

Fairview Hospital Wellness Center



Kids, learn to cook delicious food
from around the world!

New Tai Chi classes!

May – August 2016
Calendar of Events

Our goal is to help improve your health and well-being by offering affordable group exercise classes and educational opportunities.

Browse through this calendar to see what we can offer you this summer. If you need additional information, call us at 440.356.0670, option 5, or visit fairviewhospital.org/wellnesscenter to see the most up-to-date calendar of events.

- **Class sizes are limited.**
- **Advance registration is required for every event.**
- **If there is a fee, your seat is not guaranteed until we receive payment.**



Like us on Facebook to see what we're doing in the community.
[Facebook.com/clevelandclinicinyourcommunity](https://www.facebook.com/clevelandclinicinyourcommunity)

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Support Groups at the Wellness Center

Alzheimer's Support Group

Last Thursday of the Month | 1:30 to 3 p.m.

Call 1.800.272.3900 for more information.

Breastfeeding Support Group

Monday, Tuesday, Wednesday, Friday (except holidays)

1 to 3 p.m. | Thursdays 5 to 7 p.m.

Call 440.356.0347 for more information.

New Beginnings:

Cleveland Clinic Bereavement Drop-In Support

Second Tuesday of the Month | 1:30 to 3 p.m.

Call 216.209.0856 for more information.

Parkinson's Support Group

Third Tuesday of the Month | 1:30 to 3 p.m.

(March – December only)

Call 440.356.0670, option 5 for more information.

Postpartum Depression Support Group (POEM for Moms)

Every Tuesday | 7 to 8 p.m.

Call 216.373.0302 for more information.

Stroke (Re-Set) Support Group

Last Thursday of the Month | 5:30 to 7 p.m.

Call 440.356.0670, option 5 for more information.



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. (No class May 30 and July 4)
\$35 for a 10-class card

This 30-minute class, led by Gina Moore, AFAA certified, 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. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Barre Fitness

Tuesdays (ongoing) | 7 to 8 p.m. or
Thursdays (ongoing) | 6:30 to 7:30 p.m.
\$35 for 10-class card

Barre Fitness, led by Charlotte Petrie, IFTA, will 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. Advance registration is required.

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 (No Friday classes May 27 – Sept. 2) | 5:15 to
6 p.m. (No class May 30 and July 4)
\$35 for 10-class card

This class, led by Gina Moore, AFAA certified, 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. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

SENIOR FITNESS CLASSES



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

Fitpaths (50+)

Tuesdays, Thursdays, Saturdays (No Saturday classes May 28 – Sept.3) | **9 to 9:50 a.m.**
\$35 for 10-class card

This 50 minute class, led by Gina Moore, AFAA certified, 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. Advance registration is required. **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, also led by Gina Moore, AFAA certified, is the same as Fitpaths just a little bit slower pace. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

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.
\$179* for unlimited classes thru Aug. 31 at the Wellness Center and the Lakewood location OR \$20 off of a class bundle.

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. 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 | April 18 – May 11;
May 16 – June 13 (No class May 30);
June 15 – July 13 (No class July 4);
July 18 – Aug. 10; Aug. 17 – Sept. 14
 (No class Sept. 5) | **6:30 to 7:30 p.m.**
\$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! **Advance registration is required. Call 440.263.3101 to register.**

You may attend the following classes with your \$35 10-class card:

Ab Attack	Fit for All
Barre Fitness	Fitpaths
Chair Yoga	Fitpaths Too

Your card is good for one year from purchase date. NO REFUNDS are available after purchase.

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



YOGA, QIGONG and TAI CHI CLASSES

Chair Yoga

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

(No class May 30 and July 4)

\$35 for a 10-class card

Chair yoga can improve your flexibility, strength, balance, and posture. Courtney Berg, RYT 200, will lead you through a series of stretches and yoga postures that can be modified to accommodate limited mobility or difficulty balancing. Please wear loose, comfortable clothing. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Gentle Yoga

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

(No class Aug. 25)

\$50 for a 10-class card or pay a \$5 drop-in fee (cash only)

This class, led by Jill Prok, E-RYT 200, is for beginner and intermediate level yogis who want to 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. Advance registration is required.

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

Informational Class for the New Tai Chi for Arthritis and Fall Prevention Program

Friday, May 13 | 10:30 to 11:30 a.m.

