approach between physicians and neurorehabilitation experts to manage and treat sports-related concussions. It uses assessment tools, including ImPACT baseline and post-injury testing, in addition to Biodex testing when clinically necessary. Provided in partnership with Sage Products. Call **815-759-4342**.

Birthday parties!

The Centegra Health Bridge Fitness Centers in Crystal Lake and Huntley host birthday parties to remember! Your child's party can be the event of the year with activities such as basketball, swimming in our fun-filled pools, games, crafts, balloons and more! We'll work with you to design a custom party around your child's interests. Call **815-444-2900** to book your party!

CHBFC-CL CHBFC-H

Different party packages are available based on your choices. Prices range from \$15 to \$22 per child.



Don't play the waiting game



Do you know the symptoms of a heart attack?
Not sure? Watch a quick refresher here:
getthehealthy.centegra.org.

As serious as a heart attack.

It's what we say when we really mean business. Unfortunately, too many people fail to take an actual heart attack as seriously as they should.

That can be deadly. About half of the people who die from a heart attack do so within an hour of their first symptoms—and before they reach the hospital.*

That's one big reason it's critical to call 911 at the first sign of a heart attack, says Joe Keenan, DO, director of emergency services for Centegra Health System.

DID YOU KNOW?

Centegra Hospital–Huntley will have a full cardiac catheterization laboratory the day it opens its doors in late summer 2016.

"If it's a new or unusual pain, or if you have sweating or nausea or shortness of breath with chest pain, don't wait," he says. "Call for help."

THE LIFESAVING DIFFERENCE

Many people try to get to the hospital on their own. But an ambulance is faster and safer, Dr. Keenan says.

If your heart develops a dangerous rhythm or stops beating on the way, paramedics and emergency medical technicians can act at once.

They will alert Centegra when they suspect you're having a heart attack. That way, doctors and staff are ready to act the moment you come through the door.

STAYING A STEP AHEAD

Getting to the hospital swiftly and safely is just the first step. Then the main goal is to limit damage by quickly restoring blood

flow to the heart muscle, says cardiologist Douglas Tomasian, MD.

After the emergency department, most patients with heart attacks go to Centegra Hospital–McHenry's cardiac catheterization lab. There, a specialist inserts a tiny balloon into the affected blood vessel and inflates it to clear the blockage.

Nationally, the average time from arrival at a hospital to an opened artery is 60 minutes. At Centegra, door-to-balloon times routinely beat that mark. Sometimes they're as low as 24 minutes.

"We have outstanding treatments," Dr. Tomasian says. "But it's critically important to get attention immediately."

*National Heart, Lung, and Blood Institute

Too patient? Why people wait to call 911

Denial. Experts say it's one of the biggest reasons people with chest pain or other heart attack symptoms fail to call 911.

"No one believes this could happen to them," says cardiologist Douglas Tomasian, MD. "People will say, 'I've never had a symptom related to my heart, and I've been active and well.'"

"People hate to cry wolf," says Joe Keenan, DO, emergency services director for Centegra Health System. They may not want to cause a fuss or inconvenience others if it's only indigestion.

But don't worry about that, both doctors say.

"We're always happy to find something more benign," Dr. Tomasian says. And if it is a heart attack, getting treatment fast can be the difference between life and death.



Staying a step ahead: Centegra physicians (from left) Joe Keenan, DO, and Douglas Tomasian, MD, provide expert heart attack care. Your job? Call 911.

Community Events

FREE Centegra Family Health Fest

Where will you be on Saturday, July 18? You could be at the Centegra Family Health Fest—and there's good reason to put it on your calendar. This annual summer event, held at the Centegra Health Campus–Huntley, will be stocked with refreshments, games and fun for the whole family.

- ▶ Free refreshments
- ▶ Teddy bear clinic
- ▶ Live music entertainment
- ▶ Free bike helmet and fittings for the first 300 children (younger than 16)
- ▶ Kid-friendly construction zone
- ▶ Open Swim at CHBFC–H outdoor pool from noon to 2pm (bring your own towel)
- ▶ And much more!

Go to Centegra.org/fest or call **877-CENTEGRA** to register.

CHBFC–H On campus

Day	Date	Time
Sa	Jul 18	9am–noon



Children's Health and Safety Fair

Interactive health and safety fair, door prizes, entertainment, school physicals (by appointment only), reduced-cost immunizations (must bring updated shot record) and dental exams. Call **877-CENTEGRA** for more information.

McHenry County College

Day	Date	Time
W	Jul 29	9am–4pm

Community CPR

All courses are recognized by the American Heart Association and include adult, child, and infant CPR and AED. This is not a health care provider certification class. Call **815-444-2900** or go to healthbridgefitness.com to register.

CHBFC–CL Conference Room 4

Day	Date	Time
Th	Apr 9	6:30–9:30pm
Sa	May 2	Noon–3pm
Th	May 28	6:30–9:30pm
Tu	Jun 23	6:30–9:30pm
Th	Jul 16	6:30–9:30pm
W	Jul 22	6:30–9:30pm

Fee: \$30 Member, \$35 Community

CHBFC–H Conference Room

Day	Date	Time
Th	Apr 2	7–10pm
M	Apr 20	Noon–3pm
Th	Jun 4	7–10pm
M	Jun 8	Noon–3pm
Sa	Jul 11	9am–noon

Fee: \$30 Member, \$35 Community

Community First Aid

Courses are recognized by the American Heart Association. Call **815-444-2900** or go to healthbridgefitness.com to register.

• Adult

CHBFC–CL Conference Room 4

Day	Date	Time
Th	Jun 18	6:30–9:30pm

CHBFC–H Conference Room

Day	Date	Time
Sa	Apr 18	Noon–3pm

Fee: \$30 Member, \$35 Community

• Pediatric

CHBFC–H Conference Room

Day	Date	Time
Sa	May 16	10am–1pm
W	Jul 1	6–9pm

Fee: \$30 Member, \$35 Community

FREE Expo: Feeling Great Is Ageless

Come to the seventh annual “Feeling Great is Ageless” Expo. Stroll through the Prairie Lodge ballroom and discover how Centegra's services and exceptional patient care will keep you feeling great. Participate in free screenings and interactive learning sessions! Browse through local business exhibits, and win big in our prize drawing! Bring your friends and family and join us in this fun-filled morning of health and wellness!

