

Fairview Hospital Wellness Center

Reiki Healing Hands Training Session

See page 9 for more information



January – April 2016
Calendar of Events

Fairview Hospital Wellness Center, located at 3035 Wooster Road in Rocky River, offers group exercise programs for your entire family and educational classes that focus on your health and well-being. From trending health topics as well as innovative and traditional forms of exercise, we've got you covered!

For more information, please call us at 440.356.0670, option 5.



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[Facebook.com/clevelandclinicinyourcommunity](https://www.facebook.com/clevelandclinicinyourcommunity)

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Gym for Rent

Fairview Hospital Wellness Center gym is available to rent. The fees vary.

For more information, contact Anne Kuenzel at 440.356.0670, option 5, or at akuenzel@ccf.org.



ADULT FITNESS CLASSES

According to Cleveland Clinic experts, exercising is the single most important thing that you can do to keep yourself healthy and to delay the aging process. Keeping physically fit may add up to two to three years to an individual's lifespan.

Ab Attack!

Mondays and Wednesdays (ongoing) | 6:30 to 7 p.m.
\$35 for a 10-class card

This 30-minute class will help you develop a stronger, firmer core with abdominal, oblique, and lower back exercises. Please bring a mat or towel and a water bottle. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Barre Fitness

Tuesdays (ongoing) | 7 to 8 p.m.
\$35 for 10-class card

Tone, lengthen, and sculpt your whole body and improve your balance, all while having fun working out. Wear long pants and socks and bring a mat to class. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Fit for All

Mondays and Wednesdays (ongoing) | 5:30 to 6:30 p.m.
Fridays | 5:15 to 6 p.m.
\$35 for 10-class card

This class offers a full body workout with a warm-up, low impact aerobics, strength training and stretching. Work at your own pace and leave feeling refreshed. Please bring a mat or towel and a water bottle. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Zumba®

Tuesdays (ongoing) | 4:30 to 5:30 p.m.
Thursdays (ongoing) | 6:30 to 7:30 p.m.
\$35 for 10-class card

Zumba takes the “work” out of workout. You will get a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

NOTE:

The \$35 10-class card is good for Ab Attack, Barre Fitness, Chair Yoga, Fit for All, Fitpaths, Fithpaths Too, and Zumba classes. Best of all, the card is good for one year from purchase date!

Jazzercise®

Monday - Thursday | 8 to 9 a.m. and 5:30 to 6:30 p.m.

Monday, Wednesday, Friday | 9:30 to 10:30 a.m. (childcare available)

Monday, Wednesday | 4:30 to 5:30 p.m. and 6:30 to 7:30 p.m.

Friday ½ hour express | 5:30 to 6 p.m.

Saturday and Sunday | 10 to 11 a.m.

\$165* from Jan. 2 through May 1

Bring a friend and you both receive an extra \$15 off.

Take your workout up to the next level with our new class formats: Strength 60, Interval, Fusion, Core and Strike! Join us for these new formats as well and our original Dance Mixx workout. Jazzercise combines dance, strength training, yoga, Pilates, and kickboxing movements into one fun and effective total body workout. Class ticket may also be used at their Lakewood location, Harding School. 21 classes a week are available! *New customers only or those not attending in six months or more. **Call 440.356.0337 or email kkjazzercise@yahoo.com with questions or to pre-register.**

Body Sculpting™

Mondays and Wednesdays | 6:30 to 7:30 p.m.

Jan. 13 – Feb. 10 (No class 1/18)

Feb. 17 – March 14 (No class 2/15)

March 16 – April 11 (No class 4/13)

April 18 – May 11

\$55 per eight-class term or \$130 for three terms (save \$35)

This results-oriented workout will sculpt and tone muscles, improve flexibility and core strength while revving up your metabolism. Bring a set of 5 lb. dumbbells, exercise mat and stretch band. Accommodates all fitness levels. **Call 440.729.FINE (3463) or visit www.flexcity.com to register online.**

Ballroom/Latin Dance Class

Thursdays | 7:30 to 8:30 p.m.