Free

Join us for a presentation on the Tai Chi for Arthritis and Fall Prevention program presented by instructor, Michael W. Stadul. He has taught Tai Chi since 1986 and is certified as a Level III Tai Chi Instructor by the American Tai Chi and Qigong Association, and as a Tai Chi for Arthritis and Fall Prevention instructor by the Tai Chi For Health Institute. Advance registration is required. Seating is limited. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Tai Chi for Arthritis and Fall Prevention

Fridays | 10:30 to 11:30 a.m.

\$40 for a six week session

Session 1: June 3, 10, 17, 24, July 1, 8

Session 2: July 15, 22, 29, Aug. 5, 12, 19

Are you one of the 70 million people in the U.S. who suffer from some type of arthritis, including pain, stiffness and fear of falling? If so, this class can give you valuable techniques to better cope with this potentially disabling illness. Come prepared to participate in this six week series of simple exercises that are part of the Tai Chi for Arthritis program taught by Michael W. Stadul. The Tai Chi for Arthritis program is easy to learn, enjoyable and provides many health benefits in a relatively short period of time. Please wear loose clothing and comfortable shoes. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Tai Chi Balance

Tuesdays | 9:30 to 10:30 a.m.

\$40 for a six week session

Session 1: June 7, 14, 21, 28, July 5, 12

Session 2: July 19, 26, Aug. 2, 9, 16, 23

Tai Chi Balance, taught by Michael W. Stadul, is designed to reduce the fear and likelihood of falling, increase range of motion, stop the fear of falling cycle and improve activity levels of older adults. The program combines techniques from Tai Chi movement that focus on strengthening muscles of the ankles, knees, hips and legs. This class is suitable for all ages and abilities. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Cleveland Clinic Therapeutic Yoga

Wednesdays (ongoing) | 10:30 to 11:30 a.m.
\$12 per class | 6-class pass: \$55 | 12-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.**

Cleveland Clinic Wellness Yoga Level 2

Mondays (Ongoing) | 5 to 6 p.m.
\$12 per class
6-class pass: \$55 | 12-class pass: \$100

This class will incorporate postures that are practiced while seated on a chair, or standing, using the chair as a prop. The instructor will be able to guide participants of all ability levels, and may be practiced as gently or strongly as the student prefers. While the instructor will be able to guide participants of all ability levels, this is primarily an intermediate level class. Advance registration is required. **Register online at clevelandclinic.org/clmevents or call 216.448.4325, option 4.**

Yoga for You

Mondays (ongoing) | May 2 – Aug. 22
 (No class July 4) | **6:30 to 8 p.m.**
\$72 for every six 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, mediation and everyone enjoys the relaxation/meditations. **Call Carole Lesko at 440.477.0270 to register.**

Yoga as Therapy

Fridays (ongoing) | May 6 – Aug. 26 | 9:30 to 11 a.m.
\$72 for every six 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) | May 3 – Aug. 30
 (No class June 28, July 5) | **6 to 6:45 p.m.**

\$10 per class or \$8 per class for two 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) | May 3 – Aug. 30
 (No class June 28, July 5) | **6 to 7:30 p.m.**

\$15 per class or \$13 per class for two 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) | May 4 – Aug. 31 | 10 to 11:30 a.m.

\$15 per class or \$10 per class for two 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 | June 2 - 23 (Must register by May 19)
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 May 19, 2016.**

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



FAMILY EXERCISE CLASSES

Family Yoga

Thursdays (ongoing) | 6:30 to 7:30 p.m.
(No class Aug. 25)

\$50 for a 10-class card or pay a \$5 drop-in fee (cash only)

This FUN class, led by Jill Prok, E-RYT 200, 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 or pay a \$5 drop-in fee (cash only)

Join us for a nurturing yoga practice filled with ways to enhance bonding and make babies happier and more comfortable in their bodies. Jill Prok, E-RYT 200, will teach you 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. One pass will allow two adults and one infant or one adult and two infants. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Prenatal Yoga

Tuesdays, June 7 – July 12 | 6:30 to 7:30 p.m.
\$65 for six classes

Prenatal yoga provides gentle stretching, increased circulation, improved breathing and focused energy through imagery and meditation. It will soothe and empower you while providing a powerful relaxation and pain management tool for your delivery. No make-up classes will be available. **Call Carole Lesko at 440.477.0270 to register.**





KID'S CORNER

Safe Sitter Babysitting Class

Saturday, June 25 OR

Friday, July 15

9 a.m. to 4 p.m.

\$60 per student

(Ages 11 – 14 only)

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, taught by registered nurses, addresses these competencies.

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

PARENTS: Register your kids for these summer cooking classes to expand their knowledge about delicious food from around the world!

