

# HealthToday

**Classes & Events**  
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## A BEAT **AHEAD** >>>

Heart failure care  
at Centegra  
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## BEFORE **AND AFTER**

See three amazing  
transformations  
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Expert care, close to home  
Thomas J. Hinkamp, MD,  
cardiovascular and thoracic  
surgeon

**Centegra**  
HealthSystem

ALWAYS LOOKING AHEAD<sup>SM</sup>

877-CENTEGRA / CENTEGRA.ORG

>> **INSIDE**

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*What happens after  
you leave the hospital?  
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DEC 2014–MAR 2015



# Welcome HOSPITAL AND EVENT LOCATIONS

## Algonquin

- 1465 Commerce Drive**  
Centegra Physician Care—Fox Valley
- 1122 N. Main St.**  
Centegra Sleep Services

## Crystal Lake

- 200 E. Congress Parkway**  
Centegra Health Bridge Fitness Center  
Centegra Diabetes Center  
Centegra Rehabilitation & Sports Medicine Clinic
- 500 Coventry Lane**  
Centegra Neuro-Rehabilitation Center
- 650 Dakota St.**  
Centegra Physician Care—Fox Valley
- 360 Station Drive**  
Centegra Immediate Care  
Centegra Anticoagulation Management  
Centegra Back & Spine Center  
Centegra Clinical Laboratories  
Centegra Imaging Center  
Centegra Occupational Health  
Centegra Physician Care
- 690 E. Terra Cotta Ave.**  
Centegra Physician Care—Surgical Associates
- 750 E. Terra Cotta Ave.**  
Centegra Physician Care—Neurology
- 360 N. Terra Cotta Road**  
Centegra Gavers Breast Center  
Centegra Imaging Center  
Centegra Physician Care—Surgical Associates

## Huntley

- 10450 Algonquin Road**  
Centegra Health Bridge Fitness Center  
Centegra Rehabilitation & Sports Medicine Clinic
- 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

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

## McHenry

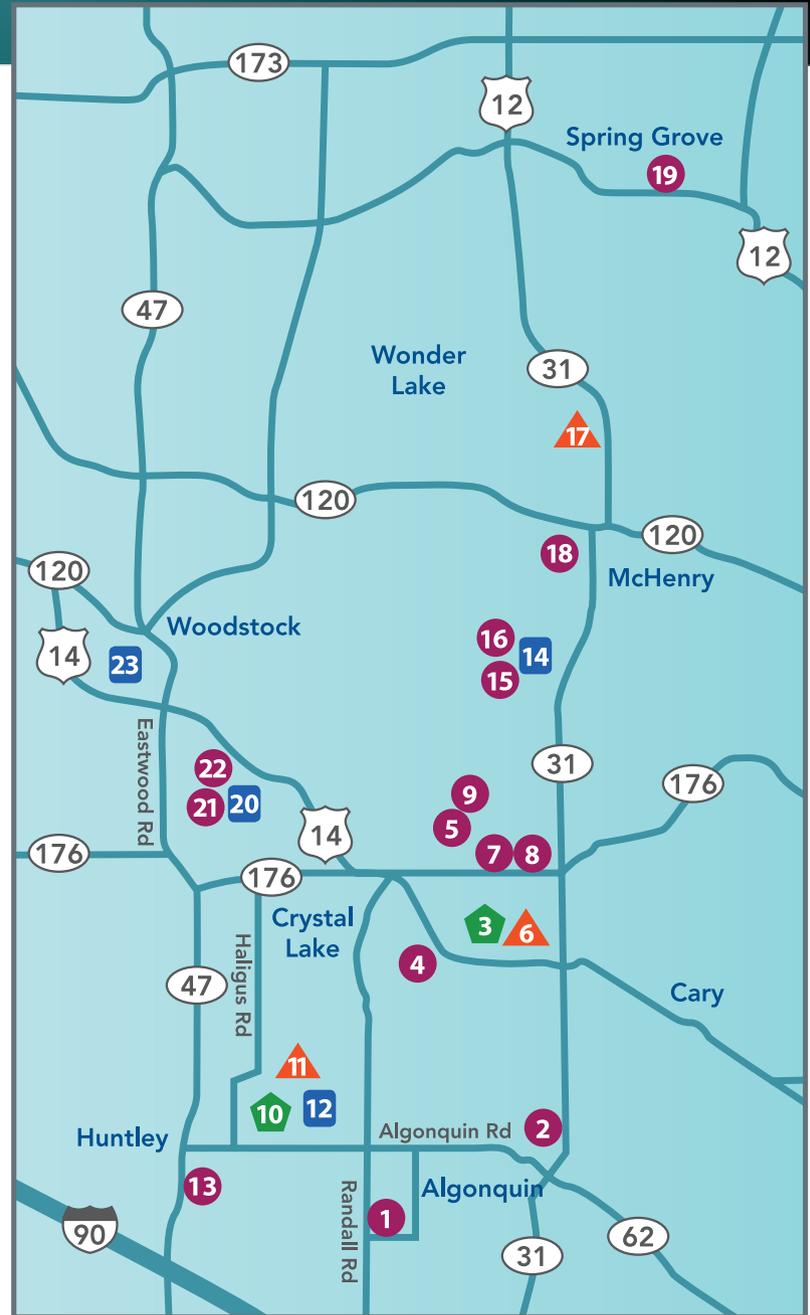
- 4201 Medical Center Drive**  
Centegra Hospital—McHenry  
Centegra Anticoagulation Management  
Centegra Clinical Laboratories  
Centegra Family Birth Center  
Centegra Heart Center  
Centegra Hip & Knee Replacement Center  
Centegra Imaging Center
- 4305 Medical Center Drive**  
Centegra Sage Cancer Center  
Centegra Rehabilitation Clinic
- 4309 Medical Center Drive**  
Centegra Cardiac & Pulmonary Rehabilitation  
Centegra Diabetes Center  
Centegra Heart Failure Center  
Centegra Occupational Health  
Centegra Physician Care
- 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
- 213 Front St.**  
Centegra Home Health

## Spring Grove

- 1906 Holian Drive**  
Centegra Physician Care

## Woodstock

- 3701 Doty Road**  
Centegra Hospital—Woodstock  
Centegra Anticoagulation Management  
Centegra Cardiac & Pulmonary Rehabilitation  
Centegra Clinical Laboratories  
Centegra Diabetes Center  
Centegra Rehabilitation & Sports Medicine Clinic  
Centegra Sleep Services



- 3703 Doty Road, Medical Office Building 1**  
Centegra Occupational Health  
Centegra Physician Care  
Centegra Rehabilitation & Sports Medicine
- 3707 Doty Road, Medical Office Building 2**  
Centegra Physician Care
- 527 W. South St.**  
Centegra Specialty Hospital—Woodstock

- Hospital
- ▲ Immediate Care
- Clinic
- ◆ Fitness Center

For a complete list of Centegra Physician Care specialties & locations, visit [centegra.org/locations](http://centegra.org/locations).

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## Take a shot at good health

Vaccinations help prevent potentially serious diseases. Even so, some adults fail to keep their shots up-to-date.

Don't be one of them. Protect yourself. You'll also help protect the children in your life—especially kids who are too young to get their own vaccinations.

At Centegra, we encourage pregnant women, new moms and hospital patients to keep their shots current. That includes these vaccines:

- ▶ **Influenza (flu):** A new shot is needed each year for everyone 6 months old or older. Among other things, your vaccination helps keep the flu from spreading to unprotected babies.
- ▶ **Tdap:** A one-time shot guards against tetanus, diphtheria and pertussis. This shot is particularly important for people who have close contact with children younger than 12 months old.

Talk with your doctor about these and any other vaccines you may need.



Stay ahead through knowledge. Visit [centegra.org](http://centegra.org). Type "flu shot" into the search field.

## caring for our community



**T**here's no place like home. I'm reminded of that whenever I'm away from home, and we want our patients and providers to think of Centegra as a home.

There's a lot to be said for getting high-quality medical care near where you live. It's convenient. And it's comforting to know that you're close to family and friends and

that you're being cared for by people who are neighbors.

We collaborate with academic medical centers to provide you access to leading medical research close to home.

In the following pages, you'll learn more about these efforts. Among them is the treatment of heart failure in our new Centegra Cardiovascular & Thoracic Center through a partnership with Loyola University Medical Center. Another is our specialized care for joint replacement patients. We're also excited to introduce a new program that will make it easier for Centegra patients to return home after a hospital stay for a strong recovery.

We're investing in our community because we believe it makes life better for all of us. We're sure you'll agree.

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](http://centegra.org).
- ▶ Find us at [facebook.com/CentegraHealthSystem](https://www.facebook.com/CentegraHealthSystem).
- ▶ Follow us at [twitter.com/CentegraHealth](https://twitter.com/CentegraHealth).

