



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

## Look inside for our latest lineup of free\* classes!

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

*\*Unless otherwise noted.*



## Lunch 'n' Learn Webinars

From your home, office or anywhere with your mobile device, listen to expert advice on improving your health and well-being. Registration required. Visit [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org).

### Healthy steps

Are you ready to make changes to achieve weight loss? Are you concerned about developing diabetes and want to improve your health? Find out what steps to take now and throughout the year to get on the right track. Lakeview Hospital dietitians will share what works.

**Wednesday, January 16 | Noon to 12:40 p.m.**

### Helping moms and moms-to-be with pelvic health

With the many changes your body goes through during pregnancy and your excitement about a new baby, pelvic-floor issues are likely not a concern of yours—until issues surface. Pelvic health physical therapist Brooke Klaphake, PT, will discuss common problems, such as incontinence, prolapse and pelvic pain, and suggestions for prevention and treatment.

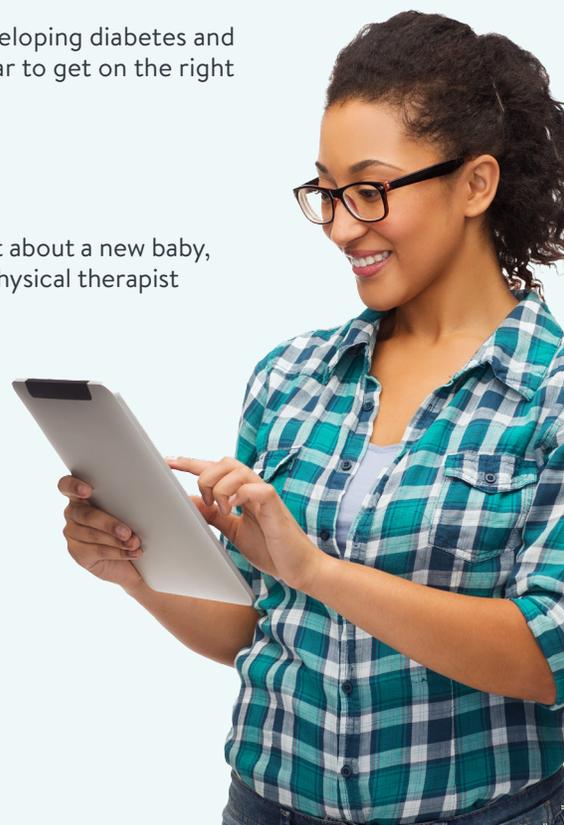
**Wednesday, February 20 | Noon to 12:40 p.m.**

### Shingles vaccine: Should I get it?

Find out the latest on the shingles vaccines from Japs Lee, MD, an internal medicine physician at Hudson Hospital & Clinic. She will discuss who should get the vaccine and new options and guidelines.

**Wednesday, March 20 | Noon to 12:40 p.m.**

Missed a webinar? Visit the Lakeview Hospital and Stillwater Medical Group YouTube channel to view – free of charge – our past webinars. Visit [youtube.com/c/Lakeviewhealthorg](http://youtube.com/c/Lakeviewhealthorg).



# 2019 Classes: January – March

Advance registration is required and all classes are free, unless otherwise noted.  
To register, go to [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org).

## Advance care planning

Assess your goals, values and beliefs about end-of-life care. You'll get tips on initiating conversations with loved ones and picking a surrogate decision-maker. You'll also have an opportunity to schedule a free, private appointment to complete an advance directive with a certified advance care planning facilitator.

### WISCONSIN RESIDENTS

**Date:** Second Wednesdays

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

**Location:** Amery Hospital & Clinic

### MINNESOTA RESIDENTS

**Date:** Wednesday, February 6

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

**Location:** Lakeview Hospital

---

## JANUARY

### What is a Doctor of Osteopathic medicine?

Have you considered seeing a Doctor of Osteopathic Medicine (DO) but aren't sure what type of care these clinicians provide? Join Claire Philippe, DO, to learn about the philosophy of osteopathic medicine and how these clinicians approach diagnoses and treatment.

