Health and Wellness Programs

Western Suburbs - Summer 2019

Cooking Classes for Children with Special Needs
Teen Program
Fosters Interest in Healthcare Careers

The Northwestern Medicine Discovery Program is a unique two-year program for select high school students to encourage their interest in health care.

Students who are selected for the Discovery Program will have the unique opportunity to participate in activities facilitated by Northwestern Medicine physicians, clinicians and professional staff, including tours, presentations, group discussions and practical hands-on projects. The program also offers students opportunities for leadership, mentorship, networking and community service.

The Discovery Program requires a two-year commitment. Each participant must be a sophomore or junior in high school and have a minimum GPA of 3.0 on a 4.0 scale. Classes are held one Saturday a month from 9 am to noon, November through August. Chapter participation is based on county residency. Applications for the 2019 - 2021 class will be available starting August 1, 2019.

For more information about the Northwestern Medicine Discovery Program or how to apply, please call 630.933.4234, TTY for the hearing impaired 630.933.4833, or visit nm.org.

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.

A menos que se indique lo contrario, necesita inscribirse para asistir a cualquier clase. Para inscribirse llame al 630.933.4234. Las personas con deficiencias auditivas que usan TTY pueden marcar 630.933.4833.

Para programas con tarifas, por favor, pague al momento de inscribirse. Si hay alguna tarifa implicada, el costo se indicará en la descripción de la clase. Si tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, servicios de interpretación, lenguaje de señas o ayuda financiera, por favor, déjenos saber en el momento en que se inscriba. Las tarifas están sujetas a cambios.

If you no longer wish to receive this or other health-related information from Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital, kindly call 877.933.4234 to have your name removed from our list. TTY for the hearing impaired 630.933.4833.
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.

What Is Rheumatology?
Rheumatology is the diagnosis and treatment of diseases arising from inflammation caused by immune system dysfunction. These conditions are usually managed by medications that suppress the immune system. Shaiba Ansari-Ali, MD, a rheumatologist with Northwestern Medicine Regional Medical Group, will explore rheumatic diseases and how to modify risk factors to help prevent them.

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

Getting in Rhythm: Understanding Atrial Fibrillation
Atrial fibrillation (AFib) is the most common cause of irregular heartbeat. Jessica Delaney, MD, an electrophysiologist with Northwestern Medicine Regional Medical Group, will explore AFib and treatment options. She will also discuss why AFib increases stroke risk and steps you can take to help prevent stroke.

Wednesday, June 26
6:00–7:30 pm Dinner Program
Hilton Lisle/Naperville, Lisle
$5/person, non-refundable

Nicotine, Alcohol and Opioids: Effects on Physical and Mental Health
How do tobacco, e-cigarettes, alcohol and opioids affect our physical bodies and also our mental health and mood states? Jeff Johnson, DO, Medical Director of Addiction Services at Central DuPage Hospital, has more than 25 years of experience working with people challenged by substance use disorders. Dr. Johnson will discuss the currently trending substances of abuse and mechanisms of use, such as e-cigarettes and vaping. He will also touch on how they affect health, may lead to dependency (addiction) and relate to co-occurring depression or other mental health disorders.

Wednesday, July 17
6:00–7:30 pm Dinner Program
The Abbington, Glen Ellyn
$5/person, non-refundable

LINX: Solve Reflux for Good
Learn about an exciting treatment option for curing heartburn. LINX is a minimally invasive outpatient procedure that may free you from heartburn without the need for medication. The session will be presented by Anthony Altimari, MD, FACS, a general surgeon with Northwestern Medicine Regional Medical Group.

Wednesday, July 24
6:00–7:30 pm Dinner Program
Arrowhead Golf Club, Wheaton
$5/person, non-refundable

Macular Degeneration: Overview, Prevention and Treatment
Ophthalmologist Vikram Setlur, MD,* Wheaton Eye Clinic, will provide an overview of this aging-related disease that affects central vision, and discuss treatment including medication, laser and surgery. Prevention strategies, such as vitamin supplementation, systemic health control, UV protection and tobacco cessation, will also be discussed.