Prairie Lodge, 12880 Del Webb Blvd., Sun City, Huntley

Day	Date	Time
Sa	Jun 20	9am–noon

Location key for classes

- CHBFC–CL** Centegra Health Bridge Fitness Center–Crystal Lake
- CHBFC–H** Centegra Health Bridge Fitness Center–Huntley
- CHC–H** Centegra Health Center–Huntley
- CH–M** Centegra Hospital–McHenry
- CH–W** Centegra Hospital–Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH–W** Centegra Specialty Hospital–Woodstock, South Street
- CWHC–H** Centegra Wound and Hyperbaric Center–Huntley
- CGBC–CL** Centegra Givers Breast Center–Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

Helping kids reach their full potential

Like any mom or dad, you want the best future for your child.

As the parent of a child with unique needs, you understand that helping your son or daughter succeed may call for special support.

That's why we're so happy to welcome Milestones Therapy Center—located at 394 Federal Drive in Crystal Lake—to the Centegra family. Milestones is a unique place where kids can explore, learn and grow through hands-on therapy.

The center's skilled staff offers physical, speech and occupational therapy in a nurturing setting. They provide one-on-one treatment for children with a wide range of conditions, such as autism, cerebral palsy, hearing loss, stuttering and ADHD. Plus, there are guided playgroups where kids can have a safe, fun place to interact.

The center also features a therapy pool designed by its own staff, as well as a fitness center.

Children and youth from birth to age 21 are welcome. To find out how the center can help your family, visit milestonestherapycenter.com or call **815-459-3810**.



Life's big moments mean more than memories

You said, "I do." The honeymoon was a dream. And you're settling into a happy new life. Forgetting something?

It's not as fun as opening the presents, but at times like these, it's good to give some thought to your health insurance. Getting married is what's known as a "qualifying life event." That's a change of circumstances that allows you to sign up for a health plan past the usual

deadline. Besides getting married, qualifying life events include:

- ▶ Having a baby or adopting a child
- ▶ Getting divorced
- ▶ Losing a job
- ▶ Aging out of a parent's health plan
- ▶ Moving to a new state

You may also be eligible if your employer

doesn't provide health insurance.

If you've recently had a life event like these, it's not too late to sign up for a Centegra Land of Lincoln Health plan.

"Centegra Land of Lincoln Health plans offer incredible choice and high-quality, affordable care," says Julie Keppler, director of clinical integration for Centegra Health System.

In fact, it's the largest physician network in McHenry County. You can choose from more than 350 doctors—and that includes many of the region's top specialists.

To find out if the health plan is a good fit for you, go to centegra.org/lincoln.

Freedom From Smoking

This program is taught by McHenry County Department of Health facilitators trained by the American Lung Association. Call **877-CENTEGRA** to register.

CHBFC-CL

Day	Date	Time
Tu	May 19–Jun 30	9–10:30am
W	May 13–Jun 24	6–7:30pm

Fee: \$25 (refundable if participant attends all classes)

CHBFC-H

Day	Date	Time
Th	Jul 9–Aug 20	6–7:30pm

Fee: \$25 (refundable if participant attends all classes)

Vaccines for Children Immunization Clinics

Are your child's immunizations up to date? Don't miss this opportunity to get your child protected! Call **877-CENTEGRA** to register.

CPC Fox Valley, Crystal Lake Suite C

Day	Date	Time
Tu	May 19	5:30–8pm
Tu	Jun 16	5:30–8pm
Tu	Jul 21	5:30–8pm

CH-M Classrooms

Day	Date	Time
W	May 20	4–7pm
W	Jun 17	4–7pm
W	Jul 15	4–7pm

Fee: \$15 per immunization. This is a **FREE** community benefit to eligible children on KidCare or Medicare.

FREE LECTURES

Read more about upcoming lectures at centegra.org/lectures.

Getting the Beat to Go On and On

Are you at risk of developing an irregular heartbeat? When a heart is not beating efficiently it is referred to as arrhythmia. Mehran Jabbarzadeh, MD, discusses the various types of atrial fibrillation along with possible causes and symptoms. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Date	Time
Tu	Jun 2	6:30–7:30pm

Extinguishing Inflammation From Celiac Disease With a Gluten-Free Diet

If you've been diagnosed with celiac disease, then you've probably experienced small intestinal issues, such as bloating, weight loss and diarrhea. Join Meg Burnham, registered dietitian at Centegra Health System, as she explains the importance of a gluten-free diet for those looking for relief from celiac disease. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Date	Time
Tu	Jun 23	6:30–7:30pm

Couldn't make it to one of the physician lectures? Tune in to huntleyradio.com on Monday, Wednesday and Friday at 2pm and 7pm to hear lecture recordings.

Fitness

PILATES

Centegra Health Bridge Fitness Center, voted one of the Best in McHenry County, offers many different types of Pilates classes and many class times and dates. Pilates:

- ▶ Increases core abdominal strength and stability
- ▶ Improves balance and coordination
- ▶ Develops longer, leaner muscles
- ▶ Enhances sports performance
- ▶ Balances strength and flexibility
- ▶ Relieves stress

Please call **815-444-2900** or visit healthbridgefitness.com and click on “Fitness” and select Pilates for our online registration. All new Pilates participants are required to attend either the New Member Orientation to Pilates or the Pilates Introductory Consultation before registering for classes/sessions.

Cancellation policy: Please let us know if you need to cancel within 24 hours of your scheduled session or class to avoid full charge. Online class registrations must also be canceled 24 hours in advance to avoid full charge.

Expiration policy: All Pilates packages expire six months from the date of purchase. Rates are subject to change. All packages are non-refundable and non-transferable.

New Member Orientation to Pilates

A complimentary 30-minute orientation to our Pilates classes—learn what Pilates is all about! Call **815-444-2900** or stop by concierge to register.