## SEND US YOUR FEEDBACK

What do you think about *HealthToday*—Centegra Health System's calendar and magazine? Your comments can help us better serve you and the community. Visit [centegra.org/feedback](http://centegra.org/feedback) today to share your thoughts or ask a question.

**CENTEGRA  
BEHAVIORAL  
HEALTH SERVICES**

**800-765-9999**

Call for urgent mental health assessments.

**MCHENRY COUNTY  
CRISIS SERVICES**

**800-892-8900**

[mchenry-crisis.org](http://mchenry-crisis.org)

Call for a referral or immediate assistance.

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. Copyright © 2014 Coffey Communications CMM30538

## Designed with you in mind

An innovative new hospital is taking shape for the people of southern McHenry and northern Kane counties. Centegra Hospital–Huntley is being thoughtfully built, incorporating feedback from associates, patients and greater Huntley community members.

Construction is right on schedule for the 360,000-square-foot hospital, which is due to open in the fall of 2016. The steel beams were completed in October, and the roof will be in place in December. The structure will be enclosed by April.

“We’re bringing it all together in one place,” says Chief Executive Officer Michael S. Eesley. The 128-bed facility will add hospital care to a campus that already offers physician offices, an imaging center, a lab, immediate care, outpatient services, wellness and preventive care, and Centegra Health Bridge Fitness Center.

The project creates “more than 1,000 construction and health care positions, which will add to the vitality of the growing community.”

Watch the work as it happens at [centegra.org/huntley](http://centegra.org/huntley).

## Stay active with MAT

### *New treatment helps muscles function well again*

Do you experience aches and pains? Is it hard for you to move certain joints without stiffness or discomfort?

There might be help for you. Centegra Health Bridge Fitness Centers are offering a new therapy for relieving muscle and joint pain.

Muscle Activation Techniques (MAT) is a revolutionary, non-invasive muscle treatment process that helps improve joint stability and mobility, prevent injury, and reduce or eliminate pain.

### HOW DOES IT WORK?

According to Brad Boelkens, certified MAT specialist at Centegra Health Bridge, MAT is a process designed to correct muscle imbalances in the body that may be caused by injury, overuse or stress. These imbalances can cause muscles to become weak or tight, which may affect range of motion in the joints. If joint range of motion is limited, especially on only one side, the body will compensate, which further magnifies the imbalance.

“MAT identifies which specific muscles aren’t functioning well and then addresses



the associated weaknesses,” Boelkens says. Gently examining muscles on a massage table helps guide MAT specialists to the root cause of the pain or dysfunction. Isometric exercises focus on retraining weakened muscles.

“MAT can prepare your body to get back to the activities you enjoy,” Boelkens says. “And it’s safe for people of all ages and abilities.”

### FLEX YOUR MUSCLES!

MAT is available at both Centegra Health Bridge Fitness Centers, and members are eligible for a complimentary assessment. Visit [healthbridgefitness.com](http://healthbridgefitness.com) to read more about it. For an appointment, contact Brad Boelkens at 815-444-2948 or [bboelkens@healthbridgefitness.com](mailto:bboelkens@healthbridgefitness.com).

## Choosing from the best

### CHWN, CLLH INCLUDE HUNDREDS OF TOP PHYSICIANS

Incredible choice and the best care—that’s what you get when you join the Centegra Health & Wellness Network (CHWN). Sign up with BlueCross BlueShield HMO of Illinois or the new Centegra Land of Lincoln Health plan (CLLH).

“Centegra Land of Lincoln Health is an exceptional health insurance plan that will lower the costs for people who already see Centegra doctors and other providers,”

says Jeff Schmidt, senior vice president of clinical integration and payer strategies with Centegra Health System.

Patients can see CLLH preferred partner providers for the lowest copays, coinsurance and out-of-pocket costs. In addition to Centegra providers, CLLH members will also have access to Land of Lincoln Health in-network providers throughout the state. Coverage for treatment outside the CLLH network also

will be high-quality and cost-effective.

“The CLLH plan provides a cost-effective, tailor-made insurance option for consumers,” says Daniel Yunker, chief executive officer of Land of Lincoln Health.

With nearly 400 highly experienced doctors, including 300 of the region’s top specialists, it’s the largest physician network in McHenry County.

Both plans will be available to individuals and groups during open enrollment, Nov. 15 through Feb. 15, 2015. Find out if the CLLH product is right for you at [centegra.org/lincoln](http://centegra.org/lincoln).

# Move ahead

Learn more about our personalized, state-of-the-art joint replacement services



**G**etting a knee or hip replaced is a big decision—even when you know it could free you from pain and help you be active again. You'll likely have many questions. For *HealthToday*, David Shinherr, DC, executive director of orthopedics and neurology at Centegra Health System, answers some questions.

**Q:** Is it painful?

**A:** There's always some degree of pain with this type of surgery. But at Centegra's Hip & Knee Replacement Center, our goal is to keep the pain at a level you can handle—with the latest medicines and techniques.

**Q:** How long will I be in the hospital?

**A:** Expect to be with us for three days after an uncomplicated joint replacement.

During that time, our team will provide care that's tailored to meet your particular needs. That customized care actually begins before your surgery: one of our joint navigators will be your personal guide, making sure lab work gets done, meeting you at the door, settling you into a private room and coordinating your post-op care. It's like having your own concierge.

**Q:** What will physical therapy be like?

**A:** It usually starts with range of motion exercises, sometimes on the day of surgery. Over the course of your stay, your physical therapist will help you sit up, walk, get on and off the commode, and use the stairs. Also, before you go home, an occupational

Steer toward your new life. Visit [centegra.org/hipandknee](http://centegra.org/hipandknee). Or call **877-CENTEGRA (236-8347)** for details on the Centegra Hip & Knee Replacement Center or to sign up for an information session.

therapist will help you with some of the initial challenges of daily living with a new hip or knee, like putting on socks.

**Q:** When can I drive again?

**A:** Most people ask this. Your surgeon will be able to tell you when you're ready, but as a rule, many people are back to normal activities—including driving—four to eight weeks after surgery.

from the Centegra Hip & Knee Replacement Center? Don't be. "We have a shuttle service to pick you up and take you home," Shinherr says. "It's part of our commitment to hands-on, individualized care at every level."

## EXPERIENCE COUNTS

As with any type of surgery, hip or knee replacements are best done by experienced surgeons. The highly trained orthopedic teams at Centegra have replaced thousands of joints—756 of them in the last year alone. Their experience enables them to provide gold-standard care close to home.

Concerned about transportation to and



**An ounce of prevention**

Sometimes, you can stop pain before it starts.

Go to [gethealthy.centegra.org](http://gethealthy.centegra.org).

## Centegra walks you through it

You and your orthopedic physician decide joint replacement surgery is right for you.



Attend "A Joint Step Forward"

Your Centegra joint navigator will discuss your after-surgery care and what to expect.

Your Centegra joint navigator will help coordinate doctor appointments, lab work and pre-registration.



Your physical therapy will begin within hours of your surgery.



Your Centegra joint navigator will coordinate your discharge and after-surgery care, i.e. skilled nursing, home health and medical equipment.





Thomas J. Hinkamp, MD  
Cardiovascular and  
thoracic surgeon



Max Liebo, MD  
Cardiology, advanced  
heart failure and  
transplant cardiology



Linda Rood,  
DNP, NP-BC  
Nurse practitioner,  
cardiology/heart failure



# At the **HEART** of it all

*The place to turn: Centegra's new  
comprehensive cardiac care center*

**A** blocked blood vessel, a leaky valve, an erratic rhythm, a weakening heart muscle—all can cause serious heart problems. And all need expert attention.

Whatever is hurting your heart, specialists with Centegra Health System are on hand to help. What's more, today they're able to offer comprehensive heart care in one location, thanks to a new, expanded outpatient cardiac care center.

## A TEAM EFFORT

After more than two years of planning, the Centegra Cardiovascular & Thoracic Center—a collaboration between Centegra Health System and Loyola University Medical Center—opened in October in a newly remodeled portion of the Medical Office Building at Centegra Hospital-McHenry. Among the center's medical staff are

To schedule an appointment at the Cardiovascular & Thoracic Center, call **815-759-8200**. To schedule an appointment with Centegra Physician Care cardiology, call **815-759-8070**. Or visit [centegra.org/heartcare](http://centegra.org/heartcare).



## your lungs too

You can also turn to the new Centegra Cardiovascular & Thoracic Center for follow-up after low-dose CT lung screenings. We offer these screenings free for heavy smokers between the ages of 55 and 80 who have smoked one pack per day for 30 years or two packs per day for 15 years. A physician order is needed. For details, visit [centegra.org/lungscreening](http://centegra.org/lungscreening), or call 815-334-5566 to schedule a screening.

cardiologists associated with Centegra Physician Care (CPC) and cardiothoracic surgeons associated with Cardiac Surgery Associates (CSA). They treat a wide range of heart problems. (See “This Is Our Beat.”)