\$55 per 8-week session

Ballroom/Latin dance is an activity that not only is lots of fun, but physically and mentally a must for everyone. The challenge of learning the steps, understanding the body movement and rhythm of each dance is interesting and a physical workout. This class will cover the Cha-Cha, Swing, Salsa, Tango, Waltz and more! **Call 440.263.3101 to register.**

SENIOR FITNESS CLASSES



Exercise is a key to healthy aging. Stay active and healthy with our senior fitness classes!

Fitpaths (50+)

Tuesdays, Thursdays, Saturdays | 9 to 9:50 a.m.
\$35 for 10-class card

This 50 minute class is for adults who want to reap the benefits of aerobic and strength training. This class is geared towards all fitness levels with many modifications available. Dress in comfortable, loose clothing, and leave class feeling energetic. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Fitpaths Too (65+)

Tuesdays and Thursdays (ongoing)
10 to 10:50 a.m.
\$35 for 10-class card

This class is the same as Fitpaths just a little bit slower pace. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

YOGA & QIGONG CLASSES



YOGA & QIGONG CLASSES

Chair Yoga

Mondays (ongoing) | 10 to 11 a.m.

\$35 for a 10-class card

Chair yoga can improve your flexibility, strength, balance, and posture. Participants will perform a series of stretches and yoga postures that can be modified to accommodate those with limited mobility and difficulty balancing.

Please wear loose, comfortable clothing. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Gentle Yoga

Thursdays (ongoing) | 11 a.m. to 12 p.m.

\$50 for a 10-class card

This class is for beginner and intermediate level yogis and will help establish a strong foundation for your yoga practice. The class is slower paced with a focus on developing clear and safe alignment in foundational poses, offering modifications, and breath awareness.

Postures will be held for longer periods of time. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Therapeutic Yoga

Wednesdays (ongoing) | 10:30 to 11:30 a.m.

\$12 per class | 5-class pass: \$55 | 10-class pass: \$100

If you find traditional yoga poses uncomfortable, this 60-minute chair yoga class is designed specifically for you. Come discover the powerful benefits that yoga can bring. Advance registration is required. **Register online at clevelandclinic.org/clmevents or call 216.448.4325, option 4.**

Yoga for You

Mondays (ongoing) | Jan. 4 – April 25

6:30 to 8 p.m.

\$72 for every 6 classes. If more than one class is taken in a week, the fee is \$6 per class.

WELCOME beginners and experienced yoga practitioners! Yoga will be practiced slowly with attention to the alignment of the poses, viniyoga (step by step). This class is for all ages and beneficial for many medical conditions including people with back challenges. There is no competition in yoga, everyone listens to their body. We will learn stretching, breathing techniques, meditation and everyone enjoys the relaxation/meditations. **Call Carole Lesko at 440.477.0270 to register.**

Yoga as Therapy

Fridays (ongoing)

Jan. 8 – April 29 (no class 3/25)

9:30 to 11 a.m.

\$72 for every 6 classes. If more than one class is taken in a week, the fee is \$6 per class.

This class is open to everyone. A gentle but strengthening class utilizing breathing techniques, meditation and asanas (poses) along with stretching and warm-ups. This class is guaranteed to empower you with techniques to feel more confident in your everyday movements. Everything about yoga reduces stress. Yoga is anti-aging! Some healing techniques will be shared. Chairs may be used if desired. **Call Carole Lesko at 440.477.0270 to register.**

Qigong for Everyone

Tuesdays (ongoing)

Jan. 5 – April 26

6 to 6:45 p.m.

\$13 per class or \$10 per class for 2 or more classes

Qigong (chee-gung) uses slow graceful movement, coordinated with breathing to improve circulation and energy throughout the body, creating vitality with relaxation. This class includes breath practice, meditation, and a changing weekly Qigong routine. **Register at class or call Mary-Martha Corrigan, 216.661.6789.**

Qigong Plus

Tuesdays (ongoing) | Jan. 5 – April 26

6 to 7:30 p.m.

\$15 per class or \$13 per class for 2 or more classes

Zhineng Practitioners extend Qigong class with an extra 45 minutes of revitalizing Zhineng Qigong and a discussion of Zen Philosophy. The Zhineng Qigong course is a prerequisite for Qigong Plus (see Zhineng Qigong listing for details). **Register at class or call Mary-Martha Corrigan, 216.661.6789.**

Gentle Yoga & Qigong

Wednesdays (ongoing) | January 6 – April 27

10 to 11:30 a.m.

