New Community Kitchen Opens at Delnor Hospital

Northwestern Medicine Delnor Hospital is helping to address the obesity epidemic with the opening of the Northwestern Medicine Metabolic Health and Surgical Weight Loss Center, a 7,500-square-foot center located near the hospital’s main entrance. The center serves as a central point of access to help treat and educate patients at high risk for complications from their weight, including those with type 2 diabetes and other metabolic disorders.

A highlight of the new center is a demonstration kitchen, which is used for nutritional counseling, patient education and community cooking classes. The kitchen features:

- Three workstations for preparing healthy recipes
- All classes are taught by registered dietitians
- Comfortable seating for class participation
- Audio/visual capability to broadcast the demonstration to our nearby conference rooms

A healthy diet begins in the kitchen. The demonstration kitchen is a place for people to gather and learn about nutrition in a fun and engaging environment. Learn how to boost your intake of healthy foods such as vegetables, fruits, whole grains, healthy fats and proteins by preparing delicious recipes yourself. No previous cooking experience required. Check out our classes on page 27.

Registration is required for all classes unless otherwise noted. To register, please call 630.933.4234. TTY for the hearing impaired 630.933.4833.

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.
Class Locations

**A** Northwestern Medicine Central DuPage Hospital
25 North Winfield Road
Winfield
Complimentary valet service available at all entrances

**B** Northwestern Medicine Delnor Hospital
300 Randall Road
Geneva
Complimentary valet service available at select entrances

Northwestern Medicine Delnor Health & Fitness Center
296 Randall Road
Geneva

**C** Northwestern Medicine Medical Offices
7 Blanchard Circle
Wheaton

**D** Northwestern Medicine Medical Offices
2900 Foxfield Road
St. Charles

**E** Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway
Warrenville

**F** Elderday Center
328 West Wilson Street
Batavia

**G** The Abbington
35002 Route 53
Glen Ellyn

**H** Northwestern Medicine Behavioral Health at St. Charles
964 North 5th Avenue
St. Charles

**I** Belmont Village at Geneva Road
545 Belmont Lane
Carol Stream

**J** Eagle Brook Country Club
2288 Fargo Boulevard
Geneva

**K** HealthTrack Sports Wellness
875 East Roosevelt Road
Glen Ellyn

**L** Keystone Building
4525 Weaver Parkway
Warrenville

**M** LivingWell Cancer Resource Center, part of Northwestern Medicine
442 Williamsburg Avenue
Geneva

**N** NAMI DuPage County Community Center
115 North County Farm Road
Wheaton

**O** Wheaton Sport Center
1000 West Prairie Avenue
Wheaton

**P** Hilton Lisle/Naperville
3003 Corporate West Drive
Lisle

**Q** Marianjoy Rehabilitation Hospital, part of Northwestern Medicine
26W171 Roosevelt Road
Wheaton

All classes are conveniently located in the western suburbs. Many are easily accessible from major thoroughfares such as Interstates 88 and 355. If you have questions about the location of a class or require more detailed directions, call us at 630.933.4234. TTY for the hearing impaired 630.933.4833.
Dinner with the Doc

Enjoy a dinner while getting the latest news and information from medical specialists on a wide variety of topics.

Surgical Treatment Options for Reflux
Jaclyn Wierzbicki, MD, general surgeon, and Hemal Patel, MD, gastroenterologist, Northwestern Medicine Regional Medical Group, discuss some pros and cons of medical management of GERD and how to know if surgery may be your best option for treating reflux.

Wednesday, Oct. 10
6:00-7:30 pm Dinner Program
Eagle Brook Country Club, Geneva
$5/person, non-refundable

Understanding and Treating Spinal Stenosis
Brian Steinke, MD, Northwestern Medicine Regional Medical Group orthopaedic surgeon, will discuss spinal stenosis, which is an abnormal narrowing of the spinal canal. Know the symptoms and understand treatment options, including injections, surgery, medication, exercise and physical therapy.

Wednesday, Nov. 7
6:00-7:30 pm Dinner Program
Eagle Brook Country Club, Geneva
$5/person, non-refundable

Old World Treatments for New Age Maladies
Farah Hashemi, MD, Northwestern Medicine Regional Medical Group wound care specialist, will discuss using these products to treat cuts, bruises and burns as well as more complicated issues such as diabetes. Also learn exercises that can be done in a car or airplane to reduce the risk of deep vein thrombosis (DVT).

Wednesday, Dec. 12
6:00-7:30 pm Dinner Program
Hilton Lisle/Naperville, Lisle
$5/person, non-refundable

Understanding Glaucoma and Treatment Options
Ophthalmologist Anjali Hawkins, MD,* will explore glaucoma, a disease of the optic nerve. Learn about common forms of the disease, how it is affected by intra-ocular pressure and what your treatment options are.

Wednesday, Jan. 23
6:00-7:30 pm Dinner Program
Eagle Brook Country Club, Geneva
$5/person, non-refundable

Find a doctor: Looking for a primary care physician or a specialist? Visit nm.org and use our search function to find the physician right for you, or call physician referral and class registration at 630.933.4234. TTY for the hearing impaired 630.933.4833.

* In the spirit of keeping you well-informed, the physician and/or individual identified is neither an agent nor employee of Northwestern Memorial HealthCare or any of its affiliates. He or she has selected our facilities as places to treat and care for private patients.

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.

**Pregnancy, childbirth, baby and parenting**

**Understanding Birth**
Learn about the physical and emotional changes you can expect during pregnancy, labor and delivery. Labor support techniques and options for reducing pain will be discussed. This class should be taken in or near the seventh or eighth month of pregnancy.