Thyme to Cook Vol. 2: Around the World

Monday, July 11 – Friday, July 15

10:30 a.m. to 1:30 p.m.

\$135 (+ \$25 supplies fee to pay directly to instructor on first day of class)

In Thyme to Cook Vol. 2, Rachel Kingsbury, owner of The Grocery in Ohio City, who sources products from local Ohio farmers and local food start-ups, will take students ages 11 to 14 on a cultural cooking journey through four countries: Greece, China, Mexico and India! Students will be presented with a menu for each country. The group will review the ingredient lists and discuss similarities and differences. The purpose of this discussion is to showcase shared ingredients and introduce spices and herbs. The students will leave Thyme to Cook with one to three recipes per culture, an herb and spice guide and starter spice kits. Space is limited. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Breakfast Around the World

Tuesday, Aug. 2 – Thursday, Aug. 4

10:30 a.m. to 1 p.m.

\$99 (per child + \$25 supplies fee to pay directly to Chef on first day of class)

Kids ages 7 to 12, join us for this fun filled time with Chef Instructor Ameer Hoge as she leads you through a 3-day workshop designed around breakfast recipes her travels around the world including France, England, and Germany! This class will equip you to learn proper knife skills, how to use herbs and spices creatively, safety and how to be helpful in the kitchen. At the end, you will enjoy a three-course meal made by your own hands. The menu will include chocolate croissants, poached eggs on toast and cinnamon muffins. Space is limited. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

NOTE:

Registration is required for every class – no drop-ins allowed. Please make an effort to make your reservation at least five (5) days prior to the class date.

**MAY****The Mediterranean Diet –****A Heart Healthy Eating Plan**

Wednesday, May 4 | 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.. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

D.I.Y. Aromatherapy Ideas for Summertime with the Kids!

Wednesday, May 11 | 7 to 8 p.m.

\$15 (includes materials)

Parents, boredom sets in fast when school lets out for the summer. Come to this fun class (get a sitter for the kids) led by Sharon Mack and learn how to make aromatherapy moon sand, play dough and flubber using essential oils and every day ingredients. You'll be glad you did! Advance registration is required. **Register by calling Sharon Mack at 440.623.9000.**

Add Power to Your Words!

Wednesday, May 18 and 25 | 6:30 to 8 p.m.

\$60 (includes a workbook)

The words we say and think describe our world and create it! Why not make them work better for you. Learn and practice simple techniques to create more power and influence in all aspects of life and work. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

5 Minutes to Fabulous

Wednesday, May 18 or July 13 | 6:30 to 8 p.m.

\$25

This interactive personal image presentation by Pat Gibson utilizes actual clothing and accessories from a local vendor to demonstrate your inner and outer health, personal style, color and more! It is both fun and informative and you will learn more about how to dress your unique figure. Pat will empower you to embrace the essence of your uniqueness and individuality while showing you how to enhance and discover your own fabulous style. You will receive a take home booklet on how to build a "capsule" wardrobe and how to assess if a garment will be flattering to your unique figure. Advance registration is required. **Register online at www.theartistryofyou.com/events or call Pat at 440.212.2269.**

fairviewhospital.org/wellnesscenter | 440.356.0670, option 5

Functional Medicine and Nutrition**Friday, May 20 | 2 to 3 p.m.****\$10**

Nutrition comprises the foundation of functional medicine treatment as the food choices a person makes may shift their health from illness to wellness. Join Cleveland Clinic Registered Dietitian Nutritionist Liz DeJulius as she explains the role of nutrition in functional medicine and how food can be used as a primary tool to treat problems such as acne, asthma, digestive disorders, migraines, and more. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

JUNE**Soothe your Anxious Mind****Wednesday, June 1 | 6:30 to 8:30 p.m.****\$25**

Bad days make us jumpy, antsy, and easily distracted. When your brain gets knotted up, simple practices can make space for being mindful and calming down. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Healthy Living for Your Brain and Body:**Tips from the Latest Research****Thursday, June 23 | 1 to 2 p.m.****Free**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join Steffani Baker from the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Revitalize Your Skin with Essential Oils**Wednesday, June 29 | 7 to 8 p.m.****\$20 (includes materials)**

Let's face it, we could all use a little pampering. This class, led by Sharon Mack, will help you get started! You will learn how to use essentials to create an after sun soothing lotion; an aromatherapy foot soak and an essential lavender neck wrap. Ahhhh...