\$15 per class or \$13 per class for 2 or more classes

Make your years truly golden with this reviving morning class, which includes breath practice, meditation, Hatha Yoga and Qigong. Experience well-being, clarity and self-awareness. Bring mat and blanket. **Register at class or call Mary-Martha Corrigan, 216.661.6789.**

Zhineng Qigong

Thursdays | April 7 – 28 (Must register by March 24)

6 to 9 p.m.

\$195 (plus \$30 material fee payable to instructor at first class)

Restore your vigor. Discover the secret of longevity, vitality, calmness, and balance through this very special Qigong technique. You will learn to work with your body's energy system to profoundly improve your health and well-being. This holistic healing system is known worldwide for ease of learning and practice. Course includes 3 CDs and instructional handouts. **Call Mary-Martha Corrigan at 216.661.6789 to register by March 24.**



For Wellness Center mail-in registration, please see inside back cover or visit fairviewhospital.org/wellnesscenter for more information.

KID'S CORNER



Family Yoga

Thursdays (ongoing) | 6:30 to 7:30 p.m.
\$50 for a 10-class card

This FUN class provides an opportunity to cultivate bonding, wellness, and mindfulness! Practice yoga together in an engaging, developmentally appropriate manner to help your child build confidence and self-esteem, as well as a strong and healthy body. Family yoga includes posture variations to accommodate all of the students in the class. Children ages 5+. One parent per two children. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Mom & Baby Yoga

Wednesdays (ongoing) | 10 to 11 a.m.
\$50 for a 10-class card

Join us for a nurturing yoga practice filled with ways to enhance bonding and make babies happier and more comfortable in their bodies. Learn practices designed specifically to soothe and support baby's growing body, as well as yoga postures to increase your strength and flexibility and help relieve stress. Dads and caregivers are welcome to register, too! Bring a small blanket and toy for your baby and a yoga mat for yourself. Infants 6 weeks to crawlers. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Safe Sitter Babysitting Class

Ages 11 – 14 | Saturday, January 23 or March 19
9 a.m. to 4 p.m.
\$60 per student

According to Safe Sitter®, inadequate emphasis is placed on the magnitude of the responsibility a young teen accepts when caring for themselves and others. Most young teens lack the knowledge of first aid, rescue skills, behavior management techniques, and life experiences necessary for handling medical, behavioral, or household emergencies which might occur. Successful completion of this one-day program addresses these competencies. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Chef for a Day!

Thursday, March 31 | 9 a.m. to 3 p.m.
\$120 per student

Calling kids ages 11 to 14. Do you want to learn your way around the kitchen? Then sign up for this 6 hour class to learn basic cooking techniques while creating your own meals. In addition to basic kitchen and food prep safety you will learn how to: Macerate strawberries for a delicious dessert; Sauté veggies for a fresh twist on stir fry; Blanch basil and make a delicious pasta dish; Roast veggies for a warm comfort soup. This class is directed by Debbie Aylward, owner of your local WT Cafe school lunch company. Space is very limited. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

NOTE:

Registration for any Educational / Instructional program must be made at least 5 days prior to the class date.



EDUCATIONAL/INSTRUCTIONAL PROGRAMS

JANUARY

How To Use Essential Oils to Help Detox and Promote a Healthy Immune System

Thursday, Jan. 21 | 7 to 8 p.m.

FREE

Essential oils are very effective in helping to bolster the immune system. For those looking to lose weight and increase health, essential oils can provide assistance to the body through the weight loss process. There are oils that are warm and relaxing, uplifting, motivating, and there are oils that add flavor to foods while adding antioxidant properties. **For more information or to register, contact Sharon Mack at 440.623.9000.**

Tap Into Your Energy

Saturday, Jan. 23 | 1 to 3 p.m.