**Call for dates and times**
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$90/couple

**Understanding Your Newborn**
Prospective parents, grandparents and caregivers will enjoy learning the basics of infant care. We focus on parents’ expectations and questions, and assist in understanding your new baby’s needs. Taught by a registered nurse.

**Call for dates and times**
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$35/couple

**Understanding Breastfeeding**
Breastfeeding provides a strong nutritional and bonding foundation for your new baby and enhances your recovery. Learn how to get off to a good start. Partners are strongly encouraged to attend. Taught by a board-certified lactation consultant.

**Call for dates and times**
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$35/couple

**eClass Offerings**
These programs are interactive, web-based classes that use videos, personal stories, animations, activities and games to teach essential information regarding the topic. The course link is emailed to you. Once you open the link you will have access to the course for 90 days. All courses are non-refundable.

**Call 630.933.4234 to register**
Understanding Birth, $90/course
Understanding Your Newborn, $35/course
Understanding Breastfeeding, $35/course
C-Section, $35/course

**Birthplace Tours**
Enjoy this quick, informative tour of our facilities. Includes a question-and-answer session with a registered nurse. Adults only please.

**Call for dates and times**
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

**Pregnancy and Labor Comfort**
This one-time class is designed for those who would like to spend more time learning and practicing a variety of comforting techniques to use during labor. Taught by a certified childbirth educator, it can either be a complement to the Understanding Birth class or can be used as a refresher for those who have experienced childbirth.

**Call for dates and times**
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$35/couple

**Boot Camp for New Dads**
Designed for new fathers, taught by experienced dads! Expectant fathers can ask questions, share concerns and seek guidance about practical and emotional issues. Facilitated by a master coach and assisted by recent boot camp graduates who bring in their babies for hands-on learning.

**Call for dates**
Saturdays, 9 am - 12 pm
Delnor Hospital, Geneva

Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
$30/class (includes T-shirt and Crash Course Dads-to-Be book)
Managing Multiples: Pregnancy and Beyond
Explore the physical and emotional aspects of a multiple pregnancy, as well as strategies for taking care of your babies after birth. Taught by an experienced OB/RN who is joined by a parent of multiples. Includes a tour of the NICU.

Call for dates and times
Central DuPage Hospital, Winfield
$40/couple

Family and Friends 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.

Call for dates and times
Central DuPage Hospital, Winfield
$10/person

Grandparenting Today
Grandparents will hear ways to support their children as they navigate the challenges and joys of becoming parents. Learn about current obstetrics practices, baby care and feeding. Includes a birthplace tour of the Labor and Delivery Unit and Mother and Baby Units.

Call for dates and times
Saturdays
Central DuPage Hospital, Winfield
$12 (includes child's T-shirt)

Child Car Seat Safety
It is estimated that eight out of 10 car seats are used improperly. This class is taught by a car seat safety technician and demonstrates the importance and proper use of infant, convertible, combination and booster seats for infants and young children.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Little Buddies
Siblings younger than 4 tour the Mother and Baby Unit and observe babies in the nursery. Children attend with parents and hear age-appropriate stories about siblings and babies.

Call for dates
9:00 – 9:30 am
Central DuPage Hospital, Winfield
$12 (includes child's T-shirt)

Babies Need Buddies
Learn how to include your child in the birth experience, help him/her adjust to the new family member and reduce sibling rivalry. For children and parents, the class includes a tour of the Labor and Delivery Unit and Mother and Baby Units.

Call for dates and times
Central DuPage Hospital, Winfield
(ages 4 to 8)
Delnor Hospital, Geneva (ages 2 to 8)

$15 (includes child's T-shirt)

Infant Massage
Bring your baby (ages 2 weeks to pre-crawling), and enjoy the benefits of positive, nurturing touch. Infant massage connects you deeply with your baby and helps you understand your baby’s nonverbal language. Learn about the benefits of infant massage as well as specific techniques. Taught by Patti Ideran, OTR/LCEIM, a pediatric occupational therapist certified in infant massage.

First four Fridays each month
10 - 11 am
Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
Four-week session, $40/four classes
(may register any time during the four-week session)

Prenatal Lactation Outpatient Visits
Delnor Hospital offers prenatal lactation outpatient visits. Our international board-certified lactation consultants will teach the importance of breastfeeding for you and your baby, breastfeeding basics, latch and positioning in the early days, troubleshooting, how partners can help and strategies for returning to work while continuing to breastfeed.

For pricing information and to schedule a visit, call 630.208.4068.
Aquatic Exercise
This combined prenatal and postnatal exercise class allows expectant moms and new moms to exercise side-by-side. The last 15 minutes of class takes place in the warm therapy pool for stretching and relaxation. Taught by a certified prenatal/postnatal aquatics instructor. A physician’s referral is required for all participants. Child care is available for a fee.

Tuesdays, 7:30 – 8:30 pm
HealthTrack Sports Wellness, Glen Ellyn
Six-week session, $48/six classes

MommyFit (Aquatic Classes)
Expectant moms who stay strong and healthy during pregnancy may have an improved labor and delivery experience and an easier recovery time. Classes help prepare you for your baby’s arrival and help you maintain healthy habits after delivery. Available to members at no charge.

Call for dates, times and fee
Delnor Health & Fitness Center, Geneva
To register, call 630.938.9000

ThinkFirst for Your Baby
Babies benefit when parents and caregivers learn tips and techniques for keeping them happy and safe. This class discusses child-proofing and preparing a safe environment for your infant and toddler, calming a crying baby, safe sleep and much more.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$35/couple

Postpartum Connection: Perinatal Mood Disorder Support Group
Facilitated by a specialist in perinatal mood disorders, this open discussion group helps new mothers better understand and cope with challenges during pregnancy or any time postpartum. No registration required.