Advance registration is required. **Register by calling Sharon Mack at 440.623.9000.**

JULY**5 Minutes to Fabulous****Wednesday, July 13 | 6:30 to 8 p.m.**

See the May listing for complete details

Stroke: Signs, Symptoms and Prevention**Thursday, July 14 | 2 to 3 p.m.****Free**

Every year more than 800,000 Americans have a new or recurrent stroke. It is the fifth leading cause of death, and the number one reason for disability. Jayashree Sundararajan, MD, from Cleveland Clinic Neurological Institute will share information that everyone needs to know about strokes - what causes them, signs and symptoms, and how to prevent them. She will also discuss services available at Fairview Hospital, including their new service of emergent interventional procedures for stroke. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Are You Hearing? Restoring the Sounds of Life**Thursday, July 14 | 6:30 to 7:30 p.m.****Free**

Cleveland Clinic audiology specialist, Valerie Pavlovich Ruff, Au.D., CCC-A and Susan Kasunick, M.A., CCC-A will discuss hearing loss, its impact on your life and what can be done about it! Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

**Five Good Minutes in Your Body****Tuesday, July 26 | 6:30 to 8:15 p.m.****\$25**

Reconnect with your body in just five minutes a day! Easy mindfulness practices will help you recharge your body and release tension and stress. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

August

Self-Defense Training Class for College Students
Monday, Aug. 1 | 6 to 9 p.m.

Free

Come learn basic Streetwise Self Defense and Rape Aggression Defense (RAD) techniques at this 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. While this event will be geared toward women off to college, it is open to men and women over the age of 18.

Rocky River Police and Riverview Martial Arts and Fitness will conduct the training class. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Creative Visualization: The Art of Mental Imagery to Produce Positive Change and Directions in Life
Wednesday, Aug. 3 and 17 | 6:30 to 8 p.m.
\$65 (includes a workbook)

Use the natural power of your imagination to create or change what you want in your life. Visualization is successfully used in all fields to increase personal mastery of life. This class is directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.**

Back to School with Essential Oils!
Wednesday, Aug. 31 | 7 to 8 p.m.
\$20 (includes materials)

In this class, you will create a festive fall scrub; a protecting and moisturizing hand sanitizer; a yoga mat and gym bag spray and a solid perfume, all using essential oils! Advance registration is required. **Register by calling Sharon Mack at 440.623.9000.**

EDUCATIONAL / INSTRUCTIONAL SERIES



Your Monthly Meditation Experience

Thursdays | 6:30 to 7:45 p.m.
\$15 per session

These open sessions, directed by Mary Lou Stricklin, MSN, RN, CNS, FAAN, offer guided meditation and focused topical discussions. Join us to experience calm and relaxation. Those new to or practiced in meditation are welcome!

- May 19:** Meditation to open the heart
- June 9:** Meditation for loving kindness
- July 21:** Meditation to find your sacred space
- Aug. 11:** Moving with meditation

For a complete list of the year-long meditation sessions, visit fairviewhospital.org/wellnesscenter. Advance registration is required. **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, Rev. Elyse Berry.

Saturday, July 30 | 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, Aug. 13 | 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, Aug. 27 | Reiki Master

9 am. 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.

Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

SEVA: Acupressure for Stress Relief: Part 1 and Part 2

Saturday, June 18 OR Saturday, Aug. 13

9 a.m. to 4:30 p.m.

\$75 per person

Seva Stress Release Part 1: This 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 wellbeing 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: This is an entry level workshop for professional healthcare providers and non-professionals. There are no prerequisites for this class.

SEVA Stress Release Part 2: 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.

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

Advance registration is required. Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5.

The Total Joint Pre-Op Education Class

Wednesday | May 4, May 18, June 8, June 22, July 20, Aug. 10, or Aug. 24 | 6:30 to 8 p.m.

Wednesday | July 6 | 1 to 2:30 p.m.

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. Advance registration is required. **Register online at fairviewhospital.org/wellnesscenter (search by the date), or call 216.476.9005.**

GUEST COOKING CLASSES



Life's Healthy Essentials with Sharon Mack

Easy Summer Salads using Essential Oils

Wednesday, May 25 | 7 to 8 p.m.

\$20 (includes food fee)

Enjoy the fresh fruits of summer with a honey lime dessert salad, strawberry almond salad with raspberry lime vinaigrette, herbed pasta salad, and quinoa tabbouleh! All salads are vegetarian and can be adapted to be vegan. Advance registration is required. **Register by calling Sharon Mack at 440.623.9000.**

Essential Desserts! Quick and Delicious Desserts Using Essential Oils

Wednesday, July 27 | 7 to 8 p.m.