Wednesday, September 18
6:00–7:30 pm Dinner Program
The Abbington, Glen Ellyn
$5/person, non-refundable

*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.

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.

To register, call 630.933.4234. TTY for the hearing impaired 630.933.4833.

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 prenatal educator.

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 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
Understanding C-Section, $35/course

Birthplace Tours
Enjoy this quick, informative tour of our facilities. Includes a question-and-answer session with a prenatal educator. 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

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. Includes a tour of the Neonatal Intensive Care Unit.

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 obstetric practices, baby care and feeding. Includes a birthplace tour of the Labor and Delivery Unit and Mother and Baby Unit.

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

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
$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/L, CEIM, a pediatric occupational therapist and a certified educator of infant massage. Please bring a baby blanket to class.

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)

Infant Massage

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.

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 Unit.

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)

Babies Need Buddies

Subscribe to NM Parent Connect
NM Parent Connect weekly email is an ongoing source of information to guide you through your pregnancy, infancy and the first three years of your child’s life. Visit nm.org/westparentconnect.
Baby Yoga
Bring your baby (ages 6 weeks to pre-crawling) and enjoy this wonderful way to play. Through positive touch and movement experiences, you will be able to support your baby’s development. Taught by Patti Ideran, OTR/L, CEIM, a certified baby and toddler yoga teacher.

Fridays, 11:15 am - 12:00 pm
Lower Level Conference Room
Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
Six-week session, $60

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
Northwestern Medicine Medical Offices
7 Blanchard Circle, Wheaton

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
Vaccination is offered at no cost for children who are uninsured or covered by Medicaid.

Four days a month, including one Saturday
Delnor Hospital, Geneva
To schedule an appointment, call 630.208.3999.
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).

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, June 15, July 20 or Aug. 17
1:30 – 5:30 pm
Central DuPage Hospital, Winfield
Saturday, June 15, July 20 or Aug. 17
8 am – 12 pm
Delnor Health & Fitness Center, Geneva
$20/person

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? Visit nm.org/west-kits-for-kids for Kits for Kids materials, which contain lesson plans and materials for a parent, Scout leader or teacher to present a lesson. Kits include scripts, worksheets, instructions to provide interactive demonstrations, and general information. Each kit is designed to be used for small or large groups.

Hand-Washing: Your First Defense Against Disease
Seeing is believing! The kit includes a curriculum guide, handouts and activity pages that emphasize the importance of hand-washing. Instructions on how to locate items to facilitate hands-on demonstrations are also available. Designed for preschool through fifth grade.

Ride Smart
This kit is packed with information on bicycle safety and helmet use. It includes a curriculum guide, handouts, coloring pages and instructions for developing hands-on activities. Designed for preschool through second grade.

For kit information, please visit nm.org/west-kits-for-kids.

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.

Call for topics, dates and times

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: Surviving Survivorship
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. Each meeting will cover a different emotion that people may experience. Discussion topics include coping with stress, feelings of isolation and depression, and managing anger and frustration.

Call for dates and times

Living Well After Loss

Good Grief
This group provides emotional support and connection for participants who have experienced the loss of an adult loved one from a cancer diagnosis within the last 12 months.

First three Thursdays of each month 6:30-8:00 pm

Good Grief Transitions
This group provides emotional support and connection for participants who experienced the loss of an adult loved one from a cancer diagnosis more than one year ago.

Second Monday of the month 6:30-8:00 pm

Mindful Grieving: Expressing Grief Through Yoga, Self-Reflection and Discussion Mindfulness
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. This class will include yoga movements. Please wear comfortable clothing.

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

Nutrition

Culinary Comforts
Learn how to manage your diet and get reliable information on many of today’s nutritional hot topics while you enjoy a delicious meal prepared by LivingWell dietitians. Food may contain allergens.

