Welcome to Better Community Health

Northwestern Medicine is now serving the northwest suburbs. We’re excited to present a new Program Guide that brings you access to classes and services that can help make your life better.

Anchored by Northwestern Memorial Hospital in downtown Chicago, Northwestern Medicine is a growing, nationally recognized health system that provides world-class care at 10 hospitals and more than 100 locations in communities throughout Northern Illinois. We are dedicated to offering better medicine, close to where you live and work. Northwestern Medicine is bringing more primary care services and specialized experts in oncology, cardiology, dermatology and allergy into your community.

In keeping with our commitment to help improve your health and well-being, the classes and special programs in this guide are offered at little or no cost. And as you’ll see, there’s something for everyone - from childbirth and breastfeeding to heart health classes, and so much more.

To learn more about what makes us better, visit nm.org.
Registration is required for all classes unless otherwise noted. To register, please call 877.236.8347. TTY for the hearing impaired 815.759.8020.

For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs including, but not limited to, physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration. Fees subject to change.

If you no longer wish to receive this or other health-related information from Northwestern Medicine McHenry Hospital, Northwestern Medicine Huntley Hospital or Northwestern Medicine Woodstock Hospital, kindly call 877.236.8347 to have your name removed from our list. TTY for the hearing impaired 815.759.8020.
CLASS LOCATIONS

A  Northwestern Medicine  
McHenry Hospital
4201 Medical Center Drive  
McHenry

B  Northwestern Medicine  
McHenry Hospital Cancer Center
4305 Medical Center Drive  
McHenry

C  Northwestern Medicine  
Huntley Hospital
10400 Haligus Road  
Huntley

D  Northwestern Medicine  
Crystal Lake Health & Fitness Center
200 East Congress Parkway  
Crystal Lake

E  Northwestern Medicine  
Huntley Health & Fitness Center
10450 Algonquin Road  
Huntley

F  McHenry County  
Mental Health Board
620 Dakota Street  
Crystal Lake

G  Northwestern Medicine  
Crystal Lake Medical Arts
360 Station Drive  
Crystal Lake
Close to home

All classes are conveniently located in the northwest suburbs near major highways. If you have questions about the location of a class or require more detailed directions, call us at 877.236.8347. TTY for the hearing impaired 815.759.8020.
Get informed.
Get inspired. Be well.

To help you and your family stay healthy, Northwestern Medicine offers wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and weight control. Classes are available for both children and adults. Registration is required unless otherwise noted. To register, call 877.236.8347 unless an alternate number is provided.

Pregnancy, childbirth and baby

**Breastfeeding Support Group**
Bring your baby and meet other breastfeeding moms to receive support, encouragement and assistance with issues you and your baby may be having with feeding. Topics are guided by a Northwestern Medicine lactation specialist. No registration required.

**Mondays, 10:00-11:30 am**
McHenry Hospital, McHenry
For more information, call 815.759.4839.

**Wednesdays, 5-7 pm**
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
For more information, call 224.654.0360.

**Childbirth Education Class**
Join us for this four-week series to learn about the physical and emotional changes you can expect during pregnancy, labor and delivery. A tour of the hospital is provided.

**Tuesdays, Oct. 1–22, Nov. 5–26 or Jan. 7–28**
7:00-9:30 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley

**Wednesdays, Oct. 2–23, Nov. 6–27 or Jan. 8–29**
7:00-9:30 pm
Classrooms C and D
McHenry Hospital, McHenry
$75/couple
Breastfeeding Basics
International board-certified lactation consultants provide guidance for moms-to-be on the importance of breastfeeding; where to find evidence-based information and support; and how labor decisions can impact your breastfeeding experience. Your support person is strongly encouraged to attend.

Saturday, Oct. 12 or Dec. 14
9 am–12 pm
Classrooms C and D
McHenry Hospital, McHenry

Saturday, Nov. 9 or Jan. 11
9 am–12 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
$30/couple

Lactation Consultations
Lactation consultants provide outpatient consultations, retail purchases, pump rentals, bra fittings and weight checks.

Appointments available on Tuesdays
Huntley Hospital, Huntley

Appointments available on Wednesdays
McHenry Hospital, McHenry

For fees and to schedule an appointment, call 224.654.0360.

Infant Safety and CPR
This non-certification program teaches basic CPR techniques and demonstrates how to recognize and respond to infants, children and adults who are choking. Taught by a certified American Heart Association CPR instructor.

Thursdays, Oct. 17 or Jan. 16
6–10 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
$25/person
$40/couple
Weight management

Weight Loss Surgery Information Session
If obesity is keeping you from living the life you want to live, learn more about weight loss surgery options. If you do not reside in the northwest suburbs or you are physically unable to attend an in-person informational session, please call 847.802.7230 to request a Weight Loss Surgery Information Session DVD.

Saturdays, Oct. 12, Nov. 9, Dec. 14 or Jan. 11, 10 am - 12 pm
Wednesdays, Oct. 23, Nov. 20 or Jan. 22, 6-8 pm
Lower Level Conference Rooms
Huntley Hospital, Huntley
To register, call 847.802.7230.