Pilates Introductory Consultation

Meet with a Pilates instructor to discuss your specific goals and objectives. This approach allows us to customize a routine specific to you and formulate a program that is aligned with the benchmarks you set to achieve. Call **815-444-2900** or stop by concierge to register.

Fee: \$35 Member, \$55 Community

Pilates for Buff Bones

Adaptable and challenging for people of all levels and safe for those with osteoporosis.

CHBFC-H Mind/Body Studio

Day	Date	Time
M,W	Mar 30–May 6	10–10:55am

Fee: \$105 Member, \$160 Community

Pilates Mat

Classes are intended for different fitness, strength and flexibility levels and may include the use of various equipment (rings, balls and bands).

Pilates Reformer Class

Private, semi-private and group classes are available.

STRENGTH AND CONDITIONING



Barre

A revolutionary new fat-burning workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition.

Call **815-444-2900**, see concierge or go to healthbridgefitness.com to register.

CHBFC-H Mind/Body Studio

Day	Date	Time
W	May 13–Jun 17	11am–noon

Fee: \$52.50 Member (6 classes), \$80 Community (6 classes)

Drop-in class convenience fee: \$12/50/class Member, \$20/class Community



Boot Camp

Improve your overall conditioning, functionality and strength with this high-intensity boot camp! Call **815-444-2900**, see concierge or go to healthbridgefitness.com to register.

CHBFC-H Fitness Floor

Day	Date	Time
M,W	May 11–Jun 17	6–7pm

Fee: \$120 Member (12 classes), \$180 Community (12 classes)

Drop-in class convenience fee: \$12.50/class Member, \$20/class Community

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center–Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center–Huntley
- CHC-H** Centegra Health Center–Huntley
- CH-M** Centegra Hospital–McHenry
- CH-W** Centegra Hospital–Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital–Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center–Huntley
- CGBC-CL** Centegra Gavers Breast Center–Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

Fast Track to Fitness

Strength training, cardio, flexibility, core and functional exercise are all part of this class, led by our professional personal trainers. Start anytime. Call **815-444-2900** or stop by concierge to register.

CHBFC-H Fitness Floor

Day	Time
M,W,F	9:30–10:30am
Tu,Th	5:30–6:30pm

CHBFC-CL Fitness Floor

Day	Time
Tu,Th	9:30–10:30am

Fee: \$60 Member (12 classes), \$90 Community (12 classes)

Drop-in class convenience fee (Members only): \$7.50/class

GRIT

Les Mills Grit Series features three unique team training programs that will push you to your max and beyond. You won't believe how hard you can work out! Thirty minutes of intense challenge to set training routines. Call **815-444-2900** or see concierge to register.

CHBFC-CL Studio 1

Day	Time
W	12:45–1:15pm

CHBFC-CL Studio 3

Day	Time
M	6–6:30am
Tu	4:45–5:15pm
Th	7–7:30pm
F	9:45–10:15am

CHBFC-H Group Fitness Studio

Day	Time
Th	8:15–8:45am

CHBFC-H Mind/Body Studio

Day	Time
Sa	8:05–8:35am

Regular fee for members: \$60 (5 sessions a month), \$75 (unlimited); \$12.50 drop-in fee

Regular fee for community: \$90 (5 sessions a month), \$150 unlimited; \$20 drop-in fee



Kettlebell Circuit

Kettlebells are one of the most versatile training tools for overall body conditioning. Call **815-444-2900** or see concierge to register.

CHBFC-H Group Fitness Studio

Day	Date	Time
M	Mar 30–May 4	10:30–11:30am
M	Jun 1–Jul 6	10:30–11:30am

Fee: \$60 Member, \$90 Community. Drop-in class convenience fee (Members only): \$12.50/class with instructor's approval

Road Runners

Looking for a group to run and train with? Training for a 5k all the way to a marathon... all fitness levels, walkers to runners welcome. Come join the fun, No runner left behind! Call **815-444-2900** or stop by concierge to register.

CHBFC-CL Meet at front door

Day	Time
Su	7am

Fee: \$50 Member, \$100 Community

Strength 4 Fitness

In this class you'll learn several different ways to make strength training challenging, fun and effective. Call **815-444-2900** to register.

CHBFC-CL Gymnasium

Day	Date	Time
Th	Apr 2–May 7	7:30–8:30am
Th	May 14–Jun 18	7:30–8:30am

Fee: \$30 Member, \$45 Community

TRX

Enables hundreds of exercises and can be instantly modified to reach any fitness or training goal. A certified TRX instructor will guide you through an up-tempo and challenging workout for the whole body! Call **815-444-2900**, stop by concierge or go to healthbridgefitness.com to register.

CHBFC-H Mind/Body Studio

Day	Date	Time
Tu	May 12–Jun 16*	9–10am
W	May 13–Jun 17	4–5pm

CHBFC-CL Studio 3

Day	Date	Time
M	May 11–Jun 15*	9:30–10:30am
Sa	May 16–Jun 20	11:15am–12:15pm

*No class May 25

Fee: First session \$50 Member (5 classes), \$60 Member (6 classes), \$90 Community (6 classes)

Drop-in class convenience fee: \$12.50/class Member, \$20/class Community

Working Out to Win

Increase your level of fitness through effective strength training that is challenging, fun and effective.

Call **815-444-2900** or go to healthbridgefitness.com to register.

CHBFC-CL Studio 3

Day	Date	Time
Tu,Th	Mar 31–May 7	7–8am
Tu, Th	May 12–Jun 18	7–8am

Fee: \$60 Member, \$90 Community

Drop-in class convenience fee (Members only): \$7.50/class



Screenings

Centegra Sports Concussion Program

See page 14 (Teen Activities).

Lipid Screening

Screening includes total cholesterol, HDL and LDL cholesterol, HDL ratios, triglycerides and fasting glucose levels, at a reduced rate. A 12-hour fast and registration are required. Call **815-444-2900** to register.