Call for dates 6:00-7:30 pm

Eating Well
This interactive cooking class focuses on the Mediterranean diet, which incorporates primarily plant-based foods for a healthy way of eating. Food may contain allergens.

Call for dates and times

Being Well
This class focuses on wellness and will include a participative demonstration of recipes that promote good health—in mind, body and spirit. Limit 10 participants per class. Meets once a month.

Call for dates and times

Growing Well: Gardening
Fresh produce adds a lot of nutrition to your eating pattern. Try this class to see how to grow some healthy additions to soups, salads and other dishes.

Call for dates and times

Please note
LivingWell classes are for patients, families and caregivers affected by a cancer diagnosis.
Transitions: Nutrition During Survivorship
Learn how to follow a healthy lifestyle by optimizing good nutrition, weight management, exercise and stress reduction to decrease the risk of cancer in this 8-week program during survivorship.
Call for dates, times and locations

Nutrition After Cancer Treatment
Learn nutrition’s role in the risk of cancer recurrence. Join a licensed dietitian to create personalized wellness goals and nutrition plans, and review common questions about nutrition after cancer.
Call LivingWell at 630.262.1111 to set up an appointment for an individual consultation at Northwestern Medicine Cancer Center Delnor or Northwestern Medicine Cancer Center Warrenville.

Hot Topic!
There’s a lot of nutrition information available in the news, on the internet and from well-meaning friends, but sometimes it is difficult to determine what is evidence-based. Hot Topic will provide reliable nutrition information from reputable sources.
Call for dates and times

Young Chefs Cook
Children and teens will learn how to transform farm-fresh healthy foods into delicious snacks, unique school lunches and simple dinners. They will channel enthusiasm and creativity in the kitchen while learning more about eating healthy after cancer. Open to children ages 5 to 18; parents are encouraged to attend.
Tuesdays, 4:30-5:30 pm
Call for dates

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

Journaling and Altered Art
Learn strategies to help put your thoughts and feelings down on paper. You will also be guided in ways to incorporate art into your journal.
Call for class dates and times

Mindful Movement and Fitness

Men’s Fitness and Stretch*
Use hand-held weights and medicine balls for strength training, core strength and balance challenges, and conclude with an overall body stretch.
Call 630.262.1111 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. This is a standing practice.
Call 630.262.1111 for class dates and times

Gentle and Restorative Yoga*
Mat-based yoga and restorative poses can reduce stress, increase flexibility and support healing.
Call 630.262.1111 for class dates and times

Diabetes education programs

Glucagon Administration
All students need trained school staff who can recognize and treat high and low blood glucose, and administer emergency glucagon. This training is offered to school personnel, grandparents and babysitters who care for children with type 1 diabetes.
Wednesday, Sept. 18, 4:00-5:30 pm
351 Medical Office Building
First Floor, Conference Room 4
Delnor Hospital, Geneva
To register, call 630.933.4234.

Diabetes and Enjoying a Burger
Let’s cook up a better burger for blood sugar control and heart health.
Register and join us for a hands-on cooking session with a small group.
Thursday, Sept. 26, 1-2 pm
Community Kitchen
Delnor Hospital, Geneva
To register, call 630.933.4234.

Learn How to Prevent Diabetes
The Diabetes Prevention Program helps you lead a healthier life. Learn about food choices, exercise and weight loss. A trained lifestyle coach leads small group sessions over the course of one year. The program was started by the Centers for Disease Control and Prevention and offers proven results.
Call 630.262.6076 for dates, times and fee.

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

Please note
LivingWell classes are for patients, families and caregivers affected by a cancer diagnosis.