“The center uses a team-oriented approach with all the medical talent in one area, under one roof, and available to see the patient—and collaborate with each other—on a daily basis,” says Douglas Tomasian, MD, director of CPC’s cardiology division.

### HEART FAILURE EXPERTS

A major feature of the new center is the Heart Failure Clinic.

Heart failure is a chronic disease being diagnosed with increasing frequency—and one of the most common health concerns that sends Americans 65 and older to the hospital. At Centegra, heart failure has long been the No. 1 reason patients are readmitted to the hospital after being discharged, says Rachel Sebastian, vice president and site administrator at Centegra Hospital–McHenry.

When heart failure symptoms worsen, medications and other therapies often must be adjusted. Sometimes, though, it can take

weeks for a heart failure patient to get an appointment with a busy cardiologist. Meanwhile, the patient’s condition can deteriorate, perhaps to the point that a trip to the emergency room—or even a hospital stay—is required.

“This is a common problem all across the country,” says Max Liebo, MD.

The Heart Failure Clinic is focused on enabling local residents to receive timely outpatient monitoring and treatment before symptoms escalate. At the clinic, patients can promptly see a nurse practitioner trained in heart failure care—or other heart failure experts as needed—on a day-to-day basis to prevent the need for hospitalization, says Linda Rood, DNP, NP-BC.

### A CARING PARTNERSHIP

The Heart Failure Clinic is a collaboration between Centegra Health System and Loyola University Medical Center. This partnership means that an assistant professor at Loyola, cardiologist Max Liebo, MD, will serve as medical director of heart failure at Centegra and will see patients at the clinic.

“A lot of patients used to go to the city

## This is our beat

The heart is a tough, no-nonsense engine. But sometimes, even the most reliable engine breaks down.

When that happens, cardiologists at Centegra Physician Care (CPC) are ready to help. CPC specialists can treat a wide variety of heart troubles, including:

- ▶ Arrhythmia
- ▶ Cardiomyopathy
- ▶ Congenital heart disease
- ▶ Congestive heart failure
- ▶ Coronary artery disease
- ▶ Heart valve disease
- ▶ Hypertension

CPC cardiologists are located at clinics across the region, including in McHenry, Woodstock, Huntley and Crystal Lake.

When Centegra patients need heart surgery, services are available through Cardiac Surgery Associates (CSA), the largest heart surgery physician group in Illinois. More than 1,100 open heart surgeries have been performed at Centegra Hospital–McHenry.

for heart failure care—including some specifically to see Dr. Liebo,” Sebastian says. “The center is designed to better support our patients here in our community so they don’t have to travel for this type of care.”

The Loyola partnership also helps patients with more complex cases. For example, advanced procedures—such as a heart transplant—can be performed at Loyola with follow-up care provided in a coordinated fashion at Centegra.

Many doctors affiliated with either Centegra or Loyola also have surgical and other medical privileges at both facilities, making collaboration smoother.

### THE HEART CARE YOU NEED

This new, centralized location for key heart services is focused on delivering the advanced care and attention people need—right when they need it. For everything from ongoing heart health maintenance to specialized procedures, the new cardiac care center at Centegra is the place to turn.

“We really offer the full spectrum of heart care,” Sebastian says.

## What is heart failure?

“Heart failure occurs when the heart can no longer pump blood the way it should,” says Thomas J. Hinkamp, MD, cardiovascular and thoracic surgeon. The body’s tissues don’t receive the nutrients they need, and excess fluid can build up in the feet, legs and lungs. Fatigue, troubled breathing and other problems can result.

Typically, patients need to closely monitor their symptoms to keep the condition under control. That includes following a medication regimen that can be complicated and keeping track of fluid buildup, weight gain and blood pressure. Treatment may also include oxygen and a special diet and exercise program.

# Classes & Events



## So many choices...

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](http://healthbridgefitness.com)

## 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.

**CHBFC-CL** **CHBFC-H** Zero Depth and Leisure Pool, Therapy Pool, Lap Pool

#### Seven-Week Sessions

Various days and times available; check the website.

- **Session 1**

Date	Day, time
Jan 5–Feb 21	Varies

- **Session 2**

Date	Day, time
Feb 23–Apr 18*	Varies

\*No class Mar 22–29, Apr 5

**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 Dec 8 (Session 1), Feb 9 (Session 2)
- Community currently in group lessons: Starting Dec 13 (Session 1), Feb 14 (Session 2)
- Open registration for all: Starting Dec 15 (Session 1), Feb 16 (Session 2)

Fee: PTB–Level 3: \$60 Member, \$75 Community; Level 4–Level 6: \$80 Member, \$95 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



**Splish, splash to get in shape!**

Need fun ways for your kids to move

more? Go to [gethealthy.centegra.org](http://gethealthy.centegra.org).

## AQUATICS FOR KIDS

### Endurance Swim for Children

A challenging workout that encompasses stroke days, distance days and sprint days. This program will refine competitive strokes and improve racing abilities. Ages 8 and up. Call **815-444-2900** for class information and to register.

#### CHBFC-CL CHBFC-H Lap and Leisure Pools

##### • Session 1

Date	Day, time
Jan 5–Feb 21	Varies

##### • Session 2

Date	Day, time
Feb 23–Apr 18*	Varies

\*No class Mar 22–29, Apr 5

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. For registration dates, see “Seven-Week Sessions” on page 8. Call **815-444-2900** for class information and to register.

#### CHBFC-CL Lap and Leisure Pools

##### • Session 1

Date	Day, time
Jan 5–Feb 21	Varies

##### • Session 2

Date	Day, time
Feb 23–Apr 18*	Varies

\*No class Mar 22–29, Apr 5

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 2 to 16. Call **815-444-2900** to register.

#### CHBFC-CL Leisure Pool

M	Jan 5–Feb 16	3:15-4pm
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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 8 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 1

Date	Day, time
Jan 5–Feb 21	Varies

##### • Session 2

Date	Day, time
Feb 23–Apr 18*	Varies

\*No class Mar 22–29, Apr 5

Fee: \$70 Member, \$100 Community

## AQUATICS FOR ADULTS

### Adult Beginner Swim Lessons

Focus on the basics. Our water safety instructors are trained by the American Red Cross. For registration dates, see “Seven-Week Sessions” on page 8. Call **815-444-2900** for class information and to register.

#### CHBFC-CL CHBFC-H

##### • Session 1

Date	Day, time
Jan 5–Feb 21	Varies

##### • Session 2

Date	Day, time
Feb 23–Apr 18*	Varies

\*No class Mar 22–29, Apr 5

Standard fee: \$65 Member, \$93 Community

### Birthday? Other event? 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 Angela Bianco at **847-802-7029** or email [abianco@healthbridgefitness.com](mailto:abianco@healthbridgefitness.com).

#### CHBFC-CL CHBFC-H



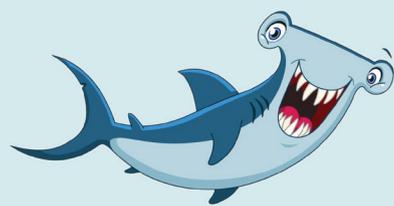


### Health Bridge HammerHeads Swim Team!

For swimmers in grades 1 to 8 who have never been on a swim team before or those who want to compete on a smaller scale and build up to a more competitive swim team. Crystal Lake will swim against Huntley. Participants will purchase swimsuits and swim caps (not included in fee). Call **815-444-2900** for more information.

**CHBFC-CL** **CHBFC-H**

Fee: \$355 Member, \$385 Community



### 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	Jan 5–Feb 9	1–2pm
M	Feb 16–Mar 23	1–2pm
M	Mar 30–May 4	1–2pm

Fee: \$52.50 Member, \$80 Community

#### **CHBFC-H**

Day	Date	Time
F	Jan 9–Feb 13	9:15–10:15am
F	Feb 20–Mar 27	9:15–10:15am
F	Apr 3–May 8	9:15–10:15am

Fee: \$52.50 Member, \$80 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 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: \$345 Member, \$365 Community (includes books for LGI and instruction)

### 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, breaststroke, elementary backstroke and sidestroke. Call **815-444-2900** to register.

**CHBFC-H** Conference Room, Lap Pool

Please call for dates and times.

Fee: \$295 Member, \$345 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

## 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. *Physician release required before class registration.* Call **815-444-2900** or stop by concierge to register.