CHBFC-H

Day	Date	Time
F	Jun 5	7–9am

Fee: \$20 Member, \$30 Community

FREE Low-Dose CT Lung Screening

If you are 55 to 80 and a current or former heavy smoker, get this potentially lifesaving screening. A physician's order is not required, but a primary care doctor's name is required. Call **815-334-5566** to schedule an appointment. Provided in partnership with Gavers Community Cancer Foundation. For more information, visit centegra.org/lungscreening.

CLMA CHC-H

Mammo Mondays

Take control of your breast and bone health. Call **815-334-5566** to register.

CGBC-CL

Day	Date	Day	Date
M	Jun 1	M	Jun 15
M	Jul 6	M	Jul 20

CH-M

Day	Date	Day	Date
M	Jun 8	M	Jun 22
M	Jul 13	M	Jul 27

CHC-H

Day	Date
M	Jun 15
M	Jul 20

CH-W

Day	Date
M	Jun 22
M	Jul 27

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building



PREVENTION SCREENINGS FOR HEART HEALTH

Coronary CTA Screening

Coronary computed tomography angiography (CTA) helps determine if plaque buildup has narrowed your coronary arteries. Plaque can reduce blood flow or, in some cases, block it completely. This buildup occurs over several years. Call **815-334-5566** for an appointment.

Fee: \$499

CT Heart Screening

Heart scans, also known as coronary calcium scans, provide pictures of your heart's arteries (coronary arteries). Doctors use heart scans to look for calcium deposits in the coronary arteries that can cause them to narrow and increase heart attack risk. Call **815-334-5566** for an appointment.

Fee: \$75

Life-Saving Screening Packages

The **Centegra Wellness on the Move** mobile health unit has multiple screening packages available to help identify problems before they arise—and possibly even save your life. These screenings can reveal signs of health problems including heart abnormalities, stroke, peripheral artery disease, abdominal aortic aneurism and much more. Call **877-CENTEGRA** for dates and locations.

Fee: \$129–\$299

Teen ECHO Heart Screenings

Centegra Wellness on the Move, in partnership with Sage Products, offers echocardiogram screenings designed for teenagers. Call **877-CENTEGRA** for dates, locations and screening times.

Fee: \$85

Mind and body

TAI CHI



Ai Chi

See page 10 (Aquatics section).

SPA AND MASSAGE THERAPY

The Bridge Spa—Massage

Massage therapy is a treatment in which the soft tissues in the body are kneaded, rubbed, tapped and stroked. Therapy can be one session or a series of sessions to enhance the progress of overall well-being. Massage is recognized as a useful noninvasive tool in preventive medicine and can complement any lifestyle.

Benefits of massage therapy:

- ▶ Lowers muscle tension and pain
- ▶ Relieves fatigue
- ▶ Lowers anxiety and stress
- ▶ Lowers blood pressure
- ▶ Improves range of motion
- ▶ Assists with shorter, easier labor for expectant mothers

- ▶ Enhances immunity
- ▶ Exercises and stretches weak, tight or atrophied muscles
- ▶ Increases flexibility
- ▶ Helps athletes of any level prepare for and recover from strenuous workouts
- ▶ Lessens depression and anxiety
- ▶ Promotes tissue regeneration, reducing scar tissue and stretch marks
- ▶ Improves circulation
- ▶ Relieves migraine pain
- ▶ Improves mental clarity
- ▶ Enhances overall well-being

Call **815-444-2900** for appointments and pricing.

CHBFC-CL CHBFC-H



Ahh...a day at the spa

Treat yourself to a relaxing massage, facial, manicure or pedicure or an entire day of beauty. Guests of the spa may also use the Centegra Health Bridge Fitness Center on the day of their spa visit. Sit in the steam room, go for a run, soak in our warm water therapy pool or take a swim before your service. The Bridge Spa now sells products for yourself or as a gift. Stop by The Bridge Spa or speak with concierge for more information. Current products for purchase include: Bio-Freeze, Bio-Element facial creams, cleansers, travel-sized kits and much more.

CHBFC-CL CHBFC-H

Call **815-444-2900** for appointments and pricing.

MORE INFO Facials and waxing available in both Crystal Lake and Huntley. Gift cards are available in any denomination.

The new 'house call'

Some good ideas deserve a second chance. Take house calls, for instance. Wouldn't it be great if there were a modern spin on that one?

There is—and you may already have seen it rolling around town. It's the **Centegra Wellness on the Move** mobile health unit. This health care clinic on wheels travels throughout the region, bringing immunizations, screenings and health education to you.

Want to bring on-site flu shots to your workplace?

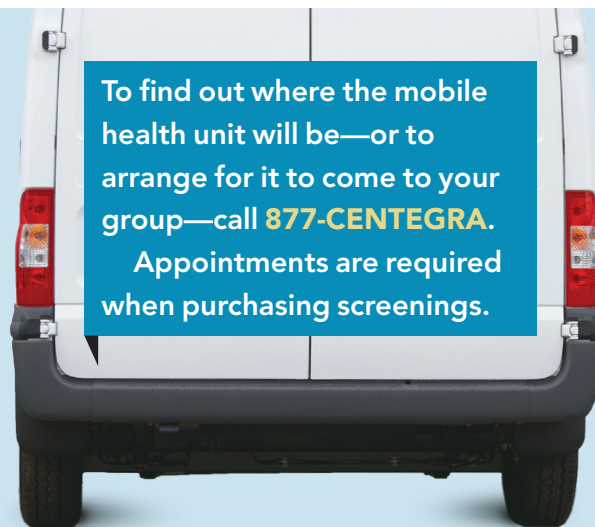
Need educators for a health fair at your child's school?

Want to offer comprehensive stroke screenings to your 55-and-over community?

The mobile health unit does all that and more. Its services are priced affordably. And it visits area businesses, schools, churches and health fairs—to bring the care you need close to home.

To find out where the mobile health unit will be—or to arrange for it to come to your group—call **877-CENTEGRA**.

Appointments are required when purchasing screenings.



Centegra Healthy Living Institute

FREE Centegra Weight-Loss Surgery Information Session

For people interested in surgical weight-loss procedures. See our support group, page 25. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Time
Every fourth W	6–8pm
CH-W	
Every second Sa	10am–noon

Weight Loss Surgery Support Group

CH-W

Day	Date	Time
M	May 11	6–8pm
M	Jun 8	6–8pm
M	Jul 13	6–8pm

Diabetes Center

Certified diabetes educators and registered dietitians can provide you the education you need. Call **877-CENTEGRA** to learn more.