\$20 (includes food fee)

Summertime meals prepared with essential oils will delight your guests! Learn how to make fresh strawberry coconut cream kabobs, wild orange truffles, fruits cream with cinnamon almond granola and a refreshing strawberry citrus slush. Advance registration is required. **Register by calling Sharon Mack at 440.623.9000.**

The Root Café

Drink Your Vitamins and Minerals

Wednesday, June 8 | 7 to 9 p.m.

\$10, plus a \$5 tea fee payable to the Root Café that evening

Join us for a special workshop led by Julie Hutchison, owner of Root Café in Lakewood. You will learn extraction methods of a variety of different plants while achieving the best flavor in your cup. Tea can be made from the tea plant (*camellia sinensis*), herbs, barks, roots, flowers & dried fruits. Many cultures use tea for medicine, refreshments, rituals & nutrition. She will brew Chinese & Japanese teas as well herbs that can grow in this region. There will be samples of all of the brewed teas, as well as 2 oz. bags you can choose from. Advance registration is required. **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!

Cracker Craft (Hands On!)

Monday, May 9 | 7 to 9 p.m.

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

If you never made your own crackers, you might be surprised at how easy and fun they are to make. From graham crackers to wheat, round and rye, in class we will make them all. You'll get a chance to sample many kinds in class and also roll, cut and bake your own crackers!

Cooking with Tortillas (Hands On!)

Monday, May 16 | 7 to 9 p.m.

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

If the only time you eat a tortilla is at a Mexican restaurant be prepared to be pleasantly surprised. The flour and corn tortillas in the dairy counter at your grocery store can be used for everything from appetizers to breakfast, sandwiches to desserts. You'll learn how to make Mexican and non-Mexican dishes including a baked egg roll! Tortillas are easy to use and can make cooking easier.

Chicken, Chicken, Chicken

Monday, May 23 | 7 to 9 p.m.

\$15 (+ \$10 food fee due the evening of class)

If you are eating more chicken but enjoying it less you may just need some new preparation ideas. In class you'll learn about the types of chicken on the market and how to cook it to juicy perfection. Pacific Rim Stir-Fry, Lemon Chicken and Chicken Marsala are just a few of the recipes you'll get in class along with samples for tasting.

Sushi for All (Hands On!)

Monday, June 13 | 7 to 9 p.m.

\$15 (+ \$10 food fee due the evening of class)

Sushi is fun to eat and is not hard to make, with a little practice. In this class you'll get a hands-on chance to roll your own using some typical and untypical ingredients. From the California Roll to Sweet and Sour Sushi (made with chicken!) you will get a chance to have some fun and see sushi in a whole new way. There is no raw fish served in this class.

NEW: Advance registration by the Thursday prior to the class is required for all of Charmed Kitchen cooking classes.

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

Jams and Jellies (Hands On!)

Monday, June 27 | 7 to 9 p.m.

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

Making homemade jams and jellies can be very rewarding and fun, too. You'll learn the basics of jams, jellies, preserves, conserves and marmalades. There will be food to sample in class and everyone will have a jar of preserves to take home.



Preserve It

Monday, Aug. 15 | 7 to 9 p.m.

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

This class will give you the information you need to get the most out of your garden and summer produce specials. From canning basics to freezing you'll learn how to safely store many fruits and vegetables. You'll also get recipes using fresh, frozen and canned produce. Learn how to make super salsa, pie fillings and much more.

Totally Terrific Tomatoes

Monday, Aug. 22 | 7 to 9 p.m.

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

They are powerhouses of nutrition and very versatile. Fresh, cooked or dried they can be used in salads, sauces, soups and more. In class we will learn how to make the most of this tasty food. You will also learn how to preserve fresh tomatoes by dehydrating, freezing and canning.

Registration Information

Confirmations, Cancellations and Refund Policies

Once registered, the Wellness Center does not mail confirmations. Unless you hear from us, please attend the class as scheduled.

Refunds will only be granted if a class is cancelled, filled or we receive your cancellation one week prior to the class.

Cancellations for educational classes received one week prior to the date of the first session (less any food/material/book fees incurred) will be refunded or credit to the registrant's account for later course selections. Credits will be valid for six months.

No refunds will be given for the exercise class passes, try a class or drop-in.

Late or No Registration

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

Attendance is by pre-registration only – no walk-ins are permitted for any classes.

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.

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

Monday – Friday from 8 a.m. to 4:30 p.m.

Liability policy

No liability is assumed by Fairview Hospital, The Center for Health Education, The Wellness Center, the Cleveland Clinic health system and the Rocky River Board of Education in 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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