*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.
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.
Saturday, June 1, 8:30 am - 5:00 pm
Saturday, July 13, 8:30 am - 5:00 pm
Central DuPage Hospital, Winfield
Friday, June 7, 8:00 am - 4:30 pm
Wednesday, July 10, 8:00 am - 4:30 pm
Tuesday, July 23, 8:00 am - 4:30 pm
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, June 8, 8:30 am - 5:00 pm
Central DuPage Hospital, Winfield
Thursday, June 13, 8:00 am - 4:30 pm
Wednesday, July 24, 8:00 am - 4:30 pm
Delnor Hospital, Geneva

Neuroscience groups

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

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 Room 3
Central DuPage Hospital, Winfield
630.933.4234

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

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

Resilient Rhythms
The group uses evidence-based exercises designed to improve speech, physical fitness and cognitive fitness through singing, drumming, improvisational instrument play and more. 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

Orthopaedic classes

Joint Adventures: The Pre-op Class
This is a pre-operative class highly recommended for patients (and a coach/support person) who are 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

Stroke Prevention and Response – Become a Stroke Superhero
Stroke is the No. 1 cause of disability and No. 5 cause of death in the country. Someone experiences a stroke every 40 seconds. Become a stroke superhero by arming yourself with the knowledge and skills to protect yourself and others from stroke.
Tuesdays, June 11, July 9, Aug. 13 or Sept. 10, 6 - 8 pm
Central DuPage Hospital, Winfield
630.933.4234

To register, call 630.933.4234  TTY for the hearing impaired 630.933.4833
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 a certified personal 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!

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.

Feeding Group
For those children who are considered “picky eaters,” feeding groups focus on guiding children through exploration of food shapes, flavors, textures and temperatures.

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 Pool Groups
Parents join their child 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.

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.
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.

Call 630.938.9000 for dates and times
$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.

American Red Cross Lifeguarding
ARC Lifeguarding is a Blended Learning Certification Class in which lifeguard candidates complete 7.5 hours of online training before mastering in-water rescue skills. The in-water skill sessions will be held over three days for the completion of the certification process.

$275/participant for in-water training
$100/participant for currently certified ARC Lifeguards to recertify for a two-year period
Contact Ginny Schwartz of Power Wellness at 630.785.5110 or gschwartz@powerwellness.com for directions on accessing the online class.
Delnor Health & Fitness Center, Geneva
To register, call 630.938.9000.
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, June 3, July 1, Aug. 5 or Sept. 9**, 5:30–6:30 pm
- **Friday, June 28, July 26, Aug. 23 or Sept. 27**, 11 am–12 pm

Central DuPage Hospital, Winfield
To register for a session at Central DuPage Hospital, call 630.933.4234.

**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.

- **Wednesday, June 5 or 19, July 3 or 17, Aug. 7 or 21, Sept. 4 or 18**, 5:30–6:30 pm
- **Wednesday, June 12, July 10, Aug. 14 or Sept. 11, 9–10 am**

Delnor Hospital, Geneva
To register for a session at Delnor Hospital, 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

**Weight Management Fitness Programs at Kishwaukee Hospital**
Call 630.938.8266 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)
  Kishwaukee Hospital, Dekalb

**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)
  Kishwaukee Hospital, Dekalb

**Hungry for Health**

The Delnor Community Kitchen is a place for people 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. Plan to be working with a Delnor Hospital dietitian to experience this fun cooking opportunity. 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.

**Hungry for Health**

**Weight management**

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  Kishwaukee Hospital, Dekalb

**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
Nutritious Fermented Foods!
Learn about the benefits of consuming probiotics naturally from foods and the art of making homemade yogurt, kefir, kombucha tea and fermented vegetables.

Tuesday, June 11, 2 - 3 pm

Making a Recipe Your Own
Unlike baking, cooking is not a science. Learn how to enhance already existing recipes by adding healthy ingredients and moreover, make the recipe your own. Gain confidence in the kitchen knowing you do not always have to follow recipes to a T.

Wednesday, June 12, 5:30 - 6:30 pm

Diabetes and Oodles of Noodle Types
Let’s be adventurous together and try several kinds of noodles that you may not have brought into your kitchen yet. We will discuss the benefits of these options as well.