#### CHBFC-CL Therapy Pool

Day	Date	Time
F	Jan 30–Mar 20	Noon–1pm
F	Mar 27–May 15	Noon–1pm

Fee: \$16 Member, \$32 Community

Day	Date	Time
M,W	Jan 26–Mar 18	Noon–1pm
M,W	Jan 26–Mar 18	6:30–7:30pm
M,W	Mar 23–May 13	Noon–1pm
M,W	Mar 23–May 13	6:30–7:30pm
Tu,Th	Jan 27–Mar 19	9:45–10:45am
Tu,Th	Jan 27–Mar 19	11am–noon
Tu,Th	Jan 27–Mar 19	Noon–1pm
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

Fee: \$32 Member, \$64 Community

Day	Date	Time
M,W,F	Jan 26–Mar 20	9:45–10:45am
M,W,F	Jan 26–Mar 20	11am–noon
M,W,F	Mar 23–May 15	9:45–10:45am
M,W,F	Mar 23–May 15	11am–noon

Fee: \$48 Member, \$96 Community

#### CHBFC-H Therapy Pool

Day	Date	Time
M,W	Jan 26–Mar 18	10–11am
M,W	Mar 23–May 13	10–11am
Tu,Th	Jan 27–Mar 19	10:30–11:30am
Tu,Th	Mar 24–May 14	10:30–11:30am

Fee: \$32 Member, \$64 Community

### 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. *Physician release required.* Call **815-444-2900** or stop by concierge to register.

#### CHBFC-H Therapy Pool

Day	Date	Time
Tu,Th	Jan 27–Mar 19	9:15–10:15am
Tu,Th	Mar 24–May 14	9:15–10:15am

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	Jan 27–Mar 19	9:45–10:45am
Tu,Th	Mar 24–May 14	9:45–10:45am

Fee: \$32 Member, \$64 Community

### 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 CHBFC-H

### 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	Jan 8–Feb 12	6–7pm
Th	Feb 26–Apr 2	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	Jan 28–Mar 20	10–10:45am
W,F	Mar 25–May 15	10–10:45am

Fee: \$20 Member, \$60 Community

## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Looking for a one-on-one swim lesson? Our American Red Cross-certified swim instructors can provide you or your child with personalized attention, focusing on the skills you or your child needs. 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 semi-private swim lessons will help you achieve your goals. Call **815-444-2900** to register.

#### CHBFC-CL Zero Depth and Leisure Pool, Therapy Pool and Lap Pool

### Private Swim Lessons

#### Swim Instructor Level

► **Five 30-minute lessons**  
\$110 Member, \$130 Community

► **Ten 30-minute lessons**  
\$190 Member, \$220 Community

#### Senior Swim Instructor Level

► **Five 30-minute lessons**  
\$125 Member, \$145 Community

► **Ten 30-minute lessons**  
\$210 Member, \$235 Community

### Semi-Private Swim Lessons

#### Swim Instructor Level

► **Five 30-minute lessons**  
\$85 Member, \$100 Community

► **Ten 30-minute lessons**  
\$160 Member, \$190 Community

#### Senior Swim Instructor Level

► **Five 30-minute lessons**  
\$95 Member, \$105 Community

► **Ten 30-minute lessons**  
\$180 Member, \$200 Community



**Family**



**Heart-healthy foods to nourish your family**  
Get easy tips on what to eat at [gethealthy.centegra.org](http://gethealthy.centegra.org).

**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.

**Day, time**  
Varies

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.

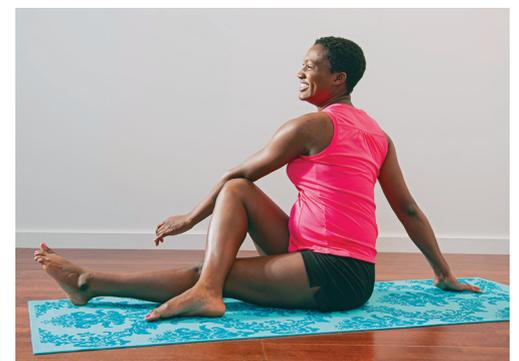
**CHBFC-CL** Conference Room

**CHBFC-H** Mind/Body Studio

Day	Date	Time
W	Jan 7–Feb 11	5–6pm
W	Feb 18–Mar 25	5–6pm

Fee: \$52.50 Member, \$80 Community

—Continued on page 14



**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	Jan 10	9am–noon
Sa	Feb 14	9am–noon
Sa	Mar 14	9am–noon

Fee: \$30

**f** Find Centegra Breastfeeding Resource Center and services on Facebook: [facebook.com/CentegraBreastfeedingResourceCenter](http://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.

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	Jan 6–27	7–9:30pm
Tu	Feb 3–24	7–9:30pm
Tu	Mar 3–24	7–9:30pm

Fee: \$75

**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

# Baby on board!

*Mothers and babies now receive the safest care in the region 24/7*

**F**or little ones and their moms, specialty doctors are always on-site at Centegra Hospital–McHenry. The hospital has raised the bar by providing around-the-clock obstetricians and neonatologists to provide the best care for moms and their little ones.

“Because of our new hospitalists, moms and babies can now receive immediate medical attention from an expert if they need medical support,” says Irfan Hafiz, MD, chief medical officer at Centegra Health System. “Hospitalists are doctors who specialize in the care of hospitalized patients. They are here with one goal in mind: to keep our patients as safe and as comfortable as possible throughout their time at Centegra Hospital–McHenry.”

## **ALWAYS THERE FOR YOU—AND BABY**

Kathleen McDonald, MD, is a neonatologist who cares for patients in the Family Birth Center at Centegra Hospital–McHenry. She says babies are safest when a hospital employs doctors to be available around the clock.

“Most of the time, babies are born healthy and everything goes as expected,” she says. “But since the birth process is unpredictable, it’s critical that a doctor is available to immediately provide support for a baby. It may just be for the few minutes following delivery, but those few minutes can determine whether a baby has an excellent outcome or needs extended support.”

## **CONSISTENT STANDARDS**

Mothers need the same level of care as their babies, which is why Centegra also provides



hospitalists who specialize in obstetrics. Whether a baby makes a quick entrance into the world or a mom needs rapid care in the hospital, an experienced doctor will always be at the bedside within minutes.

“Having a baby is a time of joy, and we want to maximize that great experience by reassuring parents that everyone is safe and secure,” Dr. Hafiz says.

Centegra’s hospitalists support patients’ doctors when they cannot be at the hospital. Neonatologists partner with pediatricians to provide infant examinations. They also provide routine care to make sure babies are ready to go home with their parents. Obstetricians provide labor and delivery care and answer questions to support new moms and dads.

## **Little one in your future?**

**Review our services, meet the physicians and schedule a tour at [centegra.org/service/obstetrics/family-birth-center](https://centegra.org/service/obstetrics/family-birth-center).**

“Centegra hospitalists make sure mothers and babies have the excellent care they need close to home,” Dr. McDonald says. “We are here at all times to talk to parents and to answer their questions. They appreciate the reassurance we provide and the level of safety that is available only in Centegra’s Family Birth Center.”

## **Rest assured...**

A new Obstetrics Emergency Department provides around-the-clock emergency care to pregnant women who come to Centegra Hospital–McHenry. The special service is now available because Centegra offers 24/7 OB-GYN hospitalists.

“Women will now be able to get specialized care immediately when they come to our hospital,” says Irfan Hafiz, MD, chief medical officer at Centegra Health System. “This is a higher level of care than has ever been available. Women can feel safer knowing that an experienced doctor is always here to care for them and their babies.”

Mothers will first be seen by an experienced doctor of emergency medicine, who may then contact the in-house OB-GYN for additional support.

“Being able to see an OB provides patients the comfort that they’re speaking to someone who really understands their needs,” Dr. Hafiz says. “It’s not just reassurance when things are bad, but it’s also reassurance when things are good.”

—Continued from page 12

## FAMILY AND CHILD ACTIVITIES

### Aces and Aquatics Spring Break Camp

See page 27 (Tennis).

### FREE Centegra Families in Motion

If you've completed a full eight-week session of Centegra Kids in Motion (see below), you're eligible for the follow-up support group at no charge. Centegra Families in Motion provides activities for families, review of nutrition topics, and support group sessions. Call **815-444-2900** to register.

**CHBFC-H**

Day	Date	Time
Tu	Nov 18	6:30–7:30pm
Tu	Mar 24	6:30–7:30pm

### Centegra Kids in Motion

Learn healthy lifestyle behaviors by attending classes held by registered dietitians, behavior specialists and fitness coaches.

- Registered dietitians will provide hands-on nutrition education and counseling.
- Behavior specialists will provide support for a variety of emotional needs and coaching to achieve behavior change.
- Fitness coaches will provide exercise coaching. Ages 8 to 13. Call **877-CENTEGRA** to register. Parents and children 12 and older may use Centegra Health Bridge Fitness Center prior to class from 5:30 to 6:30pm for free!