**Date:** Monday, January 21

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

**Location:** Westfields Hospital & Clinic

### Late-stage Alzheimer's: information for caregivers

Join a specialist from the Alzheimer's Association to learn what to expect during the late stages of Alzheimer's disease. Get information about care and support resources, your role as a caregiver, and tips on how to have meaningful connections with a person living with Alzheimer's.

**Date:** Wednesday, January 23

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

**Location:** Westfields Hospital & Clinic

### Repeated headaches are a pain!

Neurologist Erin Norby, MD, will discuss evaluating and diagnosing headaches, and share lifestyle and treatment options – including a newly approved migraine medication and Botox – that are effective in preventing and managing headaches.

**Date:** Thursday, January 31

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

**Location:** Lakeview Hospital

---

## FEBRUARY

### Losing a spouse or significant other: Life after loss

Join Hospice Bereavement Coordinator Kelsey Trauscht to talk about grief, moving forward

after loss and self-healing. During this one-hour session, there will be time for participants to share specific struggles and get input on how to handle those situations.

**Date:** Tuesday, February 5

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

**Location:** Lakeview Hospital

### Mental health first aid

This eight-hour, evidence-based class helps you identify, understand, and respond to signs of addiction and mental illnesses. Role-playing, group discussions and exercises will allow you to practice helping skills for real-life situations. A \$10 lunch voucher for the hospital cafeteria is provided.

**Date:** Tuesday, February 5

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

**Location:** Amery Hospital & Clinic

### Making your New Year's resolutions stick

Is that new year motivation to lose weight or improve your healthy eating habits waning? Don't give up! Our registered dietitian will share proven strategies for staying motivated and turning resolutions into practical, everyday steps for success.

**Date:** Thursday, February 7

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

**Location:** Westfields Hospital & Clinic  
or

**Date:** Wednesday, March 27

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

**Location:** Lakeview Hospital



**AMERY HOSPITAL & CLINIC:** 265 GRIFFIN ST E, AMERY, WI 54001

**HUDSON HOSPITAL & CLINIC :** 405 STAGELINE RD, HUDSON, WI 54016

**LAKEVIEW HOSPITAL:** 927 CHURCHILL ST W, STILLWATER, MN 55082

**STILLWATER MEDICAL GROUP:** 1500 CURVE CREST BLVD, STILLWATER, MN 55082

**WESTFIELDS HOSPITAL & CLINIC:** 535 HOSPITAL RD, NEW RICHMOND, WI 54017

## Make It OK Ambassador Training

Everyone has the ability to help Make It OK to talk about mental illness and to help to stop stigma that surrounds the illness. Join this training to become a **Make It OK** Ambassador. Ambassadors share the Make It Ok campaign in the community. It's easy, rewarding and no experience is needed. Toolkit provided.

**Date:** Thursday, February 21

**Time:** 3 to 5 p.m.

**Location:** Amery Hospital & Clinic

## New approaches to treating knee pain

What can you do about your painful knee? Twin Cities Orthopedics surgeon, Thomas Comfort, MD, will explain the latest therapies for managing knee pain and osteoarthritis.

**Date:** Thursday, February 21

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

**Location:** Lakeview Hospital

## Kick up your heels: Overcoming foot and ankle pain

Did you know that your foot has 26 bones, 33 joints and more than 100 muscles, tendons and ligaments? Join podiatrist Christina Knutson, DPM, to learn even more about about the foot and ankle including the common causes of pain in these structures. Dr. Knutson will also talk about methods to overcome foot and ankle pain.

**Date:** Tuesday, February 26

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

**Location:** Lakeview Hospital

## MARCH

### Community gardens and box plots

Have you always wanted to garden and just aren't sure how to begin? Join master gardeners for an information session on how to purchase seeds, plant a box plot garden and join the Amery community garden. All are welcome. Joining the community garden *isn't* required.