Weight Loss Surgery Support Group
This group brings together those who have already had weight loss surgery and those who are looking to do so in the future, regardless of where treatment occurs. No registration required.

Second Monday of each month
6-8 pm
Second Saturday of each month
10:00 - 11:30 am
Lower Level Conference Rooms
Huntley Hospital, Huntley
For more information, call 847.802.7230.

HMR™ Weight Management
This program combines a highly structured diet with classes and coaching to achieve rapid weight loss and long-term weight management. HMR was ranked No. 1 in 2018 for fast weight loss diets in U.S. News & World Report.

Northwestern Medicine Crystal Lake Health & Fitness Center, Crystal Lake
Northwestern Medicine Huntley Health & Fitness Center, Huntley
For more information or to register, call 847.802.7046.

Northwestern Medicine’s team of registered dieticians offer a variety of programs as well as consultations to help you incorporate healthy nutrition habits into your daily routine. Dietitians develop personalized meal plans based on an individual’s medical, cultural and nutrition history including weight management, food allergies, sports nutrition, heart health and more.

For information about insurance coverage or to learn more, call 847.802.7046.
Colorectal Cancer Risk Factors

Hereditary
Do you have a first-degree relative—parent, sibling or child—with colorectal cancer or advanced colorectal polyps **before the age of 60?**

**Yes**

10 to 20 percent lifetime risk of developing colorectal cancer if no screening is performed

**No**

5 to 6 percent lifetime risk of developing colorectal cancer if no screening is performed

Genetic
People who have **Lynch syndrome** can have a lifetime risk of colorectal cancer as high as 80 percent.

Almost all people with **familial adenomatous polyposis (FAP)** will develop colorectal cancer by age 40. Most people with this genetic mutation have their colons removed as a preventive measure against colorectal cancer.

Racial and Ethnic
**African Americans** have the highest occurrence and mortality rates of colorectal cancer in the U.S.

**Ashkenazi Jews** have the highest risk of developing colorectal cancer in the world.
Personal History  Your risk is also greater if...

- You’ve had precancerous colorectal polyps or colorectal cancer previously.
- You have an inflammatory bowel disease, like ulcerative colitis, or Crohn disease of the colon.
- You are over the age of 50.
- You are overweight or physically inactive*.
- You smoke*.
- You drink heavily*.

*These are things you can change.

Colorectal Cancer Symptoms

- Blood in stool
- Changes in bowel movements, especially if you’re older
- Rectal discomfort
- Abdominal pain or masses
- Iron deficiency anemia

The more symptoms you have, the greater the concern. It’s common for people with colorectal cancer to have no symptoms at all. That’s why regular screening is vital.

Sources:
Cancer

**Young Ribbons**
Women ages 45 and younger diagnosed with breast cancer share their unique experiences with the physical and emotional changes associated with their diagnosis.

**Third Tuesday of each month**
7:00 – 8:30 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

**Pink Strong**
This monthly group is for women who have been diagnosed with breast cancer. Each meeting is designed to help with the physical and emotional changes associated with breast cancer.

**First Tuesday of each month**
4:00 – 5:30 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

**Creating Expressions**
This monthly expressive arts program links arts with psychoeducation and support for people affected by cancer. No art experience is required and all materials are provided at no cost.

**Second Thursday of each month**
3 – 5 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

**Water Fitness**
This weekly class offers those affected by cancer an opportunity to increase body strength and fitness through exercise in water.

**Saturdays, 10–11 am**
Crystal Lake Health & Fitness Center, Crystal Lake
To register, call 815.344.8000.

**Yoga**
This weekly class offers those affected by cancer an opportunity to experience increased calmness and relaxation while enhancing body strength and fitness through the practice of yoga.

**Mondays, 5:30–6:30 pm**
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

**Wednesdays, 5:15–6:15 pm**
Crystal Lake Health & Fitness Center, Crystal Lake
To register, call 815.344.8000.

**Wig Boutique**
This American Cancer Society program helps patients with cancer select a complimentary wig.

McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To schedule an appointment, call 800.227.2345.
Stay on top of your health with the new MyNM app.

The MyNM app combines the experience of NM MyChart with new ways to access your information. Download the app today.

Cancer Transitions
This group focuses on the needs of cancer survivors who have finished treatment within the last two years.

Mondays, Jan. 20 and 27
2:00 – 4:30 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

Diabetes

Diabetes Support Group
Certified diabetes educators lead this monthly support group for anyone who has diabetes. Discuss topics and receive support related to diabetes and overall health. No registration required.

Tuesdays, Oct. 22, Nov. 26 or Jan. 28
5:30 – 6:30 pm
Medical Office Building 1, Room 220
Huntley Hospital, Huntley
For more information, call 815.356.2382.
Counseling and support

Care for the Caregiver
Connect with others who understand the unique experience of being a caregiver to a loved one.

Third Thursday of each month
10 – 11 am
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

Living with Grief
This group provides emotional support and connection for adults who have experienced the loss of a loved one.