**CHBFC-CL**

Day	Date	Time
Tu	Jan 13–Mar 3	6:30–7:30pm

Fee: \$149 (scholarships are available)



### 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** Conference Room 1, 2 and 3

Day	Date	Time
Sa	Jan 10–31	Noon–12:45pm
Sa	Feb 7–28	Noon–12:45pm
Sa	Mar 7–28	Noon–12:45pm

**CHBFC-H**

Day	Date	Time
Sa	Jan 10–31	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

### Kids Basketball and Swim Camp

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

**CHBFC-CL** Drop off in KidZone

Day	Date	Time
F	Jan 2	Noon–3pm

Fee: \$19 Member, \$28 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** Drop off in KidZone

Day	Date	Time
M	Dec 29	Noon–3pm

Fee: \$19 Member, \$28 Community

**CHBFC-H** Drop off in KidZone

Day	Date	Time
T	Dec 23	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 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	Dec 12	4:30–9:30pm
F	Jan 23	4:30–9:30pm
F	Feb 20	4:30–9:30pm
F	Mar 13	4:30–9:30pm

Fee: \$25 Member, \$38 Community

**CHBFC-H** Drop off in KidZone

Day	Date	Time
F	Dec 5	4:30–9:30pm
F	Jan 16	4:30–9:30pm
F	Feb 6	4:30–9:30pm
F	Mar 6	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 Gavers Breast Center—Crystal Lake

## 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. Price is per day. Call **815-444-2900** to register.

### CHBFC-CL Drop off in KidZone

Day	Date	Time
M	Dec 22	Noon-3pm
M	Feb 16	Noon-3pm

Fee: \$19 Member, \$28 Community

### CHBFC-H Drop off in KidZone

Day	Date	Time
M	Dec 29	Noon-3pm
M	Mar 23	Noon-3pm

Fee: \$19 Member, \$28 Community

## Pom and Cheer Camp

Children can have fun while learning basic cheer movements and working on their flexibility and strength. Lunch is provided, and one hour of swimming is included. Ages 4 to 11. Call **815-444-2900** to register.

### CHBFC-CL Drop off in KidZone

Day	Date	Time
F	Mar 27	11am-4pm

Fee: \$28 Member, \$42 Community

### CHBFC-H Drop off in KidZone

Day	Date	Time
F	Jan 2	11am-4pm

Fee: \$28 Member, \$42 Community

## Tennis and Swim Winter Camps

See page 27 (Tennis).



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-CL CHBFC-H Drop off in KidZone

Day	Date	Time
M	Dec 22	8am-4:30pm
Tu	Dec 23	8am-4:30pm
M	Dec 29	8am-4:30pm
Tu	Dec 30	8am-4:30pm
F	Jan 2	8am-4:30pm
M	Jan 19	8am-4:30pm
M	Feb 16	8am-4:30pm
M-F	Mar 23-27	8am-4:30pm

- Day fee: \$60 Member, \$75 Community
- Week fee, early-bird (by Feb 28): \$185 Member, \$220 Community
- Week fee, regular: \$220 Member, \$260 Community

### CHBFC-H Drop off in KidZone

Day	Date	Time
F	Feb 13	8am-4:30pm

Fee: \$60 Member, \$75 Community

## Half-Day Camps

### CHBFC-CL CHBFC-H Drop off in KidZone

Day	Date	Time
M	Dec 22	9am-2:30pm
Tu	Dec 23	9am-2:30pm
M	Dec 29	9am-2:30pm
Tu	Dec 30	9am-2:30pm
F	Jan 2	9am-2:30pm
M	Jan 19	9am-2:30pm
M	Feb 16	9am-2:30pm
M-F	Mar 23-27	9am-2:30pm

- Day fee: \$40 Member, \$55 Community
- Week fee, early-bird (by Feb 28): \$150 Member, \$175 Community
- Week fee, regular: \$175 Member, \$200 Community

### CHBFC-H Drop off in KidZone

Day	Date	Time
F	Feb 13	9am-2:30pm

Fee: \$40 Member, \$55 Community



## 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.

## 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

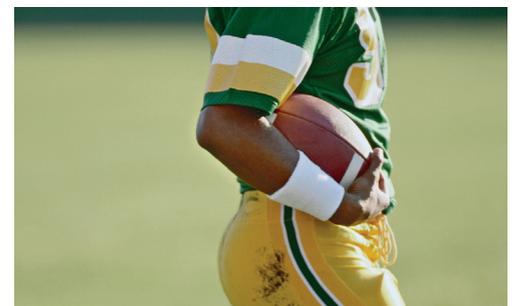
Day	Date	Time
M	Jan 19	9am-3:30pm
Tu	Mar 24	9am-3:30pm

Fee: \$50 Member, \$60 Community

### CHBFC-H Drop off in KidZone

Day	Date	Time
M	Dec 22	9am-3:30pm
M	Feb 16	9am-3:30pm

Fee: \$50 Member, \$60 Community



## Centegra Sports Concussion Program

This program offers a collaborative approach between physicians and neuro-rehabilitation 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. Call **815-759-4342**.

## Teen Tennis Spring Break Camp

See page 27 (Tennis).

# Community Events

## 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](http://healthbridgefitness.com) to register.

### CHBFC-CL Conference Room 4

Day	Date	Time
W	Dec 3	5-8pm
Th	Dec 18	6:30-9:30pm
Th	Jan 8	6:30-9:30pm
M	Jan 12	10am-1pm
Th	Feb 19	6:30-9:30pm
Tu	Feb 24	1-4pm
Tu	Mar 3	1-4pm
Th	Mar 26	6:30-9:30pm

Fee: \$30 Member, \$35 Community

### CHBFC-H Conference Room

Day	Date	Time
W	Dec 10	Noon-3pm
M	Dec 22	6-9pm
Sa	Jan 3	9am-noon
Tu	Jan 20	5-8pm
W	Feb 11	Noon-3pm
Th	Feb 26	6:30-9:30pm
Sa	Mar 7	10am-1pm
M	Mar 16	1-4pm

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](http://healthbridgefitness.com) to register.

### • Adult

### CHBFC-CL Conference Room 4

Day	Date	Time
M	Dec 15	1-4pm

### CHBFC-H Conference Room

Day	Date	Time
Tu	Feb 3	5-8pm

Fee: \$30 Member, \$35 Community

### • Pediatric

### CHBFC-CL Conference Room 4

Day	Date	Time
Th	Mar 12	6:30-9:30pm

### CHBFC-H Conference Room

Day	Date	Time
Sa	Jan 24	11am-2pm

Fee: \$30 Member, \$35 Community

## 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-H

Day	Date	Time
Th	Jan 8-Feb 19	6-7:30pm
Tu	Jan 13-Feb 24	9-10:30am

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

### CH-W Conference Rooms A and B

Day	Date	Time
W	Mar 11-Apr 22	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.

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



### CH-M Classrooms

Day, date, time  
Third W of the month, 4-7pm

### CH-W MOB #2, Suite A

Day, date, time  
Third Tu of the month, 5:30-8pm  
Fee: \$15 per immunization. This is a FREE community benefit to eligible children on KidCare or Medicare.



## SAVE THE DATE Centegra Health Strong Woman Event

Join Centegra Health System to learn more about your well-being. The event will include important health information, screenings and a special lunch-and-learn with Centegra providers, as well as raffles and giveaways. The first 200 to sign up will receive a free gift! Go to [centegra.org/healthstrong](http://centegra.org/healthstrong) or call **877-CENTEGRA** to register.

### Crystal Lake Holiday Inn

Day	Date	Time
Th	Feb 26	9am-2pm

Fee: \$15 (\$10 if you register prior to the event)

## 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

## FREE LECTURES

Read more about upcoming lectures at [centegra.org/lectures](http://centegra.org/lectures).

### Varicose Veins: Blood Flow Impairment Is Not Just a Vain Concern

Aaron T. Schwaab, MD, of Centegra Physician Care Surgical Associates. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Date	Time
W	Jan 14	6:30-7:30pm

### Getting to the Heart of the Matter: Heart Disease Prevention

Mohammad A. Kizilbash, MD, of Centegra Physician Care Cardiology. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-CL

Day	Date	Time
Th	Feb 5	6:30-7:30pm

### Wine and Dine Your Heart

Get ready for heart month with a special physician lecture, cooking demonstration, dinner and wine tasting! Did you know a heart-healthy diet is one of the most important steps for a person who is at risk for or has heart disease? Did you know most heart attacks occur in the morning? Join Dr. Thomas J. Hinkamp, a board-certified cardiovascular and thoracic surgeon on the medical staff of Centegra Health System, as he discusses heart attack prevention, screenings, symptoms, heart health and healthy lifestyle choices. Then enjoy a heart-healthy cooking demonstration with cardiac registered dietitian Julie Holbrook, learn about which kinds of wine are heart-healthy and enjoy a sample tasting. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Date	Time
W	Feb 25	6:30-7:30pm

### Joint Replacement Information Session

John L. Daniels, MD, of Crystal Lake Orthopedics. Space is limited. Registration is required. Call **877-CENTEGRA** to register.