CLMA

Appointments are covered by most insurance.

FREE Diabetes Support Groups

Call **877-CENTEGRA** to register.

CLMA Conference Room, 3rd Floor

• Debunking Diabetes Myths

Day	Date	Time
M	Apr 20	6–7pm

• Traveling With Diabetes

Day	Date	Time
W	Jul 29	6–7pm

FREE Eating Disorder Support Group

Led by a mental health professional and a registered dietitian. Call **800-765-9999** to register.

CLMA 3rd Floor

Second Monday of the month, 6–7:30pm

Fuel to Win: Sports Nutrition

Maximize your athletic and health goals with nutrition coaching from our registered dietitians. By appointment. Call **815-444-2900** to register.

CHBFC-CL **CHBFC-H**

- **Fuel for Life (18 months)**
Nutrition coaching throughout your yearly training cycle, plus six months of coaching to keep your nutrition and training goals on track.
- **Fuel for the Year (12 months)**
Nutrition coaching throughout your yearly training cycle.
- **Fuel for the Season (6 months)**
Nutrition coaching to meet your current training and performance needs.
- **Fuel to Win—Jump-Start (2 months)**
Nutrition coaching to get you started in the right direction with your fueling plan.

Medical Nutrition Therapy

Promotes weight loss and improves conditions such as prediabetes, diabetes, heart disease and high blood pressure. You may qualify for up to 22 visits. Therapy is 100 percent reimbursed by Medicare and most insurance plans. Physician referral is required. Call **877-CENTEGRA** for details.

OPTIFAST®

Provides you medical supervision, nutritionally complete meal replacement products, patient education materials and a free 60-day membership to Centegra Health Bridge Fitness Center. Call **877-CENTEGRA** to learn more or schedule your initial appointment.

To find out more about weight-loss services, visit centegrahealthyliving.com or simply scan the QR code at right.



OPTITRIM®

OPTITRIM® is a partial meal replacement program that includes portion control and planning, nutrition counseling, and resting metabolic testing. Call **877-CENTEGRA** to learn more or schedule your initial appointment.

Simply Eating

Includes metabolic testing to determine your calorie needs, seven days of menus and four weeks of online coaching with our registered dietitian. Call **877-CENTEGRA** to register.

CHBFC-CL **CHBFC-H**

Simply Weight Loss

A registered dietitian with advanced training in weight management will lead you through all the steps to achieve your weight goals. Resting metabolic testing to determine calorie needs is included. Call **877-CENTEGRA** to register.

CHBFC-CL **CHBFC-H**

- **Simply Accountable (12 months)**
Holidays, vacation, life stress—no matter the situation, we'll keep you accountable to your goals.
- **Simply Success (6 months)**
We will provide you the tools needed to make good nutrition your way of life.
- **Simply on Track (3 months)**
Let us jump start you on a successful path.

WellBridge

A drastically discounted membership to promote recovery, prevention and wellness. Physician referral is required. For details, visit wellbridge.healthbridgefitness.com. Call **815-444-2900** for more information.

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building



Food for thought

Introducing two new ways to eat healthier

Let's face it. We don't always have the time or energy to make ourselves healthy meals. But good nutrition is key to feeling well and to achieving our health and fitness goals.

That's why the Centegra Healthy Living Institute has developed two new ways to help you make healthier nutrition choices.

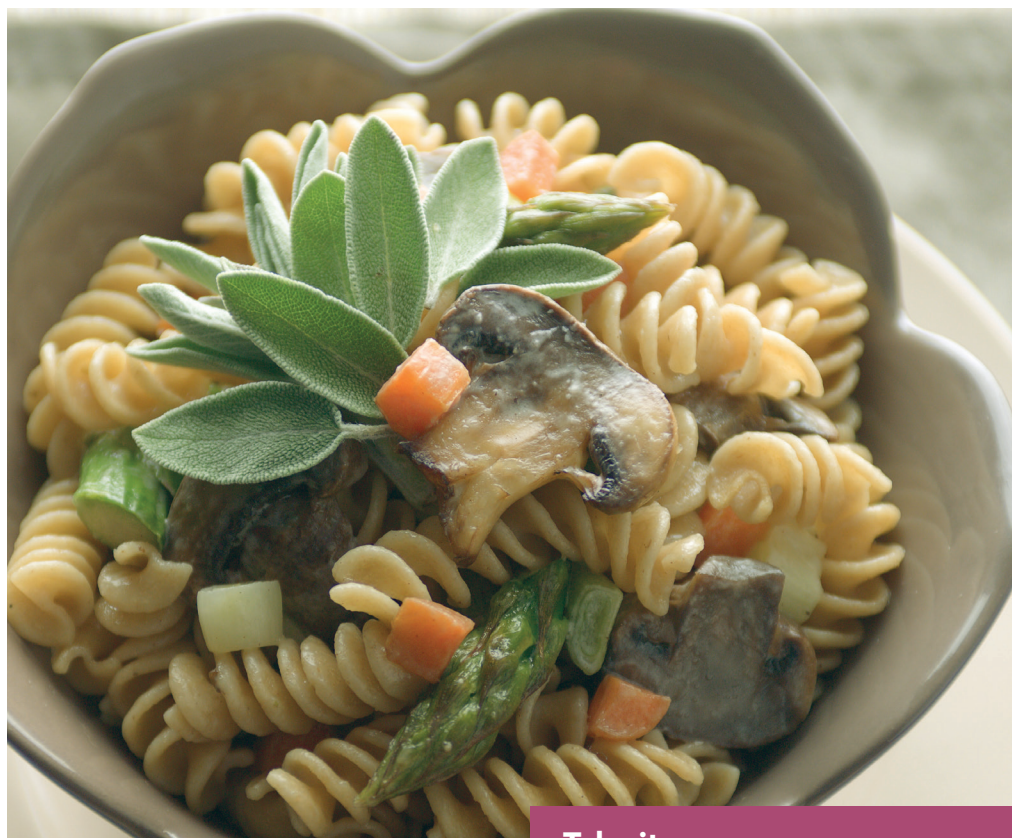
1. HEALTHY MEALS HOME DELIVERED

Don't have time to cook? How does it sound to have prepared, delicious and well-portioned meals tailored for weight loss, heart health or other goals? Centegra now offers fresh—never frozen—meals just for you and your family. You simply call ahead and place an order—for one day, one week or however long you need a helping hand.