Thursdays, 1:00 - 2:30 pm
or 6:30 - 8:00 pm
Women and Children’s Lower Level Conference Room 3
Central DuPage Hospital, Winfield

Tuesdays, 10:00 – 11:30 am
Lower Level Conference Room 3
351 Medical Office Building
Delnor Hospital, Geneva

Breastfeeding Connection Support Group
Facilitated by a lactation consultant, this informal setting is a great way for new moms to exchange information and experiences with breastfeeding. A scale will be available for you to weigh your baby. No registration is required.

Mondays, 10:00 - 11:30 am
Main Level Conference Room 4
351 Medical Office Building
Delnor Hospital, Geneva

Baby Connection Support Group
This weekly informal group functions as a social and support outlet for new moms and babies. Bring your baby to interact with others. Facilitated by an experienced RN and lactation specialist. No registration is required.

Tuesdays, 10 am - 12 pm
Lower Level Conference Room 3
Northwestern Medicine Medical Offices
7 Blanchard Circle, Wheaton

Tuesdays, 1 – 3 pm
Lower Level Conference Room
Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles

Car Seat Checks
Certified car seat safety technicians will inspect installed seats for safety, including checking for product recalls and proper fit for the child. Technicians instruct how to properly install your child safety seat. Each inspection takes approximately 30 minutes and is offered at no cost. No registration is required.

As weather permits
To schedule an individual appointment, call 630.208.3986

Vaccine Clinic
Participating children must be uninsured or covered by Medicaid.

Four days a month, including one Saturday
Delnor Hospital, Geneva
To schedule an appointment, call 630.208.3999
FALL/WINTER 2018-2019 PROGRAMS > CLASSES

Pediatric offerings

Pediatric Pre-op Adventure
This tour helps prepare children and their families for a child’s surgery. Schedule as soon as you know your child is having surgery.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
Regardless of surgery location, all tours take place at Central DuPage Hospital.
To schedule a tour, call 630.933.7529 (PLAY)

Picky Eaters — When to Worry
A licensed pediatric occupational therapist will provide tips to help you increase the variety of foods in your child's diet. Adults only please.
Tuesday, Oct. 30
6:15 – 7:15 pm
Central DuPage Hospital, Winfield

Classes for kids

Babysitting 101
Designed for kids 11 to 13 years old, this one-session class covers aspects of being a great babysitter. Learn how to care for babies and children, including how to handle emergencies, basic first aid and safety. Plus, learn games, child development basics, discipline techniques and more. Please bring a snack.
Saturday, Oct. 21, Nov. 18 or Jan. 20
1:30–5:30 pm
Central DuPage Hospital, Winfield

Kits for Kids
Do you want to teach a class about bicycle safety, nutrition and fitness, or hand-washing, but need the tools to do so? Please call or email to request our free Kits for Kids, which contain everything a parent, scout leader or teacher needs to present a lesson, including scripts, worksheets, interactive demonstrations and general information. Each kit is designed to be used multiple times for small or large groups.

Hand-Washing: Your First Defense Against Disease
Seeing is believing! The kit includes a curriculum guide, a flash drive with handouts and activity pages that emphasize the importance of hand-washing, a black light and a bottle of Glo Germ® solution that shows kids if they are really washing effectively. Designed for preschool through fifth grade.

Nutrition and Fitness
The nutrition and fitness kit provides information for groups on the importance of proper nutrition and daily physical activity. The kit contains a jump rope, activity posters, and a flash drive with worksheets and additional resources. Designed for preschool through second grade.

Ride Smart
This kit is packed with information on bicycle safety and helmet use. It includes a curriculum guide, gelatin brain mold, helmet experiment and flash drive with handouts and coloring pages. Designed for preschool through second grade.

We have created these resources for our community members. Due to quantity restrictions, we are only able to distribute to the Chicagoland area.

For kit ordering and information, call 630.933.4234 or email kitsforkids@nm.org. Please include your full name, address and phone number.

The Parent Review is an informative weekly parenting email designed to guide you through the first three years of your baby’s life. The research-based content for new parents can expand your knowledge and lessen your concerns, as well as help you understand how to support your child as he or she grows. To subscribe, visit nm.org/cdhparentreview.
Cancer activities
LivingWell Cancer Resource Center, part of Northwestern Medicine, provides programs and services to people impacted by a cancer diagnosis. LivingWell offers programming at no charge thanks to generous donations from the community. To schedule an appointment or to register, please call LivingWell Cancer Resource Center at 630.262.1111. TTY for the hearing impaired 630.933.4833. All programs are held at LivingWell Cancer Resource Center in Geneva unless otherwise noted.

Education

Medical Updates
Nationally recognized medical oncologists, radiation oncologists and other oncology-related medical providers present updates on cancer-related topics including leading-edge treatment options, screening modalities, managing the side effects of treatment, the use of immunotherapies in cancer care, the effects of chemotherapy on the brain, and much more.

Men and Cancer Breakfast
Guest speakers present on various cancer-related topics, and connections are made over a home-cooked meal. This group is open to men who have experienced cancer as well as men who have a spouse, family member or a friend with cancer.

Third Saturday of each month
8-10 am

Back on Track
Transitioning from cancer treatment to survival can be challenging. Educational topics alternate with discussion groups. Topics may include the pressure to thrive, fear of recurrence, managing moods, stress and feeling stuck.

Call for dates
7:00-8:30 pm

The Emotional Rollercoaster of Cancer
Facing cancer can be an isolating and complicated experience. Discuss topics including coping with stress, feelings of isolation and depression, and managing anger.

Call for dates
Mondays, 6:30 - 8:00 pm

Look Good, Feel Better
Learn how to use accessories after hair loss, as well as approaches for nail care, skin care and makeup. Offered in partnership with the American Cancer Society (ACS) and includes a complimentary cosmetic kit provided by the ACS.