Thursday, June 13, 6 - 7 pm

Summer Charcuterie
Charcuterie can serve as the best party guest that helps to promote fun and conversation amongst your guests. Charcuterie serves as an appetizer where everybody partakes and is served on a platter or wooden carving board.

Tuesday, June 18, 10:00 - 11:30 am

Dressed Up Vegetables
Learn how to prepare veggies using steaming, blanching, stir-frying, flash sautéing, and in the raw methods, and how to create homemade salad dressings to pair them with!

Tuesday, June 25 or Aug. 6, 2 - 3 pm

Mediterranean Meals
Learn how to incorporate a plant-based diet into your lifestyle.

Wednesday, June 26 or Sept. 18, 1 - 2 pm

Star-Spangled Delights
Red, white and blue savory and sweet goodness with a patriotic flair.

Tuesday, July 9, 2 - 3 pm

Diabetes and Enjoying a Burger
Let’s cook up a better burger for blood sugar control and heart health.

Friday, July 12, 10:30 - 11:30 am

Foods That Fight Chronic Inflammation
Learn how to adopt a healthy diet, in addition to other healthy lifestyle behaviors, that can dramatically decrease low-grade inflammation effects on your body.

Tuesday, July 16, 2 - 3 pm

It’s a Fish Dish
If you have missed this class in the past, join us for an omega-3-rich, heart-healthy class to help keep your cholesterol in check. Learn to prepare three fish dishes.

Thursday, July 18, 6 - 7 pm

Menu Planning
Learn how to plan and organize your family meals on a weekly basis to save time and money!

Wednesday, July 24, 1 - 2 pm

Take a Dip With Fondue
Chocolate, cheese and savory fondue! “Dip” into goodness, entertain your guests and enjoy the festivities.

Thursday, Aug. 8, 2:00 - 3:30 pm

Knife Skills 101
Sharpen your culinary skills in this hands-on technique class.

Wednesday, Aug. 14, 6 - 7 pm

Back-to-School Nutrition
Learn how to prepare healthy breakfasts, lunches and snacks for in-classroom fuel.

Thursday, Aug. 15, 10:30 - 11:30 am

Plant-Based Proteins
Consuming a plant-based diet has many benefits. However, it can be tricky to get adequate amounts of protein. This class will teach you about the many types of plant-based proteins out there and how you can incorporate them into your favorite recipes.

Tuesday, Aug. 20, 10 - 11 am

Picnic Style
What fun to have a picnic! Prepare fresh picnic foods that will likely inspire you to picnic foods that will likely inspire you to plan and pack a picnic basket and enjoy the outdoors.

Wednesday, Aug. 21, 2:00 - 3:30 pm

Heart Healthy
Learn how to prepare meals following the DASH diet, emphasizing plant-based ingredients for the prevention and treatment of heart disease. This topic has been covered in previous classes, but this class will use new recipes that incorporate summer vegetables.

Tuesday, Aug. 27, 10 - 11 am

Healthy Pizzas
Learn how to make pizzas healthy and tasty in the comfort of your own home.

Wednesday, Aug. 28, 1 - 2 pm

Smoothies: A Healthy and Delicious Way to Get Your Fruits and Veggies
Smoothies can be a recipe for disaster and be full of empty calories, or they can be an easy, healthful way to meet your nutrient needs for the day. Learn how to make healthy smoothies with better ingredients.

Wednesday, Sept. 11, 2 - 3 pm

Curry in a Hurry: Intimidated by the Thought of Making Curry?
Feel like it may be too complex? Not in this class. Learn how to make healthy, wholesome, tasty curry recipes in less time. Recipes may include carrot curry soup, chickpea curry and Thai yellow chicken curry.

Tuesday, Sept. 17, 10 - 11 am

Salad Dressings
Learn how to make homemade salad dressings, including favorites such as Italian and creating your own dressing. We’ll also discuss how to pair dressings with specific lettuces and how homemade dressings compare with store-bought dressings. We will be working with The Olive Mill, Geneva.