"They're very reasonably priced, and they will be delivered directly to your home," says Tiffanie Young, MS, RDN, LDN, outpatient clinical nutrition manager.

2. TARGETED NUTRITION

Whether you're an athlete looking for an edge or you're managing a health condition such as diabetes, there are times when getting more of certain nutrients may give



your body a boost.

Our dietitians and trainers will talk with you about your needs. And if it could be helpful and safe for you, they'll recommend one of our new vitamin support packs.

There are packets targeted for:

- ▶ Wellness
- ▶ Sports performance
- ▶ Diabetes
- ▶ Cancer support
- ▶ Cardiovascular health

Plus, we always take your medical history

Take it easy

To speak with a wellness navigator about our meals and vitamin/supplement packets, call **877-CENTEGRA**. Or visit centegrahealthyliving.com for menus and pricing.

and medicines into account. We can also work with your doctor to be sure you're getting the best nutrients for you.

NUTRITION SERVICES

Healthy Habits Group

This group provides accountability and facilitates momentum toward future weight loss or maintenance. With support from one of our registered dietitians, this group is fun and motivating! This class is offered to those who have completed previous Healthy Living Institute programs. Call **877-CENTEGRA** to register.

Nutrition Talks

We offer a variety of interactive and motivating nutrition presentations to suit your group's unique needs. Call our registered dietitians at **815-444-2900** for a topic listing and quote.

Simply Health: Personal Consults

If you have recently been diagnosed with a health condition or food allergy, are pregnant, or want to improve your blood glucose or cholesterol values, there are nutrition strategies to help you. Call **877-CENTEGRA** to register.

CHBFC-CL CHBFC-H

Fee: \$125 Member, \$165 Community

Pharmacy services at Centegra

Continued care as you return home



Centegra Care Connections is a new service that offers patients personal support as they are discharged from hospital care. It connects patients to the services, medications and equipment they need to recover at home. The program provides convenience and peace of mind to patients and families.

YOUR ONE-STOP SHOPPING EXPERIENCE

As part of the program, there are new full-service retail pharmacies at Centegra

Hospital–McHenry and Centegra Hospital–Woodstock. The pharmacies offer prescriptions for pickup and mail order, medical equipment, home care supplies, standard over-the-counter medications and items, as well as gift shop merchandise.

SO EASY!

There is designated parking for the pharmacies located near the entrances of Centegra Hospital–McHenry and Centegra Hospital–Woodstock. Hours are from 9am to 7pm, Monday through Friday, and from

noon to 4pm, Saturday and Sunday. Just call the pharmacist at your desired location, and we will take care of transferring your prescription. To reach the Centegra Hospital–McHenry pharmacy, call **815-759-4899**. To reach the pharmacy at Centegra Hospital–Woodstock, call **815-334-3899**.

Caring and Support

FREE SUPPORT GROUPS

A.W.A.K.E. Support Group

For those with sleep apnea. Includes CPAP check clinic. Call **877-CENTEGRA** to register.

CH-W Conference Rooms A and B

Day	Date	Time
W	Jun 3	6:30pm

Cancer Survivors Day

This day of celebration for anyone affected by cancer brings together family, health care providers and friends for a garden party with food, music, expressive art opportunities, drumming chair massage and a raffle. Children are welcome. Call **877-CENTEGRA** to register.

CSCC

Day	Date	Time
Su	Jun 7	2–4pm

Cancer Transitions

Focuses on the needs of cancer survivors who have finished treatment within the last two years. Led by Marianna Wolfmeyer, oncology counselor. Advanced registration required. Call **815-759-4459** to register.

CSCC

Day	Date	Time
W	Sep 2	2–4pm
W	Sep 9	2–4pm
W	Sep 16	2–4pm
W	Sep 23	2–4pm
W	Sep 30	2–4pm
W	Oct 7	2–4pm

The Centegra STAR Program® GPS Class

For newly diagnosed patients and their care partners. Cancer survivors can participate in assessments that will help the team evaluate their current needs. All attendees will receive valuable information about the Centegra STAR Program® and resources offered through the Centegra Sage Cancer Center to aid survivors at diagnosis and during and after treatment. Call **815-759-4870** to register. For more information, go to centegra.org/star.

CSCC Library

Day, date	Time
Fourth Tu of the month	6:30pm

Creating Expressions

Links artistic experience with the emotional benefits of cancer management. No art experience is required. All materials will be provided. Call **815-759-4459** to register.

CSCC

Day, date	Time
Second Th of the month	3–5pm

HOPE: High on Positive Energy

For women living with breast cancer. Led by Lynn Griesmaier. Call **815-356-6149** to register.

CGBC-CL

Day, date	Time
First Tu of the month	7pm

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center–Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center–Huntley
- CHC-H** Centegra Health Center–Huntley
- CH-M** Centegra Hospital–McHenry
- CH-W** Centegra Hospital–Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital–Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center–Huntley
- CGBC-CL** Centegra Gavers Breast Center–Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

CENTEGRA AND GAVERS

Stronger together

Centegra Health System Foundation is proud to partner with Gavers Community Cancer Foundation, which shares Centegra's passion for creating a healthier community. To be sure community members have access to important cancer screenings and Patient Express transportation services, Gavers Community Cancer Foundation has made a multi-year, \$525,000 investment in Centegra.

THE FUTURE LOOKS BRIGHT

"We are very excited to make this significant investment in Centegra's Cancer Care

Initiative and to continue to encourage everyone to obtain their age-appropriate cancer screenings," says Andy Hartlieb, vice president of Gavers Community Cancer Foundation. "Centegra has been a great partner for us in the fight against cancer, and I applaud their efforts to improve the quality and availability of cancer care in McHenry County. We look forward to a bright future together."