\$30 per person

Energy is your body's natural medicine. Learn simple techniques to use your body's energy for wellness and healing. A five minute routine with keep your energies humming. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

FEBRUARY

Are You Suffering With a Lung Disease? Learn to Breathe Easier

Tuesday, Feb. 2 | 7 to 8 p.m.

FREE

Join Ohio Chest Physicians for an informal discussion about pulmonary fibrosis and other lung diseases that affect your ability to breathe. You will learn about the many programs available including a pulmonary rehabilitation exercise program, which teaches you about your lung disease, how to exercise safely and most importantly how to manage your disease. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5 to register by phone.**

Essential Oils and Emotions

Thursday, Feb. 4 | 7 to 8 p.m.

FREE

This is a class associated with the essential oils targeted for emotional health. We'll give you suggestions on how to use essential oils for hand massages and general well-being. **For more information or to register, contact Sharon Mack at 440.623.9000.**

For Wellness Center mail-in registration, please see inside back cover or visit fairviewhospital.org/wellnesscenter for more information.



Sponsored by Straight From the Heart

Visit straightfromtheheartevent.org for more information

Early Heart Attack Care – Recognize the Symptoms and Act!

Tuesday, Jan. 19 | 7 to 8 p.m.

FREE

Heart attacks are often thought of as a sudden, pressure-like chest pain that takes a person by complete surprise. But heart attacks can have early warning signs, and often result from heart disease that builds up over time. Join Cleveland Clinic Cardiologist Anthony Vlastaris, MD, to learn the risk factors that can lead to heart disease and how to best survive a heart attack by recognizing its early warning signs. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Women and Heart Disease

Wednesday, Feb. 10 | 7 to 8 p.m.

FREE

Heart disease is the single leading cause of death for women in America and most developed countries and claims the lives of more women than all forms of cancer combined. That's 100% scary.

Unfortunately, only 13 percent of women identify cardiovascular disease as the greatest health problem facing women today. Join Mark Angel, MD, Cleveland Clinic interventional cardiologist, who will discuss how cardiovascular disease in women is diagnosed; risk factors for heart disease in women associated with menopause; and ways for women to reduce their overall risk of the disease. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Self-Defense Training Class

Thursday, Feb. 18 | 6 to 8 p.m.

FREE

Come learn basic Streetwise Self Defense and Rape Aggression Defense (RAD) techniques at this free event. Participants will learn basic strikes, kicks and blocks. They also will learn what to do if an attacker grabs, chokes or holds them. The moves are easy to learn and execute. This event is open to men and women of all ages. The class will be directed by Cleveland Clinic Police Department, North Coast Defense Academy and local law enforcement. Space is limited and reservations are REQUIRED. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

MARCH

Women's Health: Spring Cleaning for Body & Mind

Thursday, March 3 | 7 to 8:30 p.m.

\$15 per person

In this course Sara Green, RN, (Australia) and Certified Holistic Health Coach and Jennifer Warden, Clinical Social Worker and Certified Nutritionist, will share how to shed the winter doldrums and emerge anew for spring. The evening will include food suggestions with a seven day kick start spring menu using seasonal whole food ingredients; self-care suggestions to help you find the balance between caring for yourself and caring for others; reading suggestions; and a closing meditation. Journals will be provided. Please wear comfortable clothing. We encourage you to enroll with a girlfriend!

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

Changing the Way You Think About Exercise:

Incorporating Exercise into Your Life

Thursday, March 10 | 1 to 2 p.m.

FREE

Attend this timely talk presented by Katie Damico, PT, DPT, OCS, as she identifies the most common barriers to exercise and how to overcome them. Ms. Damico will explain techniques that will incorporate exercise into your daily life and a variety of strategies to foster success. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

The Mediterranean Diet – A Heart Healthy Eating Plan

Wednesday, March 16 | 6:30 to 7:30 p.m.

FREE

Research continues to show that a Mediterranean Diet can significantly reduce your risk of cardiovascular disease. Join us for a special presentation by Kate Patton, Cleveland Clinic Registered Dietician, to learn more about how you can apply this eating plan. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Eating Right for Diabetes and Heart Disease

March 23 | 6:45 to 8 p.m.