CHBFC-H

Day	Date	Time
W	Mar 11	6:30-7:30pm

## CentegraCare Connections

# Head home, ready for recovery

**Y**ou may feel that the best part of a hospital stay is the day you get to go home. Even so, returning home can have its own challenges. You may need medical supplies. You may need to fill prescriptions. And you may need to learn how to take care of your recovering body.

To help with all of these things, Centegra Health System has developed Centegra Care Connections, a program designed to ensure a smooth transition of care from the hospital. This program includes the development of retail pharmacy locations in both hospitals.

"We want to set patients up for a successful recovery by providing all the essential elements," says Sheila Senn, PsyD, vice president and site administrator for the Centegra Woodstock Hospitals.

### BEDSIDE CHECKOUT

Centegra Care Connections is scheduled to launch in January 2015. A key component of the program is retail pharmacies, based right in the hospital, which will stock the medications and supplies you need to take care of yourself at home.

As a part of this program, trained staff—called transition specialists—will meet with you before you leave the hospital. They'll deliver your prescriptions to your bedside and review



New retail pharmacies are scheduled to open at both Centegra Hospital locations early in 2015. Not only are these pharmacies designed to provide medications and supplies you need before you head home from the hospital, but you can also stop in for convenient prescriptions, supplies, vaccinations and gift items.

them with you, in addition to helping coordinate other needed aftercare items and services. By providing this type of care, it is our intention to equip our patients well for their continued journey toward health and recovery.

### GETTING WELL, STAYING WELL

"It's really important that you fill your prescriptions after being discharged from the hospital. Without the prescribed medications, you may not recover as well as you should, which could cause you to be readmitted to the hospital," says Kumar Nathan, MD, vice president of clinical effectiveness for Centegra Health System.

That's where Centegra Care Connections comes in. "We want to make sure you have what you need when you leave our door so that you stay healthy," Dr. Nathan says.

### Rx for better health

The Centegra Care Connections retail pharmacies will operate Monday through Friday, 9am to 7pm, and weekends, noon to 4pm. The pharmacies will also be open to the public.

### MEDICATION THERAPY MANAGEMENT

"For patients with multiple diseases taking multiple medications, Centegra Care Connections will also offer medication therapy management. If you qualify, you'll receive additional services at discharge, as well as a follow-up medication review."

—Sean Gale, Retail Pharmacy Coordinator for Centegra Health System

## 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](http://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 appointment 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 our Pilates instructors 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	Jan 5–Feb 11	10–10:55am
M,W	Feb 16–Mar 25	10–10:55am
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** or stop by concierge to register.

#### CHBFC-H Mind/Body Studio

Day	Date	Time
M	Jan 5–Feb 9	5–6pm
W	Jan 7–Feb 11	11am–noon
M	Feb 16–Mar 23	5–6pm
W	Feb 18–Mar 25	11am–noon

Fee: \$52.50 Member, \$80 Community

### Boot Camp

Improve your overall conditioning, functionality and strength with this high-intensity boot camp! Call **815-444-2900** or go to [healthbridgefitness.com](http://healthbridgefitness.com) to register.

#### CHBFC-CL Studio 1

Day	Date	Time
Tu	Jan 6–Feb 10	1–1:45pm
Tu	Feb 17–Mar 24	1–1:45pm
Tu	Mar 31–May 5	1–1:45pm

Fee: \$60 Member, \$90 Community

Drop-in class convenience fee (Members only): \$12.50/class

#### CHBFC-H Fitness Floor

Day	Date	Time
M,W	Jan 5–Feb 11	6–7pm
M,W	Feb 16–Mar 25	6–7pm

Fee: \$120 Member, \$180 Community

Drop-in class convenience fee (Members only): \$12.50/class

### 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-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

#### CHBFC-H Fitness Floor

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

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

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

### 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



## 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 3 or Group Fitness Studio**

Day	Date	Time
M	Jan 5–Feb 9	6–6:30am
Tu	Jan 6–Feb 10	4:45–5:15pm
W	Jan 7–Feb 11	12:45–1:15pm
Th	Jan 8–Feb 12	7–7:30pm
Sa	Jan 10–Feb 14	6:45–7:15am
M	Feb 16–Mar 23	6–6:30am
Tu	Feb 17–Mar 24	4:45–5:15pm
W	Feb 18–Mar 25	12:45–1:15pm
Th	Feb 19–Mar 26	7–7:30pm
Sa	Feb 21–Mar 28	6:45–7:15am

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

**CHBFC-H Group Fitness Studio or Mind/Body Studio**

Day	Date	Time
Tu	Jan 6–Feb 10	8:15–8:45am
Th	Jan 8–Feb 12	5:30–6am
Sa	Jan 10–Feb 14	8:05–8:35am
Tu	Feb 17–Mar 24	8:15–8:45am
Th	Feb 19–Mar 26	5:30–6am
Sa	Feb 21–Mar 28	8:05–8:35am

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

## 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 Studio 1**

Day	Date	Time
M	Jan 5–Feb 9	10:30–11:30am
M	Feb 16–Mar 23	10:30–11:30am
M	Mar 30–May 4	10:30–11:30am

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



## Road Runner Kickoff Meeting

Looking for a group to run and train with? Let the Road Runners help. Please come to this informational meeting. Run at 8am, meeting at 9am. Call **815-444-2900** or stop by concierge to register.

**CHBFC-CL**

Day	Date	Time
Su	Mar 29	8am

Fee: \$50 Member, \$75 Community

**CHBFC-H**

Day	Date	Time
Sa	Mar 28	8am

Fee: \$50 Member, \$75 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	Jan 8–Feb 12	7:30–8:30am
Th	Feb 19–Mar 26	7:30–8:30am

Fee: \$30 Member, \$45 Community

## Strength 4 Life

Improve your quality of life by conditioning your body to function more efficiently. Increase your bone density through resistance exercises. Call **815-444-2900** to register.

**CHBFC-H Fitness Floor**

Day	Date	Time
Tu,Th	Jan 6–Feb 12	11am–noon
Tu,Th	Feb 17–Mar 26	11am–noon

Fee: \$60 Member, \$90 Community

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

## 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](http://healthbridgefitness.com) to register.

**CHBFC-CL Studio 3**

Day	Date	Time
M	Jan 5–Feb 9	9:30–10:30am
M	Feb 16–Mar 23	9:30–10:30am

**CHBFC-H Mind/Body Studio**

Day	Date	Time
Tu	Jan 6–Feb 10	9–10am
Tu	Feb 17–Mar 24	9–10am

Fee: \$60 Member, \$90 Community

Drop-in class convenience fee (Members only): \$12.50/class

## Working Out to Win

Increase your level of fitness through effective strength training—which can be challenging, fun and effective. Call **815-444-2900** or go to [healthbridgefitness.com](http://healthbridgefitness.com) to register.

**CHBFC-CL Studio 3**

Day	Date
Tu,Th	Jan 6–Feb 12
Tu,Th	Feb 17–Mar 26

Fee: \$60 Member, \$90 Community

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



## Screenings



### Centegra Sports Concussion Program

See page 15 (Family section).

### CT Lung Screening

If you are 55 to 74 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. For more information, visit [centegra.org/lungscreening](http://centegra.org/lungscreening).

Crystal Lake Medical Arts, **CHC-H**  
\$299

### Colon Cancer Screening FOBT Kits

Free FOBT kits are available for pickup at the following locations. For more information, contact Lora Anderson at **815-759-4454**.

#### **CH-M CH-W** Guest Services Desk (Lobby)

Day	Date	Time
M-F	Mar 9-20	6am-8pm
Su	Mar 15	8am-8pm

Crystal Lake Medical Arts, Imaging Desk and Immediate Care Desk

Day	Date	Time
M-F	Mar 9-20	7am-8pm
Sa	Mar 14	8am-5pm

#### **CHC-H** Imaging Desk

Day	Date	Time
M-F	Mar 9-20	8am-7pm
Sa	Mar 9-20	8am-noon

#### **CSCC** Front Desk

Day	Date	Time
M-F	Mar 9-20	8am-4pm

### 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	Mar 6	7-9am

Fee: \$20 Member, \$30 Community

### Mammo Mondays

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

#### **CGBC-CL**

Day	Date	<b>CHC-H</b>	Day	Date
M	Dec 1	M	M	Dec 15
M	Jan 5	M	M	Jan 19
M	Feb 2	M	M	Feb 16
M	Mar 2	M	M	Mar 16

#### **CH-M**

Day	Date	<b>CH-W</b>	Day	Date
M	Dec 8	M	M	Dec 22
M	Jan 12	M	M	Jan 26
M	Feb 9	M	M	Feb 23
M	Mar 9	M	M	Mar 23

## 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

### Teen ECHO Heart Screenings

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

Fee: \$85

### Comprehensive and Vascular Screening Packages

The **Centegra Wellness on the Move** van 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



### 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

## Mind and body

### TAI CHI



#### Ai Chi

See page 10 (Aquatics section).