Thursday, Sept. 19, 10 - 11 am
SUMMER 2019 PROGRAMS > CLASSES

A-maize-ing Corn Dishes
Enjoy a variety of seasonal corn dishes, from a creamy polenta bar to fresh corn salad, and celebrate an end to the harvest.

Tuesday, Sept. 24, 1-2 pm

Nutritious and Delicious Desserts
Participants will learn how to make two dessert recipes featuring heart-healthy ingredients: avocado and dark chocolate.

Wednesday, Sept. 25, 5:30–6:30 pm

Child-friendly classes

Kids’ Pizza Night! Healthy Pizza Options
Explore options with meat and without meat using delicious fresh herbs. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Wednesday, June 19, 4:30–5:30 pm

Learning to Love Vegetables
In this class, kids will learn how to transform broccoli into tasty tots, and discover a super simple recipe for cucumber salad. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Wednesday, July 10, 4:30–5:30 pm

Snack Options: More Than Fish Crackers
Kids need snacks because they get hungry between meals, and they love those crunchy, cheesy crackers. But what else is there? This class will help kids learn how to make snacks that they enjoy and parents approve. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Thursday, July 11, 10–11

Healthy Desserts
Try using healthy types of chocolate and fresh berries as a way to add sweetness to your healthy meals – decreasing inflammation and increasing antioxidants. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Wednesday, July 17, 4:30–5:30 pm

Food Allergy Foodies: Breakfast Basics
This course will review the basics of food allergies while participants learn to make some tasty breakfast items. Inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Tuesday, July 23, 10–11 am

Food Allergy Foodies: Supper and Safety
This course allows participants to learn tips for staying safe at restaurants and social events while preparing simple dinner items. Inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. For children ages 6 to 17 years old, Parent must attend with 6- to 10-year-olds.

Wednesday, Sept. 4, 4:30–5:30 pm

NEW! Cooking Classes for Children With Special Needs
Cooking can be fun and help kids opt for healthier food choices. Delnor Community Kitchen will now provide exciting new cooking classes for children with special needs in our community. Children will learn how to use kid-friendly utensils to cut up homemade tortilla chips to serve with fruit salsa, or chop fresh herbs to add along with simple toppings to pizza. Join in the fun of healthy cooking! Our first set of classes is for children ages 3 to 5 and 6 to 15 on the Autism spectrum.

Wednesday, Sept. 18, 10–11 am

And More...

Kids’ Meals, Mediterranean-Style
The Mediterranean Diet can be kid-friendly and healthy for the whole household. Try your hand at making some meals with healthy fats and delicious plant-based proteins.

Wednesday, Aug. 7, 10–11 am

Taco Wednesday
Exploring healthy taco options with meat and without – using delicious fresh herbs. This session focuses on children with special needs.

Wednesday, Sept. 18, 10–11 am

Taste Heroes on the Autism Spectrum (Ages 6 to 15)
Pizzas!
Explore healthy pizza options with meat and without – using delicious fresh herbs.

Wednesday, June 19, 12-1 pm

Healthy Desserts
Try using healthy types of chocolate and fresh berries as a way to add sweetness to your healthy meals – decreasing inflammation and increasing antioxidants.

Wednesday, July 17, 12–1 pm

Kiddos’ Meals, Mediterranean-Style
Kids’ Meals, Mediterranean-Style
The Mediterranean Diet can be kid-friendly and healthy for the whole household. Try your hand at making some meals with healthy fats and delicious plant-based proteins.

Wednesday, Aug. 7, 12-1 pm

Taco Wednesday
Exploring healthy taco options with meat and without – using delicious fresh herbs. This session focuses on children with special needs.