FREE

Good nutrition is essential to manage diabetes, maintain a strong heart and prevent future cardiac events. Join Mira Ilic, MS, RD, LD, a registered dietitian nutritionist from Cleveland Clinic to learn about new and exciting information on the best nutritional choices to maintain a "heart healthy" lifestyle. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

APRIL

Boost Brain Function with Neurofeedback**Thursday, April 7 | 10 to 11:30 a.m.****FREE**

Are you bothered by insomnia, ADD, anxiety, depression, memory problems or any other issue rooted in the brain? Neurofeedback is not a treatment for any specific emotional or physical condition, but is a way of helping the brain learn to self-regulate. Nothing is done TO the brain—it simply receives feedback about its own activity—and very often, symptoms like these simply go away. Come to this program to learn more, ask your questions, or experience a brief session. This class is directed by psychologist Dr. Jean Alvarez. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Aging and Your Eyesight**Thursday, April 14 | 1 to 2 p.m.****FREE**

Age sometimes brings changes that weaken your vision and eyes, but there are things you can do to maintain lifelong eye and overall health. The solution may be as simple as using brighter lights around the house or seeing your doctor more frequently to screen for age-related diseases. Come to this important health talk presented by Cleveland Clinic Ophthalmologist, Ryan Deasy, MD to learn how early detection and treatments can delay or reduce the severity of aging eye conditions.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

Introduction to Mindfulness and Meditation**Tuesday, April 26 | 6:30 to 8:30 p.m.****\$35 (includes workbook)**

This class will give you the basics of meditation and mindfulness and simple practices to quiet the mind, relax the body and lift your spirit! A CD will be available for purchase the evening of class. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

EDUCATIONAL /
INSTRUCTIONAL
SERIESYour Monthly Meditation
Experience**\$15 per session**

These open sessions with guided meditation and focused topical discussions will be offered once a month on Thursdays from 6:30 to 7:45 p.m. through 2016. Join us to experience calm and relaxation. Those new to or practiced in meditation are welcome!

January 21: Meditation on the breath

February 25: Meditation to relax the body

March 17: Meditation to calm the mind

April 28: Meditation using sound

Reservations required for each session.

These sessions are directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN.

For a complete list of the year-long meditation sessions or to register online, visit fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

Cultivating Gratitude: Emotional Longevity

\$60 for four (4) sessions or \$20 for a single session

Discover how cultivating gratitude can improve your health and wellbeing, as well as contribute to the enhancement of your interpersonal relationships. Learn to recognize the positive experiences we have every day, but frequently dismiss because of the overwhelming focus on the negative. Learn how to experience gratitude in simple everyday thoughts, words, and deeds and see how your life and everyday experiences can be enhanced! This series is directed by Patricia A. Popovich, PhD.

Session 1: Wednesday, Jan. 27 | 6 to 8 p.m.

Current Research on Emotions: The effects of emotions on our longevity; discovering our character strengths; how beliefs, environment, behavior, and genetics affect our emotional well-being.

Session 2: Saturday, Feb. 27 | 10 a.m. to 12 p.m.

Introduction to Positive Psychology: Positive and Negative emotions, The Positivity Survey, and learning to balance positive and negative emotions.

Session 3: Wednesday, March 23 | 6 to 8 p.m.

Focus on the Positive Emotion: Gratitude – Defining gratitude; brief history of gratitude and evolution to today; experiential activity “recognizing gratitude.”

Session 4: Saturday, April 23 | 10 a.m. to 12 p.m.

Current Research on Gratitude: Discover the life enhancing benefits to cultivating gratitude; determine ways to cultivate gratitude personally and interpersonally; take home item “implementing gratitude.”

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

Reiki Training – Level 1 through Master

Reiki is a safe, gentle, non-invasive form of hands-on, energy based healing. It works with the body's natural energy to support healing and balance physical, mental, emotional, and spiritual well-being. Common issues addressed with Reiki include anxiety, pain, spiritual and emotional distress, and nausea. These sessions are directed by Reiki Master, Chaplain Elyse Berry.

Saturday, April 2 | Reiki Level 1 | 9 a.m. to 5 p.m.