Call for dates and times
To register, call 630.262.1111
Second Monday of each month
6:30-8:00 pm

Mindful Grieving
Spend the evening focused on mindful practices including yoga, meditation and discussion centered around supporting your grieving heart. This group is open to anyone who has lost a loved one to cancer.

Fourth Thursday of each month
6:30-8:00 pm

Nutrition

Culinary Comforts
Learn about today’s cancer-related nutritional hot topics while you enjoy a delicious meal prepared by LivingWell dietitians. Recipes will be provided.

Call for dates
6:00-7:30 pm

Call for topics, dates and times
Eating Well
In this interactive cooking class, learn how to create easy, delicious and nutritious meals that incorporate a plant-based diet. Food may contain common allergens.

Call for dates and times

Weight Management After Cancer
Join other survivors and LivingWell dietitians on a journey through healthy living. Open to people who have completed cancer treatment and to their caregivers.

Call for dates, times and locations

Nutrition After Cancer Treatment
Northwestern Medicine oncology nutrition specialists work with you to create a nutrition plan, establish wellness goals, share recipes and review common nutrition questions.

Call for times, dates and locations

Stress Management
Massage Therapy*
A light, relaxing massage can be safely given to people at all stages of cancer to reduce stress, calm anxiety and depression, increase circulation, boost the immune system, decrease pain and fatigue, and improve sleep.

Monday-Saturday
Call to schedule an appointment

Reflexology*
Applying pressure to points on the feet supports overall well-being and can reduce stress and anxiety.

Monday-Friday
Call to schedule an appointment

Oncology Facials for Skin Health*
Cancer treatment can leave skin sensitive and dry. Experience the benefit of a gentle, hydrating facial.

Monday-Friday
Call to schedule an appointment

Journaling and Altered Art
Learn strategies to help put your thoughts and feelings on paper in word and art.

Call for class dates and times

Mindful Movement and Fitness
Balance and Core Fitness*
Improve balance core strength and develop strong and supportive hip stabilizer and abdominal muscles.

Call for class dates and times

Tai Chi Movement for Stress Relief*
Focus on using breath in combination with tai chi movements to release physical stressors and anxiety.

Call for class dates and times

Gentle and Restorative Yoga*
Mat-based yoga and restorative poses can reduce stress, increase flexibility and support healing.

Call for class dates and times

Diabetes education programs

Melting the Winter Blues Away
Learn the signs and symptoms of depression, as well as how to manage it so you can start feeling like yourself again.

Tuesday, Jan. 22, 4-5 pm
Diabetes Education Office
HealthTrack Sports Wellness
Northwestern Medicine Entrance
875 Roosevelt Road, Glen Ellyn

Wednesday, Jan. 30, 3-4 pm
Diabetes Education Office
308 Medical Office Building, Suite B
Delnor Hospital, Geneva

Is There a Way to Make This Recipe Healthier?
Bring your favorite written recipes (don’t bring any food) with the nutritional information on calories, fat, carbohydrates and protein per serving (if known), and our registered dietitian will lead discussion and offer suggestions for substitutions that can improve their nutritional value.

Tuesday, Nov. 13, 4-5 pm
Diabetes Education Office
HealthTrack Sports Wellness
Northwestern Medicine Entrance
875 Roosevelt Road, Glen Ellyn

Wednesday, Nov. 14, 3-4 pm
Diabetes Education Office
308 Medical Office Building, Suite B
Delnor Hospital, Geneva

Mental health classes

Mental Health First Aid for Adults
Discover more about mental health and how to help an adult who may be experiencing a mental health problem.

Wednesday, Oct. 17, 8:00 am-4:30 pm
Central DuPage Hospital, Winfield

Saturday, Nov. 10, 8:00 am-4:30 pm
351 Medical Office Building
Delnor Hospital, Geneva

Mental Health First Aid for Youth
Discover more about mental health and how to help a youth (ages 12 to 18) who may be experiencing a mental health problem.

Saturday, Oct. 6, 8:00 am-4:30 pm
Central DuPage Hospital, Winfield

Thursday, Oct. 18, 8:00 am-4:30 pm
351 Medical Office Building
Delnor Hospital, Geneva

*Prior to this class or service, you must submit a medical release from your physician. Participant forms can be obtained at LivingWell Cancer Resource Center, at livingwellcrc.org or by calling 630.262.1111. TTY for the hearing impaired 630.933.4833.
Neuroscience groups

Parkinson’s/Movement Disorders
Education and support for people living with Parkinson’s disease or other movement disorders.

Meets monthly, call for day
10:00 - 11:30 am
Central DuPage Hospital, Winfield
630.933.4234

Resilient Rhythms
This neurologic music therapy group can enhance your quality of life. For patients and caregivers affected by stroke; traumatic brain injury; or Parkinson’s, Huntington’s or Alzheimer’s disease.

Second Tuesday of each month
4 - 5 pm
Women and Children’s Conference Room 3
Central DuPage Hospital, Winfield
630.933.4234

Memory Loss Caregiver
Get help navigating the complexity of caring for someone with memory loss, and find encouragement and support from others on a similar journey.

First Thursday of each month
10 - 11 am
Women and Children’s Lower Level Conference Rooms 1 and 2
Central DuPage Hospital, Winfield
630.933.4234

Brain Aneurysm
Education and support for people diagnosed with a brain aneurysm. Explore opportunities to raise public awareness.

First Wednesday of every other month
6:30 - 7:30 pm
Winfield Room
Central DuPage Hospital, Winfield
630.933.2113

Seizure and Epilepsy
Support for adults and for parents of children who have epilepsy or another seizure disorder.

