



**HealthPartners®**

**AMERY HOSPITAL & CLINIC  
HEALTHPARTNERS STILLWATER MEDICAL GROUP  
HUDSON HOSPITAL & CLINIC  
LAKEVIEW HOSPITAL  
WESTFIELDS HOSPITAL & CLINIC**

927 Churchill Street  
Stillwater, MN 55082

RESIDENTIAL POSTAL CUSTOMER

NON PROFIT  
ORGANIZATION  
**US POSTAGE  
PAID**  
PERMIT NO 1704  
TWIN CITIES, MN

## Check out our new lineup of free\* classes.

For more information and registration, visit [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org) or call **800-429-0383**.

*\*Unless otherwise noted.*



## For health's sake podcast A simple chat for better health.

Listen to expert advice on improving your health and well-being. For more information visit [healthpartnerslocalcare.org/podcast](http://healthpartnerslocalcare.org/podcast).

### Childhood asthma Q & A

Allergy specialist Jennifer Koziol Wozniak, MD, answers common questions about childhood asthma.

### Breast cancer rehabilitation benefits

Find out how rehabilitation helps decrease the side effects of chemotherapy, radiation, and surgery.

### Breastfeeding – bringing baby home

Pediatrician and lactation counselor Jessica Najarian Bell, MD, shares her best breastfeeding tips.

### Concussion rehabilitation

Physical and occupational therapists discuss the ways rehabilitation helps recovery from concussion.

### Pregnancy and post-partum care

Pelvic health specialists discuss managing your body's changes during pregnancy and afterwards.

### Fall yard work injury prevention

Physical therapist Kimberly Webb shares tips to perform injury-free yard work.

### Skiing away from injury

Physical therapist Evan Olson offers a strengthening and stretching program to prevent downhill skiing injuries.

### When getting pregnant isn't easy

Get expert advice from Zis Weisberg, OB-GYN on next steps if you are trying to get pregnant.

# 2019 Classes: September – November

Advance registration is required and all classes are free, unless otherwise noted.

To register, go to [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org) or call 800-429-0383.

To register by phone for Amery Hospital & Clinic classes, call 715-268-0290.

---

## SEPTEMBER

### The Mediterranean way

Renew and balance your daily eating by incorporating recipes with fruits, vegetables, and lean meats.

**Date:** Tuesday, September 10

**Time:** 6 to 7 p.m.

**Location:** Westfields Hospital & Clinic

---

**Date:** Thursday, September 12

**Time:** 6 to 7 p.m.

**Location:** Lakeview Hospital

### Stepping On

Learn to reduce your risk of falling. Make your home safer and your body stronger in this 7-week course.

**Date:** Wednesdays,

September 11 to October 23

**Time:** 12:30 p.m. to 2:30 p.m.

**Location:** Lakeview Hospital

**Cost:** \$15

### Suicide Prevention Training

Learn how to save a life through nationally recognized, evidence-based, suicide prevention training.

**Date:** Wednesday, September 11

**Time:** 6 to 7 p.m.

**Location:** Amery Hospital & Clinic

### Mental Health First Aid

This evidenced-based class helps you identify and respond to signs of addiction and mental illnesses.

**Date:** Wednesday, September 18

**Time:** 8 a.m. to 5 p.m.

**Location:** Amery Hospital & Clinic

---

**Date:** Tuesday, November 19

**Time:** 8 a.m. to 5 p.m.

**Location:** Amery Hospital & Clinic

### Advance care planning

Get tips on talking to loved ones about end-of-life care and schedule a free consultation.

**MINNESOTA RESIDENTS**

**Date:** Thursday, October 17

**Time:** 2 to 3 p.m.

**Location:** Lakeview Hospital

**WISCONSIN RESIDENTS**

**Date:** Second Wednesdays

**Time:** 11 a.m. to noon

**Location:** Amery Hospital & Clinic



### Pregnancy, birth and new family classes

Across our locations, you'll find classes on childbirth preparation, breastfeeding, infant CPR, sibling and grandparent preparation, new parent support groups, car seat clinics, and more. Check the Classes tab at [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org) for dates, times and locations.



### PowerUp 4 Kids

Classes give students fun experiences with cooking, gardening, dancing, outdoor activities, and more! For details, dates, and registration, go to [powerup4kids.org/classes](http://powerup4kids.org/classes)

---

## OCTOBER

### Sexuality in menopause

Learn about the changes women experience and the remedies for improving sexual health.

**Date:** Wednesday, October 2

**Time:** 6:30 to 7:30 p.m.

**Location:** Lakeview Hospital

### Nutrition 101

Understand nutrition basics and clear up common myths to implement healthy eating choices.

**Date:** Monday, October 7

**Time:** 5 to 6:30 p.m.

**Location:** Amery Hospital & Clinic

### Need a new knee?

Learn more about relieving knee pain and gaining mobility through total knee replacement surgery.

**Date:** Tuesday, October 8

**Time:** 6:30 to 7:30 p.m.

**Location:** Hudson Hospital & Clinic

### Osteoporosis Exercises

Get safe exercises and activities for those with osteoporosis.