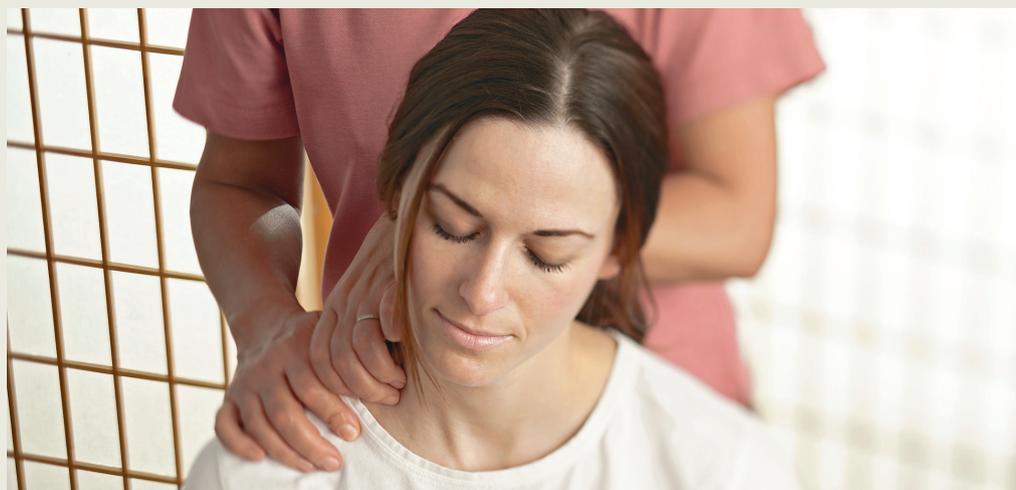
### SPA AND MASSAGE THERAPY

#### 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 non-invasive 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.

**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.

## COMPREHENSIVE SCREENINGS

# Healthy—head to toe!

**H**ow's your health? Do you know? Do you want to learn how healthy your heart is and find out your risk for diabetes and stroke?

The *Centegra Wellness on the Move* van provides a comprehensive wellness screening package that can help prevent or catch problems and possibly save your life. It includes more than a dozen screenings

that can help reveal signs of health problems, including heart abnormalities, hardened arteries, peripheral arterial disease and abdominal aortic aneurysm.

Tests include a high-sensitivity C-reactive protein test; a heart EKG; a blood cholesterol and triglyceride panel; a blood glucose screening; a BMI, weight and blood pressure evaluation; a PSA level prostate

## Take charge of your health and know your health risks

The comprehensive package comes at \$299. Mobile screening events take place throughout the community. Call **877-CENTEGRA** for dates and locations.

test (for men); and a thyroid stimulating hormone test (for women).

A 10 to 12-hour fast beforehand helps ensure accurate results. It's also important to drink plenty of water.

# Centegra Healthy Living Institute

## Back on Track

If you feel you have lost the new you, are struggling with a plateau or have regained weight after having weight-loss surgery, this class is for you to change your habits. Call **815-444-2900** or visit concierge to register.

**CHBFC-H**

Day	Date	Time
W	Feb 4–Mar 11	5:30–7:30pm

## FREE Centegra Healthy Living Event

Get information on fitness, nutrition, healthy lifestyle choices, personal wellness and more! Interact with our clinical team, weight-loss specialists, workshops and exhibits. The first 200 to register will receive a gift. Go to [centegrahealthyliving.com](http://centegrahealthyliving.com) or call **877-CENTEGRA** to register.

**CHBFC-H**

Day	Date	Time
F	Jan 23	8:30am–noon

## 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
<b>CH-W</b>	
Every second Sa	10am–noon

## Cooking Demo

Our registered dietitians prepare simple, delicious, healthy recipes that will be easy to recreate at home. Sampling is included, as well as a take-home package of key ingredients to help you prepare your first batch! December's menu will include a hot and cold appetizer and punch, January's menu will be a slow-cooker

recipe, and March's recipe will be a healthy twist to a favorite dessert. Call **815-444-2900** to register.

## CHBFC-H Conference Room

Day	Date	Time
W	Dec 3	6:30–7:30pm
W	Jan 21	6:30–7:30pm
W	Mar 18	6:30–7:30pm

Fee: \$20 Member, \$25 Community

## Diabetes Center

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

## CHC-H, Crystal Lake Medical Arts Building

Appointments are covered by most insurance.

## FREE Eating Disorder Support Group

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

## Crystal Lake Medical Arts Building 3rd Floor

Day, date, time

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.

To find out more about weight-loss services, visit [centegrahealthyliving.com](http://centegrahealthyliving.com) or simply scan the QR code at right.



## OPTIFAST®

Provides you with 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.

## 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 with 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](http://wellbridge.healthbridgefitness.com). Call **815-444-2900** for more information.

## Location key for classes

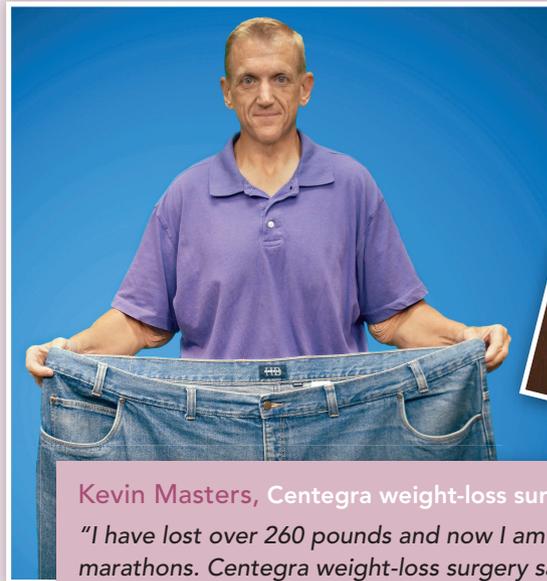
- CHBFC-CL** Centegra Health Bridge Fitness Center—Crystal Lake
- CHBFC-H** Centegra Health Bridge Fitness Center—Huntley
- CHC-H** Centegra Health Center—Huntley
- CH-M** Centegra Hospital—McHenry
- CH-W** Centegra Hospital—Woodstock
- CSCC** Centegra Sage Cancer Center
- CSH-W** Centegra Specialty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

# Hello, healthy!

Welcome a new year and a new you

Centegra Healthy Living Institute offers a full range of preventive services to help change lives. Options include:

- ▶ Weight-loss surgery
- ▶ OPTIFAST®
- ▶ OPTITRIM®
- ▶ Simply Weight-Loss
- ▶ Centegra Health Bridge Fitness Center membership prescription
- ▶ Medical Nutrition Therapy
- ▶ Sports nutrition
- ▶ Diabetes centers
- ▶ Wellness programs



**Kevin Masters**, Centegra weight-loss surgery patient  
*"I have lost over 260 pounds and now I am running half marathons. Centegra weight-loss surgery saved my life."*



**Dana Smith**, Centegra Healthy Living Institute Nutrition patient  
*"I've lost 50 pounds, cut my body fat in half and no longer have sciatica. I feel healthy and confident thanks to the nutrition programs at Centegra Healthy Living Institute."*



**Linda Davis**, WellBridge member  
*"I have lost 30 pounds and drastically reduced any risks associated with my arthritis surgeries. My physician is proud of my success!"*

## ADDITIONAL NUTRITION SERVICES

### Grocery Tour

Learn how to locate and evaluate products to ensure that you are bringing home foods that will enhance your health and well-being. Call **815-444-2900** or visit concierge to register. **Joseph's Marketplace, 29 Crystal Lake Plaza, Crystal Lake**

Day	Date	Time
W	Jan 28	6-7pm

Fee: \$5 Member, \$10 Community

### 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.

### OB Nutrition Class

What you eat nourishes you and your baby. Classes are designed for expecting moms at different stages of pregnancy. Centegra doctors recommend nutrition education early in pregnancy for optimum health during pregnancy. Call **815-444-2900** to register.

**CHBFC-CL**

Day	Time
M	6-7pm

### 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

Centegra  
Healthy  
Living Institute can  
**change your life.**  
Call **877-CENTEGRA**  
(236-8347) or visit  
[centegrahealthyliving.com](http://centegrahealthyliving.com).