Second Wednesday of each month
7 - 9 pm
Central DuPage Hospital, Winfield
630.289.5577

Rehabilitation classes

Bowel and Bladder Health: Developing Good Habits
A licensed Northwestern Medicine physical therapist will help you understand how to develop good bowel and bladder habits, expand your anatomy knowledge, and teach you pelvic floor therapy concepts to help you manage bladder and bowel dysfunction.

Thursday, Oct. 25, 6:30 - 7:30 pm
Central DuPage Hospital, Winfield

A Proactive Approach to Reducing Your Risk of Falls
A licensed Northwestern Medicine physical therapist will discuss balance, fall prevention and the treatment of vestibular dysfunction. A brief balance screening will be offered.

Thursday, Nov. 8, 6:30 - 7:30 pm
Central DuPage Hospital, Winfield

Low Back Pain: Have No Fear!
Northwestern Medicine licensed physical therapists will discuss the causes of low back pain as well as treatment, self-management strategies and prevention of the number one leading cause of disability worldwide.

Thursday, Nov. 15, 6:30 - 7:30 pm
Central DuPage Hospital, Winfield

Emmi® online patient education programs
Northwestern Medicine provides you access to Emmi — online programs that use animated graphics and easy-to-read text to help you understand and manage your health. If you have any questions or concerns after viewing an Emmi program, please contact your primary care provider.

Self-register for an Emmi program at goemmi.com, and use access code NMWellness to log in.
Orthopaedic classes

Joint Adventures: The Pre-op Class
This is a pre-operative class highly recommended for patients (and a coach/support person) scheduled to have hip or knee replacement surgery at Central DuPage Hospital or Delnor Hospital. Topics include what to expect, how to optimize recovery, rehabilitation therapy, nursing care, discharge planning and tips on preparing your home. Schedule your class two to six weeks prior to surgery. Adults only please.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
To register, call 630.933.4234

Senior education programs

Medicare Counseling
Make an individual appointment with a counselor from the Senior Health Insurance Program (SHIP) to discuss any questions related to Medicare and supplemental coverage.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
To schedule an appointment, call 630.208.3927

Approaching 65: What Do I Need to Know About Medicare?
This class offers information on the basics of Medicare for adults approaching 65.

Call for dates, times and locations
For information, call 630.933.4234

Smoking cessation

Stop Smoking, Clear the Air
This workshop can help you quit smoking, whether it’s your first attempt or your fifth. Learn strategies and tools that have helped others kick the habit.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Stop Smoking Now (10-week program)
It is estimated that 10 years of life expectancy is lost by smoking. This six-session class includes tactics to stop smoking, education on nutrition and fitness provided by a registered dietitian and an athletic trainer, stress management tips, and a massage performed by a certified massage therapist on your “Quit Day.” A few weeks after the last class, you will attend a meeting to celebrate your success, and the $75 fee will be returned to you, along with those 10 years of life expectancy!

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Interested in volunteering?
To learn about opportunities at Northwestern Medicine, please call:

Central DuPage Hospital, 630.933.2252
Delnor Hospital, 630.208.4264
Marianjoy Rehabilitation Hospital, 630.909.7400
Northwestern Medicine Hospice, 630.933.7830
TTY for the hearing impaired 630.933.4833.

Why Quit?
Within minutes of quitting, your blood pressure and heart rate improve. Within 12 hours, carbon monoxide blood levels drop to normal, allowing more oxygen to get to your lungs. For more health benefits as well as cessation strategies and resources, sign up for our smoking cessation classes or visit nm.org/westquitsmoking.
Marianjoy Rehabilitation Hospital, part of Northwestern Medicine
26W171 Roosevelt Road, Wheaton

Marianjoy’s Continuing Care Program classes provide additional therapy services to children as they work towards their functional goals. Developed and led by Marianjoy pediatric therapists, classes are offered every eight weeks to address a variety of conditions. For a full list of pediatric classes, please visit marianjoy.org. For pricing, registration and more information, please call 630.909.7155. TTY for the hearing impaired 630.909.8015.

Pediatric classes

Motor Skills
Focus is on motor-skill development, including flexibility, strength, coordination, hand skills and visual-motor function.

Language and Social Interaction Groups
Children develop their speaking and social skills while meeting new friends and interacting with family members and the world around them.

Fitness Classes
Classes led by our fitness trainer help improve strength, balance and flexibility in children who have had therapy and are learning to be more independent with their exercise. Most of our fitness equipment can be adapted for those who use a wheelchair or other mobility device.

Aquatic Exercise Groups
For children who have medical conditions requiring aquatic exercise, these classes focus on improving endurance, strength, balance and respiration. Specialized pool classes for children with sensory integration or sensory regulation needs are also available.

Parent and Child Swim
Parents join their child, age 5 and older, in the pool and are guided by a therapist to focus on improving the child’s movement, balance, strength and respiration exercises.

Aquatic Fitness for Kids
Children age 5 and older who are independent in the pool will focus on improving endurance, balance and strength.

Water Wonders
Parents accompany their child, age 6 months and older, in the pool as a therapist helps them work towards improving balance, strength, respiration and endurance to support a child’s land-based therapy goals.

Sensory Pool
This pool class—designed for children 6 years and older with identified sensory integration or sensory regulation needs—focuses on self-regulation strategies, tactile and vestibular stimulation exercises, balance and aerobics for general health and wellness, and cooperative and social interactions with peers.

The Diabetes Prevention Program helps you lead a healthier life. Learn about food choice, exercise and weight loss. A trained lifestyle coach leads small group sessions over the course of one year. This program was started by the Centers for Disease Control and Prevention and proven results with a 58% decreased risk of developing type-2 diabetes.*

If you have prediabetes or are at high risk for developing type 2 diabetes, this program is for you. When you register, we will conduct a short screening to see if you qualify. If you do, and if you commit to the program, the fee is $150. This covers 16 weekly sessions in the first six months, and six monthly sessions in months seven through 12. Sessions last one hour. You will get $100 back if you complete the program.