\$150 (plus \$20 for the manual – payable to instructor at first class)

Reiki Level 1 will teach you about Reiki, its history, techniques, and the energy system. You will learn how to do Reiki on yourself and others. A certificate of completion will be provided.

Saturday, April 16 | Reiki Level 2 | 9 a.m. to 5 p.m.

\$150 (uses Level 1 manual)

Reiki Level 2 will go more in-depth into learning about Reiki and will teach you more advanced techniques. Level 1 is a prerequisite. A certificate of completion will be provided.

Saturday, April 30 | Reiki Master | 9 a.m. to 5 p.m.

\$150 (plus \$20 for the manual – payable to instructor at first class)

Reiki Master is the most advanced class. You will learn the Master techniques, including how to attune others to Reiki, and will then be qualified to teach Reiki classes. Levels 1 and 2 are prerequisites. A certificate of completion will be provided.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

The Total Joint Pre-Op Education Class

Wednesdays | 6:30 to 8 p.m.

Jan. 6 or 20; Feb. 3; March 9; April 6 or 20

Wednesdays | 1 to 2:30 p.m.

Feb. 17; March 23

FREE

This pre-surgical class is for patients having a total hip or total knee replacement. Presented by the staff in the Rehabilitation Department, attendees will learn what to expect during the surgery, hospital stay and recovery. **Registration required. Register online at fairviewhospital.org/wellnesscenter (search by the date), or call 216.476.9005.**



SEVA: Acupressure for Stress Relief: Part One

(Seva Self Care)

Saturday, Feb. 13 | 9 a.m. to 12 p.m. or Wednesday, April 13 6 to 9 p.m.

\$25 per person

This three hour class teaches an acupressure protocol (The Seva Stress Release) that can be used for self-care, addressing a wide range of needs, including general relaxation and well-being or extreme shock and stress. This dynamic and interactive workshop allows the participant to fully experience the Seva Stress release through demonstration and hands-on practice. Workshop participants learn a unique touch method, various effective acupoints and how to use this protocol for self-care. In this workshop participants learn about the healing and transforming power of acupressure, practice techniques to use for self-care, and take home skills they can use for the rest of their life.

Objectives/Learning Outcomes

At the completion of the workshop participants will be able to:

- Discuss the importance of self-care
- Demonstrate touch method used in Soul Lightening Acupressure
- Locate and access 15 specific acupoints
- Demonstrate and return demonstration the Seva Stress Release for self-care during lab practicums
- Describe and practice therapeutic presence and relationship interactions with others

Prerequisites: There are no prerequisites for this class.

Continuing Education Credits Available through: AHNA: American Holistic Nurses Association; NCBTMB: Massage Therapists; NCCAOM: Acupuncturists & Asian Bodywork Therapists.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

The Seva classes are directed by Rev. Tricia L. Gilbert, MDiv, BCC, Director of Spiritual Care and Healing Services at Fairview and Lakewood hospitals.

SEVA Stress Release: Part Two

(For Others)

Saturday, March 5 | 9 a.m. to 12 p.m. or Wednesday, May 11 | 6 to 9 p.m.
\$25 per person

This is part two of our introductory training. Our special form of acupressure touch is reviewed, and students learn to give acupressure to others. The Seva Stress Release is demonstrated and practiced in two new ways: seated in chairs and lying comfortably on massage tables. After taking modules one and two, students have enough information and skill to practice easily on themselves, as well as with family and friends.

Prerequisite: SEVA: Acupressure for Stress Relief: Part One

Continuing Education Credits Available through: AHNA: American Holistic Nurses Association; NCBTMB: Massage Therapists; NCCAOM: Acupuncturists & Asian Bodywork Therapists.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.



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GUEST COOKING CLASSES



We've teamed up with local chefs and entrepreneurs again to share their talents and recipes!

BEARDED BUCH

Water Kefir

Monday, Jan. 18 | 7 to 8:30 p.m.

\$10 per person

Cultured foods contain probiotics, which are known to help heal leaky gut, keep candida under control, boost immunity, help infant thrush, aid digestion & improve overall health. The best part of water kefir is you can grow probiotics right in your own home. Aaron Powell, owner of Bearded Buch, will demonstrate how to make a simple water kefir, how to do a secondary ferment to make flavored "sodas." He will also show you how to store grains for when you need a break. You can order a starter kit to make this easily in your home.