# Have vans, will travel

Your donations help Patient Express service expand



**F**or the passengers of the Centegra Patient Express, this van service is more than just a convenient ride. Much more, in fact. The hundreds of free rides the service provides each week help ensure that Centegra Health System patients in need stay on track with their treatments and follow-up care. The Patient Express transports patients to and from the hospital, skilled nursing facilities or, upon discharge, to their homes.

## MOVING ALONG—WITH SOME HELP

Unfortunately, due to a limited number of vans, the Patient Express service hasn't always been able to accommodate every patient who requests a ride. The community was aware of the need, and donations started flowing in through the Centegra Health System Foundation.

"This is one example of how the generosity of our community members is helping to make a difference in the lives of their

## 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 Classrooms A and B

Day	Date	Time
W	Dec 3	6:30pm

##### CH-W Room TBD

Day	Date	Time
W	Mar 4	6:30pm

#### Cancer Transitions

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

##### CSCC

Day	Date	Time
W	Apr 1–May 6	6–8:30pm

#### Care for the Caregiver

For those who offer ongoing care and support to loved ones living with illness. Led by Marianna Wolfmeyer, oncology counselor. Registration required. Call 815-759-4459 to register.

##### CSCC

Day, date	Time
Third Th of the month	10–11am

#### 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](http://centegra.org/star).

#### CSCC Library

Day, date	Time
Second Tu of the month	10am
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 815-344-8000 to register.

##### CGBC-CL

Day, date	Time
First Tu of the month	7pm

#### 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	Jan 15–Feb 19	7–9pm

### 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

friends and neighbors,” says Cynthia Olson, vice president of Centegra Health System Foundation.

Your charitable gifts allowed the foundation to fund an additional van, which features a lift for easier wheelchair access. The new van went into service in July, mostly shuttling patients to and from the Centegra Hip & Knee Replacement Center for joint replacement surgery and rehabilitation.

Soon after, a state transportation grant allowed the foundation to purchase another van. Together, the new vans are enabling Patient Express to take significantly more people in need to and from necessary medical appointments—including wound care, cancer treatment and stroke rehabilitation, among others.

### FUTURE FUNDS FOR FUTURE NEEDS

Olson notes that the foundation continues to address areas of need throughout our community. Contributions and gifts to the foundation help support many services vital to the community. These include enhanced patient care, innovative technology, educational activities and programs.

High-level projects the foundation has helped fund include the



### READY TO ROLL?

By supporting the Centegra Health System Foundation, you can help create a healthier community for your friends and neighbors. To learn how, call **815-788-5870** or visit <https://donate.centegra.org>.

Centegra Sage Cancer Center, the Centegra Gavers Breast Center, neonatal monitors, EKG transmitters and sophisticated cancer treatment equipment.

### 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.

### 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

 Find Centegra Cancer Connection on Facebook: [facebook.com/CentegraCancerConnection](https://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](mailto:ldaniels@centegra.com) or Kathy Feuillan at [kfeuillan@centegra.com](mailto:kfeuillan@centegra.com).

### Sounds of Healing

A group drumming experience that promotes health for the body, mind and spirit. Call **815-759-4459** to register.

#### CSCC

Day, date	Time
Third Sa of the month	6:30–8pm



### 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

 Search for “Centegra Weight-Loss Surgery Support Group” on Facebook.

Other support groups have recently started. Contact Marianna Wolfmeyer for additional information: [mwolfmeyer@centegra.com](mailto:mwolfmeyer@centegra.com).

# Tennis guide



## ADULT AND JUNIOR CLASS SCHEDULE

Session 1: Jan 5–Mar 1  
Session 2: Mar 2–May 3\*

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.

\*No class Mar 23–29.

## ADULT TENNIS CLASSES

### Beginners Class

Grips, technique and form will be emphasized.

Day	Time
M	8–9pm
Sa	9:30–10:30am

### 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

### 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	8–9pm
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
Th	7:30–9pm

## 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
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
Th	5:30–6:30pm
Su	4–5pm

### 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
Th	6:30–7:30pm
Su	5–6pm

## 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

### 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
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

### 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

## 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 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

### 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 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, Mar 2-May 11, 11am-12:30pm

##### ► Women's Intermediate League

(USTA 3.5): Th, Jan 29-Mar 19, 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

## TENNIS CAMPS

### Tennis and Swim Winter Camps

These two-day camps feature tennis lessons, open swim time and gym activities. For kids ages 6 to 12 years.

Day	Date	Time
M,Tu	Dec 22-23	9:30am-12:30pm
M,Tu	Dec 29-30	9:30am-12:30pm

Fee: \$30 Premiere, \$35 Classic, \$40 Community

### Aces and Aquatics Spring Break Camp

This camp features tennis and swim lessons and other gym activities. On Friday we will play tennis, watch a movie and eat lunch. For kids ages 6 to 12 years.

Day	Date	Time
M-F	Mar 23-27	9:30am-12:30pm

Fee: \$85 Premiere, \$90 Classic, \$96 Community

### Teen Tennis Spring Break Camp

For all-level teens looking to sharpen their skills over spring break. Drills, games and practice matches will be incorporated into this two-day camp.

Day	Date	Time
M,W	Mar 23, 25	1-3pm

Fee: \$52 Premiere, \$58 Classic, \$66 Community

## SPECIALTY CLASSES

### Cardio Tennis

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

Day	Time
M	7-8pm
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	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	Jan 6-Jan 27	12:30-1:30pm
Tu	Feb 3-Feb 24	12:30-1:30pm
Tu	Mar 3-Mar 31*	12:30-1:30pm

\*No class Mar 24.

Fee: \$20 per session

### Home-School Aces and Aquatics

Time is split equally between tennis and swimming. Younger age group will be in swim area first.

#### • Jan 22-Mar 12

Day	Time	Age group
Th	2:15-3:45pm	6-9 years
Th	2:15-3:45pm	10-14 years

Fee per session: \$112 Member, \$124 Community

### Home-School Tennis

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

#### • Jan 5-Feb 25, Mar 2-Apr 29

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: \$88 Member, \$96 Community

## 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.



Want more  
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Check out [gethealthy.centegra.org](http://gethealthy.centegra.org).

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**WELCOME, NEW CENTEGRA PHYSICIANS**



**Shaji Baig, MD**  
HOSPITALIST SERVICES  
Centegra Physician Care  
McHenry/Woodstock



**Mohammad Kizilbash, MD**  
CARDIOLOGY  
Centegra Physician Care  
Crystal Lake/Huntley/McHenry



**Kevin Ian Morley, MD**  
RADIOLOGY  
McHenry Radiologists and  
Imaging Associates  
McHenry/Woodstock



**Ravikiran Barigala, MD**  
HOSPITALIST SERVICES  
Centegra Physician Care  
McHenry/Woodstock



**Laura Lasley, MD**  
NEONATOLOGY  
On-Site Neonatal Partners  
McHenry



**Jenie Nepomuceno, MD**  
HOSPITALIST SERVICES  
Centegra Physician Care  
McHenry/Woodstock



**Frank Bohnenkamp, MD**  
ORTHOPEDICS-JOINT  
PRESERVATION/RESURFACING  
& PRESERVATION SURGERY  
Crystal Lake Orthopedics  
Crystal Lake/Huntley



**Max Liebo, MD**  
CARDIOLOGY,  
ADVANCED HEART FAILURE AND  
TRANSPLANT CARDIOLOGY  
Loyola University Medical Center  
McHenry



**Rakesh Patel, MD**  
IMMEDIATE CARE  
Centegra Physician Care  
Huntley



**Timothy Froderman, MD**  
FAMILY MEDICINE  
Family Medicine Specialists, Inc.  
Wauconda



**Robert Mandal, MD**  
MEDICAL ONCOLOGY  
Illinois Cancer Specialist  
Elgin



**Stacy Syrcle, MD**  
OB-GYN  
Woodstock



**Harpreet Ghuman, MD**  
EMERGENCY MEDICINE  
Centegra Physician Care  
McHenry/Woodstock



**Kathleen McDonald, MD**  
NEONATOLOGY  
On-Site Neonatal Partners  
McHenry



**Breanna Walker, MD**  
OB-GYN  
Woodstock



**Jerome Hric, MD**  
NEONATOLOGY  
On-Site Neonatal Partners  
McHenry



**Mohammed Memon, MD**  
INTERNAL MEDICINE,  
HEMATOLOGY/ONCOLOGY  
Medical Associates of Crystal  
Lake, LLC  
Crystal Lake



**Matthew Wessel, MD**  
VITREORETINAL SURGERY  
Retina Institute of Illinois  
Niles



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