Diabetes Prevention Program information meeting

Wednesday, October 17
5 - 6 pm
HealthTrack Sports Wellness
875 Roosevelt Road, Glen Ellyn
To register, call 630.933.4234.
TTY for the hearing impaired 630.933.4833.

Please join us to learn more.

Northwestern Medicine Delnor Health & Fitness Center
296 Randall Road, Geneva

It’s time to commit to a healthy lifestyle. Whether you are just getting started or are an experienced athlete, membership at Delnor Health & Fitness Center (Delnor HFC) offers access to a variety of classes, pools and equipment to help keep you active and motivated. Programs are open to members (at no cost) and non-members (for a fee). To learn more, call 630.938.9000 or visit delnorhfc.com. TTY for the hearing impaired 630.933.4833.

**Medically Integrated Lifestyle Program**
Our eight-week Next Steps fitness programs are designed to provide additional support for individuals transitioning from an illness or managing a chronic medical condition.

This program may be appropriate for you if you are:
- Completing physical therapy, diabetes education, cardiac rehabilitation or pulmonary rehabilitation
- Recovering from a recent surgery or preparing for surgery
- Suffering from arthritis, fibromyalgia, lupus or other autoimmune conditions
- Wanting to lose weight and keep it off

Programs include:
- Cancer Fitness
- Cardiac Fitness
- Diabetes Fitness
- Functional Fitness
- Orthopaedic Fitness
- Fit for Surgery
- Pulmonary Fitness
- Transitional Care and Weight Management

Get started by calling the Delnor Health & Fitness Center Membership Department at 630.938.9100.

**Massage Therapy**
Massage therapy is used for pain management and may provide effective relief for a variety of conditions. For pricing information and to schedule a massage, call 630.938.9000.

**Heartsaver CPR and AED**
Learn CPR skills, how to use an AED (automated external defibrillator) and how to relieve choking. Participants receive a Heartsaver CPR/AED eCard from the American Heart Association that is valid for two years.

Saturday, Oct. 6, Nov. 3 or Dec. 1
10:00 am - 1:30 pm
$55/participant for adult only class
$75/participant for adult/child/infant class
All participants must have an email address.
Delnor Health & Fitness Center, Geneva
To register, call 630.938.9000

**MommyFit**
Stay active during pregnancy with this low-/no-impact pool workout.

**Little Learners (ages 6 to 35 months)**
Offers parents and grandparents information and techniques to create safer aquatic experiences and habits for young children. Participants will be in the therapy pool with their child/grandchild playing games, singing songs and helping to create a positive experience for their little one.

**OrthoKids**
A therapeutic aquatic program designed for children with neurological and orthopaedic conditions who would benefit from warm water to maximize movement abilities and independence. Sessions run for 6 weeks throughout the school year. Swimming and ambulation skills are not required.

**Community Exercise**
Exercise classes for those 55 and older, designed to help develop and/or maintain an active lifestyle. Classes are held at Delnor HFC and various locations in the community. Registration is open November 1 to November 25.

**Small Group Personal Training**
Two levels of motivating and cost-effective training programs are designed to encourage and promote a healthy fitness regime in a fun, small group setting.

**Small Group Nutrition Coaching and Nutrition Counseling**
Learn new food skills and form healthy nutrition habits. Individual nutrition counseling sessions are available to meet your needs. Small group Nutrition Coaching, Fresh Start Nutrition and Nutrition Advantage programs each offer four classes on various topics.

**Programs**
- Cancer Fitness
- Cardiac Fitness
- Diabetes Fitness
- Functional Fitness
- Orthopaedic Fitness
- Fit for Surgery
- Pulmonary Fitness
- Transitional Care and Weight Management

Get started by calling the Delnor Health & Fitness Center Membership Department at 630.938.9100.
Weight management

The following programs are designed to aid in healthy lifestyles, weight loss management and fitness.

**Weight Management Information Session**
Learn about surgical and non-surgical options for treatment of obesity. Includes a question-and-answer session with a board-certified bariatric surgeon, bariatric nurse practitioner or dietitian.

**Monday, Oct. 1; Nov. 5; Dec. 3; or Jan. 7
6 - 7 pm**
Central DuPage Hospital, Winfield

**Friday, Oct. 26, Nov. 16, Dec. 28
or Jan. 25
11 am - 12 pm**
Delnor Hospital, Geneva

**Wednesday, Oct. 3 or 17; Nov. 7 or 21; Dec. 5 or 19; or Jan. 2 or 16
5:30 - 6:30 pm**
Delnor Hospital, Geneva

**Weight Management Fitness Programs at Delnor Hospital**
Exercise specialists will provide individualized consultations and help develop your fitness plan. For additional information call 630.938.8266.

**Weight Management Fitness Programs at Central DuPage Hospital**
Call 630.933.2613 or email christine.cornell@nm.org for dates and fees.

**Cardio/Circuit Conditioning**
This class offers exercises for cardiovascular endurance, fat burning, strength training and stretching.

**Tuesdays and Thursdays
5:15 - 6:45 pm (must be 18 or older)**
Northwestern Medicine Medical Offices 7 Blanchard Circle, Wheaton

**Aquatic Exercise**
Improve cardiovascular conditioning, strength and flexibility while putting less stress on joints.

**Mondays and Wednesdays
7:30 - 8:15 pm (must be 18 or older)**
Wheaton Sport Center, Wheaton

**Hungry for Health**

The Delnor Community Kitchen is a place for people of all ages to learn about nutrition in a fun and engaging environment. Discover how to eat healthy by increasing your consumption of vegetables, fruits, whole grains, healthy fats and protein foods and by preparing foods yourself. Previous cooking experience is not required. Classes are at Delnor Hospital, and are for adults only unless otherwise noted. To register, call 630.933.4234. TTY for the hearing impaired 639.933.4833.