A HISTORY OF HELPING

Although this is the largest investment by Gavers Community Cancer Foundation to date, it is not the first in this longstanding

partnership. Through the years, Gavers Community Cancer Foundation has been a constant champion for Centegra programs such as low-dose CT lung screenings, the Get Checked! program, the Centegra STAR Program® and the Centegra Gavers Breast Center.

Many thanks to Gavers Community Cancer Foundation for its confidence in Centegra Health System and for its generous investment in cancer prevention and community health care. Together, Centegra Health System and the Gavers Community Cancer Foundation look ahead to a healthier future for our community.



To learn more, visit centegra.org/foundation.
To contribute to the Centegra Hospital-Huntley campaign, see the envelope in this issue of Health Today or visit donate.centegra.org.

Living With Grief

For adults grieving the death of a loved one. Led by Marianna Wolfmeyer, certified bereavement facilitator. Advance registration required. Call **815-759-4459** to register.

CSCC

Day	Date	Time
Th	Jun 4-Jul 9	7-9pm
Th	Aug 20-Sep 24	7-9pm

Look Good...Feel Better

This free program offered by the American Cancer Society teaches beauty techniques to women who are currently undergoing cancer treatment. Registration is required. Call Kathleen at **815-759-4461** to register.

CSCC Library

Held monthly (alternating evening and daytime meetings). Please call for dates and times.

Moving Toward Health

This includes two wellness initiatives for those affected by cancer. Call **815-759-4459** to register.

Water fitness

CHBFC-CL

Day	Time
Sa	10-11am

Yogaflow

CSCC

Day	Time
M	5:30-6:30pm

Partnering Through Care

Those living with cancer and their care partners are invited to Centegra Sage Cancer Center's research-based orientation program. Led by Marianna Wolfmeyer, oncology counselor. Advance registration required. Call **815-759-4459** to register.

CSCC

Day, date	Time
Third Sa of the month	10-11:30am

Partners in Cancer Transitions

A monthly educational support group for cancer survivors and their care partners covering topics including fitness, nutrition, and emotional and medical management. Advance registration required. Call **815-759-4459** to register.

CSCC

Day, date	Time
Third W of the month	7-8:30pm

f Find Centegra Cancer Connection on Facebook: facebook.com/CentegraCancerConnection.

Pathfinders

A support group for adults with any cancer diagnosis. Call **815-759-4461** to register.

CSCC Library

Day, date	Time
Second M of the month	6:30pm

Stroke Support Group

For information, contact Lynne Daniels at ldaniels@centegra.com or Kathy Feuillan at kfeuillan@centegra.com.

Weight-Loss Surgery Support

A support group for patients who have had weight-loss surgery. Call **847-802-7230** to register.

CH-W

Day, date	Time
Second M of the month	6-8pm
Fourth Sa of the month	10am-noon

f Search for "Centegra Weight-Loss Surgery Support Group" on Facebook.

Wig Boutique

This program is provided by the American Cancer Society for women diagnosed with cancer to come to a private appointment to select a free wig. Call **815-759-4461** for times.

Other support groups have recently started. Contact Marianna Wolfmeyer for additional information: mwolfmeyer@centegra.com.

Tennis guide



ADULT AND JUNIOR CLASS SCHEDULE

Session 3: May 4–Jun 28*

Session 4: Jun 29–Aug 23**

*No class May 25

**No class Jul 4

All tennis classes are located on the tennis courts of the Huntley facility.

Please see the table below for all tennis class fees.

One makeup class will be allowed per session only if space allows for class to be made up within the same session.

8-week pricing	Premiere	Classic	Community
60-minute class	\$120	\$148	\$184
90-minute class	\$180	\$222	\$276

To register for any of these classes, call **815-444-2900** and ask for the tennis desk or call the tennis desk directly at **847-802-7021**.

Location key for classes

- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty Hospital—Woodstock, South Street
- CWHC-H** Centegra Wound and Hyperbaric Center—Huntley
- CGBC-CL** Centegra Gavers Breast Center—Crystal Lake
- CLMA** Crystal Lake Medical Arts Building

ADULT TENNIS CLASSES

Beginners Class

Grips, technique and form will be emphasized.

Day	Time
M	8–9pm
Sa	9:30–10:30am

Advanced Beginners Class

Strategy, footwork and proper court movement will be emphasized, as will proper stroke production.

Day	Time
Th	9:30–11am

Intermediate Class

The focus will be on developing more aggressive net play, situational match strategy and consistency from the baseline. USTA playing level 3.0 to 3.5.

Day	Time
Tu	9:30–11am
W	8–9:30pm
Sa	10:30am–noon

Advanced Class

This is a fast-paced class with a lot of situational play. Serving, returning, increasing power and consistency, setting up points, and poaching will be emphasized. USTA playing level 3.5+.

Day	Time
Tu	7–8:30pm
W	9:30–11am

TENNIS FOR JUNIORS

Quick Start RED

A class for kids ages 4 to 6. Scaling the court down to their size and using slower-bouncing balls makes learning easier and more fun.

Day	Time
Tu	9:30–10:30am (Session 4 only)
Th	4:30–5:30pm
Su	3–4pm

Quick Start ORANGE

For players ages 6 to 8 who want to learn how to serve and improve ground strokes and volleys. Develop the necessary skills for playing matches on a smaller court with slower-bouncing balls.

Day	Time
Tu	5:30–6:30pm (Session 3 only)
Tu	10:30–11:30am (Session 4 only)
Th	5:30–6:30pm
Su	4–5pm

Tennis Evaluations

If you are unsure of your level of play or which clinic or class you should take, schedule a 30-minute evaluation with our tennis manager.

Fee: \$15 per evaluation

Quick Start GREEN

For players ages 8 to 10. Play will be on a full-sized court with green-dot balls. Full court serves are developed as the kids are practicing skills for competitive match play.