When registering for the class, you can choose to order a water kefir kit for \$15. (You will pay for the kit the evening of class). **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

CLEVELAND VEGAN

Healthy Baking – Yes, it can be done!

Monday, Feb. 8 | 7 to 8:30 p.m.

\$10 per person (\$8 food fee due the evening of class)

Come and learn with Cleveland Vegan how to prepare bakery items that are delicious but healthy. We will discuss how to substitute egg and dairy in baking; baking with no sugar; and give some tips on gluten free and raw 'baking' as well. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

BEARDED BUCH

Kombucha Basic Brewing Workshop

Monday, March 14 | 7 to 8:30 p.m.

\$10 per person

Have you ever wanted to learn how to brew kombucha at home? Well now you can! Aaron Powell, owner of Bearded Buch will discuss the magic mushroom, the alien, the blob, the SCOBY, whatever you call it. You will learn everything that you need to know at Kombucha Basics Class, plus you can pre-order the whole kit and caboodle to make this Kombucha brew workshop an enjoyable experience.

\$25 - SCOBY with Starter Liquid and a detailed workbook to take home.

\$55 - Glass Brewing vessel, Organic Muslin Cover, Rubber-band, SCOBY, Starter Liquid, Organic Black Tea, Organic Cane Sugar, and a Workbook to take home.

When registering for the class, you can choose to order materials to start your own kombucha at home. You will pay for the kit the evening of class. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**



THE BLONDE ITALIAN... MAKE IT GOURMET IN MINUTES

Perfect Pasta and Sauce Every Time

Thursday, March 10 | 6:30 to 8 p.m.

\$15 per person (\$8 food fee due the evening of class)

Come and learn from Lauren Falcione, the owner of the Blonde Italian! She will offer tips on how to cook pasta perfectly every time, answer frequently asked questions on pasta and sauces and instruct you on ways to make light seasoned sauces to top your pasta. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

NATURE'S BIN AND NATURE'S BIN CATERING

Quinoa – The Protein-Packed Ancient Grain

Tuesday, March 22 | 7 to 8:30 p.m.

\$10 per person (\$8 food fee due the evening of class)

You've heard about quinoa, you've possibly even eaten quinoa, but have you learned to make quinoa? Join Chef Tana Fry to learn about this wonderful ancient grain, including its nutritional benefits and origins. You'll also learn to prepare a healthy and light quinoa salad that can be served as a side dish, or a main dish. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

The Charmed Kitchen

These classes are directed by Judi Strauss of The Charmed Kitchen and are demonstration only (unless noted). You will receive a handout filled with recipes and lots of sample to taste in class. Make sure you come hungry and bring a container for leftovers!

Winter Salads | Jan. 25 | 7 to 9 p.m.

\$15 (\$9 food fee due the evening of class)

When the weather is cold outside the idea of a salad might not be the first idea that pops into your mind. Winter salads can be a way to beat those wintertime blues. Full of greens, citrus and some unexpected ingredients, these salads are a great first course. Some are a meal in themselves.

Moroccan Cooking | Feb. 15 | 7 to 9 p.m.

\$15 (\$9 food fee due the evening of class)

Treat yourself to something a little different in this class. You'll learn how to make rich savory dishes with spices that will be certain to expand your cooking skills. Both the meat-based and vegetarian dishes of this part of the world will delight you with both their flavor and simplicity.

Citrus Cuisine | Feb. 22 | 7 to 9 p.m.

\$15 (\$9 food fee due the evening of class)

Winter is citrus season and it makes sense to take advantage of that fact. Well beyond making juice in class you will learn how to use a variety of citrus fruits in main dishes, side dishes, salads, desserts and more.

Soups of the World | March 7 | 7 to 9 p.m.

\$15 (\$9 food fee due the evening of class)

Soup seems to be the universal comfort food. From hearty to light, piping hot to icy cold soup recipes are as different as the places they come from. This class will explore many cultural soup traditions. From Eastern Asia to Eastern Europe, South America to West Africa you will get a chance to sample soup from all over the globe.