**Date:** Saturday, March 2

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

**Location:** Amery Hospital & Clinic

### Medicare alphabet soup

Benefit specialists from the St. Croix County Aging and Disability Resource Center will help those approaching Medicare eligibility understand the different pieces of Medicare (Part A, B, C, D, and supplemental insurance) in order to make an informed decision about coverage. There will be details on public benefits and the Wisconsin Senior Care Program.

**Date:** Tuesday, March 5

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

**Location:** Hudson Hospital & Clinic or

**Date:** Tuesday, March 5

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

**Location:** Westfields Hospital & Clinic

### Tai Chi for Arthritis II

This class is the second in a series for those who have completed Tai Chi for Arthritis I and are looking for additional and more challenging movements. Reduce

pain and increase balance and flexibility with the Tai Chi program. Recommended by the Arthritis Foundation and led by physical therapist and certified instructor Greg LaDouceur, PT, this eight-week class uses gentle sun-style Tai Chi routines suitable for every fitness level.

**Cost:** \$40

**Dates:** Tuesdays, March 12 to April 30

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

**Location:** Stillwater Medical Group

### Non-sports related concussions

Concussions can occur from falls, traffic accidents, work-related injuries, recreational activities or other causes. While the majority of concussions resolve shortly after onset, some require more management. Physical therapist Ashleigh Kratz, PT, will discuss concussion symptoms, treatment and recovery for non-sports related concussions.

**Date:** Tuesday, March 19

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

**Location:** Hudson Hospital & Clinic

## Fitness

### Fitness Center at Amery Hospital & Clinic

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

### Fitness Center at Hudson Hospital Rehabilitation Center

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

### Lakeview Hospital Wellness Program

For more information or to schedule an evaluation, call the Cardiopulmonary Rehabilitation department at **651-430-4530**.

## ADVANCE REGISTRATION REQUIRED



To register, visit [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org).

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

For all other locations, call **800-429-0383**.



# Healthy eating and diabetes

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

## Diabetes support groups

These free support groups meet monthly and are led by a certified diabetes educator. The educator leads a talk on a topic (varies each month) before answering questions and facilitating discussion. Registration not required; just drop in.

**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

Nutrition experts will discuss healthy eating options that can improve your cholesterol levels and cardiovascular health.

**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

Find out what really works for long-term weight loss. This three-part program – with the option of additional individual support – provides the tools to achieve your healthy eating goals.

**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 (Information Session)

This in-depth lifestyle change program aims to improve overall health and wellness, and decrease the risk of developing diabetes, heart disease and other chronic health conditions. A registered dietitian and small group of peers support you throughout. For more details and participant testimonials, visit [healthpartnerslocalcare.org/LifeSteps](http://healthpartnerslocalcare.org/LifeSteps).

**Cost:** Free information session; year-long course is \$200 (usually \$300)

### INFORMATION SESSIONS

**Dates:** Third Thursdays

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

**Location:** Stillwater Medical Group

**Registration:** 651-430-8715

or

**Dates:** First Wednesdays

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

**Location:** Westfields Hospital & Clinic

**Registration:** 651-430-8715.

### YEAR-LONG PROGRAM

**Date:** Wednesdays (starting Jan. 23)

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

**Location:** Westfields Hospital & Clinic

**Registration:** 651-430-8715

or

**Date:** Thursdays (starting Feb. 28)

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

**Location:** Lakeview Hospital

**Registration:** 651-430-8715

## Stomp out diabetes

Are you at risk for type 2 diabetes? In this class, diabetes educators will show you steps to take to reduce the risk of developing the disease. A detailed meal plan is provided.

**Cost:** \$20

**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

If you're concerned about high blood pressure (hypertension), then you'll benefit from this class. Led by a dietitian, advice will be shared on how to improve eating and lifestyle habits to lower blood pressure. **Cost:** \$20

**Date:** Third Mondays

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

**Location:** Lakeview Hospital

## Questions about healthy eating and diabetes classes?

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



## 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 and more. Check the Classes tab at [healthpartnerslocalcare.org](http://healthpartnerslocalcare.org) for dates, times and locations.