Day	Time
Tu	6:30–7:30pm (Session 3 only)
Tu	11:30am–12:30pm (Session 4 only)
Th	6:30–7:30pm
Su	5–6pm

Junior Intro to Tennis

For players ages 9 to 12 who are new to the game, have played a little or just want a less competitive environment. You will learn fundamentals and scoring, all while drilling and having fun.

Day	Time
Tu	6:30–7:30pm (Session 3 only)
Tu	12:30–1:30pm (Session 4 only)
Th	6:30–7:30pm
F	4–5pm

Junior Development I, High School Level

This is the highest-level class that is offered for our high school players. Registration for this class must be approved by a tennis professional. Tournament players and those who play on their varsity high school team are the appropriate level for this class. Challenging drills and game play will take players to the next level of their game.

Day	Time
M	5:30–7pm
Tu	4–5:30pm
W	5:30–7pm
Th	4–5:30pm

Junior Development I, Pre-High School Level

This is the highest-level class that is offered for our junior players ages 10 to 13 years. Registration for this class must be approved by a tennis professional. Young tournament players are the appropriate level for this class. Challenging drills and game play will take players to the next level of their game.

Day	Time
M	4–5:30pm
W	4–5:30pm

PRIVATE/GROUP TENNIS LESSONS

Improve your game exponentially with concentrated instruction, proven to be one of the best methods! Private group lesson rates per person are based on the number of people in the group. The larger the group, the greater the discount! Call Kathleen Pudlo, tennis manager, at **847-802-7014** with questions or to make an appointment.

Junior Development II, High School Level

For teens who want to improve their skills, strategies and techniques. This class will prepare them for tournament and high school matches in a fun environment.

Day	Time
M	4–5:30pm
Sa	1–2:30pm

Junior Development III, Pre-High School Level

For players ages 10 to 13 years who are serious about improving their game. This class features great drills and games to prepare our more advanced younger group of players for match play.

Day	Time
Tu	4–5:30pm
W	4–5:30pm
Su	6–7:30pm

TENNIS LEAGUES

All new players are welcome! Our leagues are designed with everyone in mind. Call Kathleen Pudlo, tennis manager, at **847-802-7014** for more information. Leagues run for 8 to 10 weeks depending on the number of participants. Balls are provided.

In-House Leagues

To register, call **815-444-2900** and ask for the tennis desk.

Women's Doubles

► **Women's Advanced Beginner League** (USTA Level 3–3.5): M, Jun 8–Aug 10, 9:30–11am

► **Women's Intermediate League** (USTA 3.5): Tu, Jun 30–Aug 18, 7–8:30pm

Set up in a round-robin format. No need to sign up with a partner—you will be assigned a new partner to play with each week.

Fee: \$40 Premiere, \$90 Classic, \$140 Community (non-members signing up for their first league will receive \$50 off)

Teen Intro to Tennis

For teens who are new to the game or have very little experience playing. Learn the fundamentals of tennis in a less competitive environment.

Day	Time
Sa	1–2pm

TENNIS CAMPS

Aces and Aquatics Summer Camp

This instructional multisport camp features professional tennis lessons along with swim lessons and other gym activities at a great price. Your child will have fun while getting tennis instruction from our tennis pros and swim instruction from our swim instructors. On Fridays, we will watch a movie and eat pizza. This camp is structured for kids ages 6–12.

Day	Date	Time
M–F	Jun 8–19	8:30am–noon/ 1–4:30pm
M–F	Jun 22–Jul 3	8:30am–noon/ 1–4:30pm
M–F	Jul 6–17	8:30am–noon/ 1–4:30pm
M–F	Jul 20–31	8:30am–noon/ 1–4:30pm
M–F	Aug 3–14	8:30am–noon/ 1–4:30pm

Fee: \$170 Member (Premiere) or \$180 (Classic); \$190 Community

All-Tennis Camp

For young players ages 8 to 12 years old interested in a camp with just tennis. Learn new skills and play games in this camp.

Day	Date	Time
M,Tu,W	Jun 15–24	11am–2pm
M,Tu,W	Jul 13–22	11am–2pm

Fee: \$126 Member (Premiere) or \$132 (Classic); \$138 Community

SPECIALTY CLASSES

Cardio Tennis

Features drills and games to give players of all ability levels a high-energy workout.

Day	Time
M,W	7–8pm
F	9:30–10:30am
Sa	Noon–1pm

Fee: \$6 Premiere, \$8 Classic, \$12 Community (First two classes attended each month are free for Premiere Members.)

Cardio Tennis Plus

This class will include similar games and drills included in our regular cardio class plus an additional half-hour for an even more intense workout.

Day	Time
Tu,Th	11am–12:30pm

Fee: \$9 Premiere, \$12 Classic, \$18 Community

Tennis in 4 Weeks

Learn all the fundamentals of tennis over a four-week period. This class is for adults and may only be taken one time.

Day	Date	Time
Tu	May 5–26	12:30–1:30pm
Tu	Jun 2–23	12:30–1:30pm
Tu	Jun 30–Jul 21	12:30–1:30pm

Fee: \$20 per session

Home-School Tennis

Have fun while learning technique, movement and game situations from our tennis professionals on our indoor tennis courts. All levels welcome.

• May 4–Jun 1*

Day	Time	Age group
M	3–4pm	11–16 years
W	2–3pm	5–10 years
W	3–4pm	11–16 years

Fee per session: \$44 Member, \$48 Community

*No class May 25

PICKLEBALL OPEN PLAY

Pickleball is a game similar to tennis, but the net is lower and it's played with a perforated plastic ball and square paddles. All equipment is provided.

CHBFC-H Gymnasium

Day	Time
Tu	3:30–5:30pm
W	4:30–6:30pm
Sa	11am–2pm

Fee: Free for Members. Drop-in rate \$7/day for Community.



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Crystal Lake/Huntley



JoDee Brandon, MD
OB HOSPITALIST
OB Hospitalist Group
McHenry



Fady Charbel, MD
NEUROSURGERY
University of Illinois Hospital
& Health Sciences System
McHenry



Cherise Cokley, MD
OB HOSPITALIST
OB Hospitalist Group
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John Gerhard, DPM
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