**Adult Classes**

**Healthy Desserts to Live For**
Learn how to sneak veggies into dessert recipes and natural ways to sweeten your sweets.

**Tuesday, Sept. 25, 2 - 3 pm**

**Canning Summer Jam and Making Applesauce**
Try your hand at canning simple raspberry jam to use for a fancy brunch, an ice cream topping or a hostess gift, plus learn to make easy and freezeable applesauce.

**Wednesday, Sept. 26, 10 am - 12 pm**
**Knife Skills 101**  
Sharpen your culinary skills in this hands-on technique class.  
**Wednesday, Oct. 3, 6-7 pm**

**Fall Flavors: Pumpkin Fever**  
Pumpkin, apple, cinnamon and cloves... embrace autumn's flavors in this cooking class where you will learn healthy fall-inspired recipes.  
**Thursday, Oct. 4, 10:30 - 11:30 am**

**Diabetes-Friendly Appetizers for the Holidays**  
Keep your blood sugar under control while enjoying tasty appetizers at holiday gatherings. Prepare and sample three recipes.  
**Friday, Oct. 5, 10:30 - 11:30 am**

**Savory Flatbreads and Galettes**  
Utilize fresh vegetables and herbs to create delicious flatbreads and galettes to serve as a main dish or an appetizer.  
**Tuesday, Oct. 9, 2 - 3 pm**

**Power of Pumpkin**  
Come and learn about the wonderful health benefits of pumpkins and how to incorporate them into tasty fall recipes.  
**Friday, Oct. 12, 1 - 2 pm**

**Eat Right to Boost Your Mental Health**  
Learn how to combat stress and which nutrients are important for your brain health and the brain-gut connection. Sample wild-caught salmon salad with mushrooms, mixed greens, a homemade salad dressing and walnuts.  
**Tuesday, Oct. 23 or Dec. 18, 1 - 2 pm**

**Heart-Healthy Cooking**  
This class will focus on the DASH (Dietary Approaches to Stop Hypertension) diet, incorporating vegetables, fruits and whole grains into your meal plan.  
**Wednesday, Oct. 24, 10 - 11 am**

**Oats and More Oats!**  
Have fun preparing a variety of dishes with oats.  
**Thursday, Oct. 25, 2 - 3 pm**

**Healthy Gluten Free Eating**  
This class will focus on healthy gluten free substitutions.  
**Thursday, Nov. 8, 10 - 11 am**

**Healthy Holiday Eating**  
Enjoy a healthy holiday with some new recipes to impress your guests.  
**Friday, Nov. 9 or Dec. 14, 1 - 2 pm**

**Fall Salads**  
Create tasty salads featuring seasonal vegetables.  
**Wednesday, Nov. 14, 6 - 7 pm**

**Making Leftovers Work for You**  
Learn how to safely store, reuse and repurpose leftovers.  
**Thursday, Nov. 15, 10 - 11 am**

**Foods That Fight Chronic Inflammation**  
Learn to prepare phytonutrient-rich foods to help reduce inflammation, and sample anti-inflammatory foods you can incorporate into your diet.  
**Tuesday, Nov. 27 or Jan. 29, 1 - 2 pm**

**Breakfast Anytime**  
Antioxidant-rich blueberries and a secret protein make our pancake recipe absolutely irresistible—and nutritious.  
**Wednesday, Nov. 28, 4:30 - 5:30 pm**

**Get the Best Start to Your Day**  
Learn how to make better breakfast food choices that are quick, easy and healthy. A healthy breakfast recipe will be made to sample.  
**Tuesday, Dec. 4, 3 - 4 pm**

**Get the Best Start to Your Day**  
Learn how to combat stress and which nutrients are important for your brain health and the brain-gut connection. Sample wild-caught salmon salad with mushrooms, mixed greens, a homemade salad dressing and walnuts.  
**Tuesday, Oct. 23 or Dec. 18, 1 - 2 pm**

**Freezer Meal Prep Basics**  
Save time in the kitchen by learning how to make quick and healthy meals to freeze for later.  
**Tuesday, Dec. 11, 10 - 11 am**

**Warming Wellness Drinks**  
Recipes for teas, cocoa and elixirs that will warm your spirit and support your health during cold and flu season.  
**Tuesday, Dec. 11, 2 - 3 pm**

**Get the Best Start to Your Day**  
Learn how to make better food choices that are quick, easy and healthy to fuel you for the day. A healthy breakfast recipe will be made to sample.  
**Tuesday, Jan. 8, 3 - 4 pm**

**Aquafaba—Huh?**  
Discover aquafaba, the versatile egg substitute you’ll want to try at home.  
**Wednesday, Jan. 9, 6 - 7 pm**
Grocery Store Tour
Enhance your healthy lifestyle by going straight to the source of a healthy diet—the grocery store. Learn what to look for in products and how to best navigate the store for a healthy stocked fridge and pantry. We will meet at the kitchen and travel to a nearby grocery store.
Thursday, Jan. 10, 10:00-11:30 am
Wednesday, Jan. 16, 6:00-7:30 pm

Speedy Soups
Warm up the new year with a healthy, vegetarian soup recipe.
Friday, Jan. 11, 1-2 pm

Dinners in a Dash
These dinner ideas can be prepared in less than 20 minutes.
Tuesday, Jan. 15, 10-11 am

Probiotics and Prebiotic Eats
Discover the benefits of probiotics and prebiotics, and learn how to incorporate them into your diet without taking a pill.
Wednesday, Jan. 16, 10-11 am