**Date:** Monday, October 14

**Time:** 4 to 5 p.m.

**Location:** Westfields Hospital & Clinic

### Tai Chi for Arthritis II

Recommended by the Arthritis Foundation, Tai Chi reduces pain while increasing balance and flexibility. Prerequisite: Level I

**Date:** Tuesdays, Oct. 15 to Dec. 3

**Time:** 6 to 7 p.m.

**Location:** Stillwater Medical Group

**Cost:** \$40 per eight-week session

### Dementia Resources

Learn the techniques and resources available to help those suffering from Alzheimer's and dementia.

**Date:** Wednesday, October 16

**Time:** 4 to 5 p.m.

**Location:** Lakeview Hospital

### Decoding Alzheimer's

A specialist from the Alzheimer's Association discuss ways to decode verbal and behavioral messages.

**Date:** Wednesday, October 23

**Time:** 1 to 2:30 p.m.

**Location:** Westfields Hospital & Clinic

### Discover the Instant Pot

Learn how to use an Instant Pot to help create flavorful meals and save time in the kitchen.

**Date:** Thursday, October 24

**Time:** 6 to 7 p.m.

**Location:** Lakeview Hospital

---

**Date:** Monday, October 28

**Time:** 6 to 7 p.m.

**Location:** Westfields Hospital & Clinic

---

## NOVEMBER

### Medicare 2020 overview

Learn about the 2020 Medicare plans and how you can make an informed choice about your coverage.

**Date:** Wednesday, November 6

**Time:** 9 to 11 a.m.

**Location:** Hudson Hospital & Clinic

---

**Date:** Wednesday, November 6

**Time:** 1 to 3 p.m.

**Location:** Westfields Hospital & Clinic

### Am I hip to a new hip?

Learn more about relieving hip pain and gaining mobility through total hip replacement surgery.

**Date:** Tuesday, November 12

**Time:** 6:30 to 7:30 p.m.

**Location:** Hudson Hospital & Clinic

### The science of habit change

Neurologist Donna Koning, MD discusses how our brain processes habits, and how to change them.

**Date:** Tuesday, November 19

**Time:** 10 to 11 a.m.

**Location:** Lakeview Hospital



# Healthy Eating and Diabetes Classes

Unless otherwise noted, advance registration is required. To register, go to [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org).

## Diabetes support groups

Free, no registration required.

**Date:** Third Tuesdays

**Time:** 1 to 2 p.m.

**Location:** Amery Hospital & Clinic

---

**Date:** First Tuesdays

**Time:** 6 to 7 p.m.

**Location:** Stillwater Medical Group

---

**Date:** Third Thursdays

**Time:** 6 to 7 p.m.

**Location:** Westfields Hospital & Clinic

---

## Food for life: Eating to improve your cholesterol

**Cost:** \$20

**Date:** Third Wednesdays

**Time:** 6 to 7 p.m.

**Location:** Lakeview Hospital

**Registration:** 651-430-8715

---

**Date:** Fourth Mondays

**Time:** 3 to 4 p.m.

**Location:** Westfields Hospital & Clinic

**Registration:** 651-430-8715

---

## Healthy weight for life

3-part program

**Cost:** \$75 (or \$100 with individual support)

**Locations:** Amery Hospital & Clinic, Stillwater Medical Group, Westfields Hospital & Clinic

Check dates and register at [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org)

---

## Life steps to weight loss and better health

Visit [healthpartnerslocalcare.org/LifeSteps](http://healthpartnerslocalcare.org/LifeSteps).

**Cost:** Free information session; year-long course is \$300

---

## INFORMATION SESSIONS

**Dates:** Third Thursdays

**Time:** 5 to 5:30 p.m.

**Location:** Stillwater Medical Group

**Registration:** 651-430-8715

---

**Dates:** First Wednesdays

**Time:** 5 to 5:30 p.m.

**Location:** Westfields Hospital & Clinic

**Registration:** 651-430-8715

---

## Stomp out diabetes

Detailed meal plan is provided.

**Cost:** \$20, scholarships available

**Date:** Fourth Tuesdays

**Time:** 4 to 5:30 p.m.

**Location:** Amery Hospital & Clinic

**Registration:** 715-268-0290

---

**Date:** Second Tuesdays

**Time:** 6 to 7:30 p.m.

**Location:** Stillwater Medical Group

**Registration:** 651-430-8715

---

**Date:** Third Thursdays

**Time:** 4 to 5:30 p.m.

**Location:** Westfields Hospital & Clinic

**Registration:** 651-430-8715

---

## Taking the pressure off (Lowering blood pressure)

**Cost:** \$20

**Date:** Third Mondays

**Time:** 3 to 4 p.m.

**Location:** Lakeview Hospital

---

## Fitness

### Fitness Center at Amery Hospital & Clinic

Memberships, personal training, fitness classes, massage therapy, and exercise equipment. For more information, call 715-268-1008.

### Fitness Center at Hudson Hospital Rehabilitation Center

For memberships or more information, call 715-531-6400.

### Lakeview Hospital Wellness Program

To schedule an evaluation or get more information, call 651-430-4530.



## Questions about healthy eating and diabetes classes?

Visit [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org) for more class listings, dates, and times.

- Amery Hospital & Clinic: **715-268-0290**
- Lakeview Hospital and Stillwater Medical Group: **651-430-8715**
- Westfields Hospital & Clinic: **651-430-8715**