Wednesday, Sept. 18, 4-5 pm
Cooking classes in Greater DeKalb County

Unless otherwise noted, the following classes will be held at Northwestern Medicine Leishman Center for Culinary Health at Kishwaukee Hospital, 1 Kish Hospital Drive, DeKalb. To register for classes at the Leishman Center, visit kish-calendar.nm.org or call 815.748.8962.

**Eat to Beat: Diabetes**
Learn how to apply the power of your plate to help prevent and manage diabetes.
**Thursday, June 6, 10-11 am**
$10/person

**Basic Knife Skills**
Learn how to handle knives in the kitchen and proper cutting techniques while preparing simple recipes.
**Tuesday, June 11, 6-8 pm**
$20/person

**Simple Summer Entertaining**
Learn to prepare simple dishes for summer entertaining in a snap!
**Tuesday, June 18, 6-7 pm**
$10/person

**Eat to Prevent Osteoporosis**
Learn what you should include in your diet to keep your bones as healthy as possible.
**Thursday, June 27, 10-11 am**
$10/person

**“Smart” Food for Your Brain**
Learn which foods help keep you sharp as you age.
**Wednesday, July 17, 6-7 pm**
$10/person

**Managing Acid Reflux**
Learn about risk factors for acid reflux, prevention and food that can soothe your stomach.
**Thursday, July 18, 6-7 pm**
$10/person

**Healthy Mom, Healthy Baby**
Learn how food can fuel you as a new mom while helping to prevent diabetes and aiding in building your milk supply.
**Thursday, Aug. 8, 10-11 am**
$10/person

**Healthy Cooking Bootcamp**
During this two-session class, learn about the pillars of health with a focus on simple cooking for optimal nutrition. Prepare simple recipes for breakfast, lunch and dinner.
**Tuesday and Wednesday, Aug. 13 and 14, 6-8 pm**
$40/person

**The Importance of Choline in Your Diet**
Learn about sources of choline and how much of this essential nutrient you should include in your diet.
**Thursday, Aug. 15, 6-7 pm**
$10/person

**Cooking With Five Ingredients or Fewer!**
As a person on the go, you may find it’s difficult to eat healthy all the time. Join Rachel Koroscik, healthy culinary coordinator, for this one-hour demonstration on how to create delicious, healthy recipes using five ingredients or fewer to save time and money.
**Tuesday, Sept. 10, 6-7 pm**
$10/person

**Eat to Beat: Cancer**
Learn how food can help prevent cancer.
**Thursday, Sept. 12, 10-11 am**
$10/person

**All About Magnesium**
Learn how and why to incorporate magnesium into your diet, and discuss symptoms of magnesium deficiency.
**Thursday, Sept. 26, 10-11 am**
$10/person
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 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 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

**Cancer**

- Share Pregnancy and Infant Loss 630.933.4234
- **Brain Tumor Resource and Support**
- Breast Cancer
- Club Courageous *(for children ages 7 to 13)*
- Grief Support
- Lymphoma
- Lymphedema
- Us TOO Prostate Cancer

**Medical conditions**

- **Amputation** 630.909.8410
- **Caregiver** 630.510.2521
- **Family Caregiver** 630.784.4876
- **Fibromyalgia** 630.641.6942
- **Lupus** 630.247.2795
- **Myasthenia Gravis** 800.888.6208
- **Ostomy**
  - Delnor Hospital, Geneva 630.208.4460
  - Advocate Good Samaritan Hospital, Downers Grove 630.479.3101
  - Advocate Sherman Hospital, Elgin 847.741.6513
  - Fox Valley, Aurora 630.898.4049
- **Pediatric Congenital Heart Defects** 630.933.4234
- **Spinal Cord Injury** 630.909.8410

**Bereavement**

- Gathering Together, Grieving Together 630.933.6634
- Footprints Perinatal and Pregnancy After Loss 630.232.2233

**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
- **Bariatric Pre-operative** 630.933.6745
- **Gastric Bypass and Gastric Sleeve Post-Op** 630.933.6745