Thursdays, Oct. 3 - 17 or Jan. 23 - 30
7 - 9 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

Survivors of Suicide (SOS) Loss Support Group
This open support group is for those 18 and older who have lost a loved one to suicide.

First Thursday of each month
Third Wednesday of each month
7 – 9 pm
Conference Room D
McHenry County Mental Health Board, Crystal Lake
To register, call 815.206.3459.
Health and wellness

**Wellness Lipid Screenings**
Get your blood pressure checked and have a fasting blood test (finger stick) for lipid and glucose levels. Receive education with your results.

First Monday of each month
6:30 - 9:00 am
Crystal Lake Health & Fitness Center, Crystal Lake
To schedule an appointment, call 815.788.2269.
$20/members
$30/non-members

**Courage to Quit**
This seven-week program focuses on the behavioral approach to quitting smoking and offers countless techniques to learn how to give up smoking for good.

Tuesday, Sept. 17 *(information session)*
Tuesdays, Oct. 1 - 29 and Nov. 12 *(no class on Nov. 5)*
6 - 7 pm
Crystal Lake Health & Fitness Center, Crystal Lake

Tuesday, Jan. 7 *(information session)*
Tuesdays, Jan. 21 - March 3 *(no class on Feb. 25)*
6 - 7 pm
Huntley Health & Fitness Center, Huntley
For more information or to register, call 815.788.2269.
$15/person

**Lifesaving Screening Packages**
The Northwestern Medicine Wellness on the Move mobile health unit has multiple screening packages available to help identify problems before they arise. These screenings can reveal signs of health problems, including heart abnormalities, stroke, peripheral artery disease, abdominal aortic aneurysm and much more.

Thursday, Oct. 24 or Dec. 12
9 am - 4 pm
Crystal Lake Medical Arts, Crystal Lake

Thursday, Oct. 31
9 am - 4 pm
McHenry Hospital, McHenry

Thursday, Nov. 7
9 am - 4 pm
Huntley Hospital, Huntley

Thursday, Nov. 28
9 am - 4 pm
Woodstock Hospital, Woodstock
To schedule an appointment, call 815.788.2269.
$129 - 299/person
WHAT ARE YOUR SYMPTOMS SAYING?
Do you know the difference between the common cold and influenza? Compare and contrast symptoms and severity to tell the two apart.

**FLU**
- Symptoms are severe
- Felt in whole body
- Involves fever, severe exhaustion, loss of appetite, aches (body, head)
- Can be treated with over-the-counter medicines
- Vaccine (flu shot) is available
- Onset is sudden

**COLD**
- Symptoms are mild
- Felt mainly in head and nose
- Caused by a virus
- Involves respiratory infection
- Onset is gradual
- Will pass with time

**COLD/FLU**
- Includes symptoms of stuffy nose, cough and sore throat
- Prescription meds can help

**Caused by**
- Flu: Virus
- Cold: Virus

**Involves**
- Flu: Respiratory infection
- Cold: Respiratory infection

**Will Pass**
- Flu: With time
- Cold: With time
Wellness for kids

Kids in Motion
This two-week, six-session wellness program provides children with the knowledge, skills and positive attitudes for improving and maintaining their health. For children ages 8 to 12.

Mondays, Tuesdays, and Wednesdays
8:30 - 10:30 am
Huntley Health & Fitness Center, Huntley
For more information and to register, call 815.788.2269.
$99/member
$109/non-member

Teen Echo Screening
The Northwestern Medicine Wellness on the Move mobile health unit, in partnership with Sage Products, offers echocardiogram screenings designed for teenagers. This ultrasound of the heart can help detect defects and abnormalities, even when no symptoms are present.

Thursday, Oct. 24 or Dec. 12
9 am - 4 pm
Crystal Lake Medical Arts, Crystal Lake
Thursday, Oct. 31
9 am - 4 pm
McHenry Hospital, McHenry
Thursday, Nov. 7
9 am - 4 pm
Huntley Hospital, Huntley
Thursday, Nov. 28
9 am - 4 pm
Woodstock Hospital, Woodstock
To schedule an appointment, call 815.788.2269.
$85/child
With the 10,000-square-foot expansion of Northwestern Medicine McHenry Hospital Cancer Center now open, the facility’s team is focusing on caring for patients in the enhanced space.

The state-of-the-art linear accelerator is at the heart of these plans, says John Hylton, director of Operations for Oncology at the center. “With the new linear accelerator, our patients will be able to get state-of-the-art radiation therapy close to home,” he says.

The new technology allows providers to deliver more precise radiation to patients, Hylton says. That reduces the possibility of damaging healthy tissue and can also result in fewer treatments, he explains.

The facility addition also includes an expanded waiting area, large classrooms and other improvements. Kristina Whitmore, vice president of Operations at McHenry Hospital, says more enhancements to the center are in the works, including a new CT scanner and upgrades to infusion spaces.
Radiation Therapy Supervisor Carley Paul, BSRT(T), and John Hylton, director of Operations for Oncology at McHenry Hospital Cancer Center, look over the state-of-the-art linear accelerator.

For classes and support groups for cancer patients and their families, see pages 10-12.