One-Pan Meals
Save time and clean-up by feeding your family healthful one-pan entrées that incorporate vegetables.
Tuesday, Jan. 22, 12-1 pm

It’s a Fish Dish
Join us for an omega-3-rich heart-healthy class to help keep your cholesterol in check.
Wednesday, Jan. 23, 6-7 pm

**Child-friendly classes**

**Weekender Fall Snacks**
Got the munchies on the weekends but don’t want to overdo calories? Try these healthier snacking options. For children ages 8 to 14.
Thursday, Oct. 10, 4:30-5:30 pm

**Fun With Apple Harvest**
Healthy and practical apple recipes your kids will love, including apple pie, oatmeal and apple cider muffins. For children 6 and older with parent.
Tuesday, Oct. 16, 4-5 pm

**Healthy Holiday Appetizers**
Learn how to make holiday hors d’oeuvres that won’t bust your calorie budget. For children 8 to 14.
Wednesday, Nov. 7, 4:30-5:30 pm

**Simple Quick Snacks**
Prepare a homemade snack in 5 minutes. For child(ren) ages 6 and older with parent.
Tuesday, Nov. 20, 10-11 am

**Health & Wellness**

**Courage to Quit™**
Receive support, education and information about addiction, withdrawal, medications, cravings, avoiding triggers, and the health benefits of becoming smoke-free.
Mondays, Oct. 1 - Nov. 12, 9-10 am
Valley West Hospital, Sandwich
Tuesdays, Oct. 16 - Nov. 20, 3:30-4:30 pm
Mondays, Jan. 14 - Feb. 18, 5-6 pm
Kishwaukee Health and Wellness Center, DeKalb
To register, call 815.786.3962
$25/person, refundable if you attend all sessions

**Family & Friends CPR**
This non-certification program teaches basic CPR techniques and how to recognize and respond to infants, children and adults who are choking. Taught by a certified American Heart Association CPR instructor. No written or skills test is required.
Monday, Oct. 8, 5:30-8:00 pm
Kishwaukee Health and Wellness Center, DeKalb
To register, call 815.786.3962

**Managing Your Blood Pressure and Sodium Basics**
Learn how to manage your blood pressure by incorporating components of the DASH Eating Plan. During the four-week session, participants will identify their individual risk factors for high blood pressure, learn dietary strategies to reduce their sodium intake and increase their physical activity. Class participants will have their blood pressure screened at each class, receive weekly educational handouts and a monthly food tracker, and participate in interactive activities focused on sodium reduction.
Wednesday, Jan. 3-24 or Jan. 9-30, 5-6 pm
Valley West Hospital, Sandwich
To register, call 815.786.3962

**Fall Risk Screening**
A physical therapist will perform a comprehensive screen, including a risk factor questionnaire and assessment of gait, balance, strength, sensation and positional blood pressure changes. Adults at high risk of falls will be connected with clinical and community resources for help.
Northwestern Medicine Physical Therapy Center, Sycamore
To schedule an appointment, call 815.748.8900
Valley West Hospital, Sandwich
To schedule an appointment, call 815.786.8550

**TTY for the hearing impaired 815.756.6448**
Support groups

The following support groups are held at Central DuPage Hospital, Delnor Hospital or other locations. Please call the phone numbers listed for dates, times and locations. For more information, visit www.nm.org/westclasses or call 630.933.4324. TTY for the hearing impaired 630.933.4833.

**Addictions**
- Adult Children of Alcoholics 630.258.1887
- Al-Anon and Alateen 630.627.4441
- Alcoholics Anonymous 630.653.6556
- Cocaine Anonymous 773.202.8898
- Heroin Anonymous 331.240.0780
- Narcotics Anonymous 708.848.4884
- Sexaholics Anonymous 630.415.0341
- Young Adult Recovery Group 630.933.4000

**Bereavement**
- Gathering Together, Grieving Together 630.933.6634
- Making Spirits Bright 630.933.4234

**Cancer**
- Footprints Perinatal and Pregnancy After Loss 630.232.2233
- Share Pregnancy and Infant Loss 630.933.4234

**Medical conditions**
- Amputation 630.909.8410
- Caregiver 630.510.2521
- Family Caregiver 630.784.4876
- Fibromyalgia 630.641.6942
- Low Vision 630.690.7115
- Lupus 630.247.2795
- Myasthenia Gravis 800.888.6208
- Ostomy
- Myofascial Pain Syndrome 630.497.2142
- Nociception 630.479.3101
- Osteoporosis 630.909.8410
- Parkinson’s Disease 847.505.3933
- Multiple Sclerosis 630.909.8410
- Pregnancy and Infant Loss 630.933.4234
- Spinal Cord Injury 630.909.8410
- Young Adult Recovery Group 630.933.4000

**Mental health**
- NAMI Connection 630.752.0066
- NAMI Family 630.752.0066

**Neuroscience**
- ALS 630.909.8439
- Aphasia Conversation 630.909.8562
- Caregiver 630.761.9750
- Essential Tremor 630.497.2142
- High Hopes Brain Injury 630.909.8033
- Huntington’s Disease 847.505.3933
- Multiple Sclerosis 630.909.8410
- Parkinson’s Disease
- Marianjoy Rehabilitation Hospital, Wheaton 630.909.8410
- Belmont Village, Carol Stream 630.510.2521
- Stroke
- Northwestern Medicine Medical Office Building, 2900 Foxfield Road, St. Charles 630.933.3278 (FAST)
- Marianjoy Rehabilitation Hospital, Wheaton 630.909.8410
- Teen and Young Adult Brain Injury 630.909.6360

**Weight management**
- Bariatric Surgery 630.938.8266
- Gastric Bypass Surgery 630.933.6745
- Lap-Band® Surgery 630.933.4234