Cooking for 1 or 2 | March 21 | 7 to 9 p.m.

\$15 (\$8 food fee due the evening of class)

If you are one of the millions of Americans who live in one or two person households you know the dilemma of cooking for a small family. This class will help you to scale down recipes, will provide plenty of recipes geared for 1-2 servings and will give you help in freezing some for later.

Mediterranean Cooking | April 11 | 7 to 9 p.m.

\$15 (\$9 food fee due the evening of class)

With a beautiful climate and access to the sea the foods of the Mediterranean will awake your senses. From the Grecian Isles to foods of the Middle East you will get a chance to try some tasty, simple dishes that you can easily duplicate at home.

Marvelous Mushrooms | April 25 | 7 to 9 p.m.

\$15 (\$8 food fee due the evening of class)

Mushrooms are available in a wide array these days and are very versatile. If you are unsure how to maximize them in cooking this class is for you because you'll learn how to cook with all sorts of mushrooms and get a chance to taste several dishes that focus on using them.

Registration Information

Confirmation and cancellations

Once registered, the Wellness Center does not mail class confirmations. Unless you hear from us, please attend the class as scheduled. No refunds will be granted unless a class is cancelled, filled or we receive your cancellation one week prior to the class.

Late registration

When space permits, late registrations will be accepted at full cost.

Refund policy

Total refunds will be made if a course is filled or cancelled. If a registrant is unable to attend a course, refunds (less a \$5 processing fee) will be made up to one week prior to the beginning of the course. Cancellations received after that date but before the day of the first session (less food/material/book fees) will be credited to the registrant's account for later course selections. Credits will be valid for one year.

Handicapped accessibility

We encourage handicapped individuals to participate in our programs. If you have special needs, please notify us when you register.

Registration

Classes fill-up quickly, so register early! Bring or mail registration to

Fairview Hospital Wellness Center
3035 Wooster Rd
Rocky River, OH 44116

Please include your check or money order payable to Fairview Hospital. Phone-in registrations will be accepted using Amex, MasterCard, Visa or Discover. Have your card ready when you call so you can quickly provide the card number and expiration date. Call 440.356.0670, option 5, unless otherwise indicated to register by phone.

You may register for most classes online at fairviewhospital.org/wellnesscenter.

Office Hours

The Wellness Center office is open 8 a.m. to 4:30 p.m., Monday – Friday.

Liability policy

No liability is assumed by Fairview Hospital or the Wellness Center in the event of accident or loss of personal property at any time.



Wellness Center Registration Form

Please print or type all information. If you need more registration forms, please copy this page or write information on a separate sheet.

Name _____

Address _____

City, State, Zip _____

Home Phone _____

Alternate Phone _____

Email _____

Total fee for all classes: \$ _____

☐ MasterCard ☐ Visa ☐ Discover ☐ AmEx

Account number _____

Exp. Date _____ 3-digit security code _____

4-digit security code (for AmEx) _____

Signature _____

Mail this registration form with your check (payable to Fairview Hospital) or credit card information to Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River, Ohio 44116-4100. To register by phone, please call 440.356.0670, option 5, unless otherwise indicated.

Course Name _____

Start date _____

Days _____

Time _____

\$ _____ fee *

Course Name _____

Start date _____

Days _____

Time _____

\$ _____ fee*

Course Name _____

Start date _____

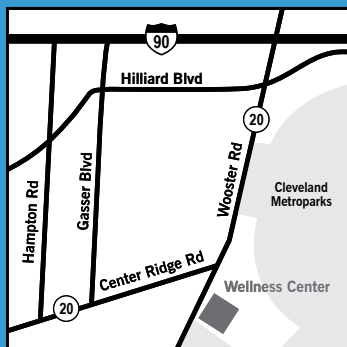
Days _____

Time _____

\$ _____ fee*

*Food fees should NOT be included in your class fee. Those are payable to the instructor at class.

Fairview Hospital Wellness Center
3035 Wooster Rd, Rocky River, OH 44116
440.356.0670, option 5



The Cleveland Clinic Foundation
9500 Euclid Ave., AC311
Cleveland, OH 44195

fairviewhospital.org

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