Registration is required for all classes unless otherwise noted. To register, please call 877.236.8347, TTY 711.

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 are subject to change.

A menos que se indique lo contrario, necesita inscribirse para asistir a cualquier clase. Para inscribirse llame al 877.236.8347, TTY 711.

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 McHenry Hospital, Northwestern Medicine Huntley Hospital or Northwestern Medicine Woodstock Hospital, kindly call 877.236.8347 to have your name removed from our list. TTY for those who are deaf or hard of hearing, 711.
Northwestern Medicine
McHenry Hospital
4201 West Medical Center Drive
McHenry

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

Northwestern Medicine
Huntley Hospital
10400 Haligus Road
Huntley

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

Northwestern Medicine
Huntley Health & Fitness Center
10450 Algonquin Road
Huntley

McHenry County Mental Health Board
620 Dakota Street
Crystal Lake

Northwestern Medicine
Crystal Lake Medical Arts
360 Station Drive
Crystal Lake

Northwestern Medicine
Woodstock Hospital
3701 Doty Road
Woodstock
Close to home

All classes are conveniently located in the northwest suburbs near major highways. If you have questions about the location of a class or require more detailed directions, call us at 877.236.8347, TTY 711.

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

Pregnancy, childbirth and baby

Understanding Birth
Join us for this four-week series designed to prepare you and your support person for the birth of your baby. It is recommended to take this class between the sixth and eighth month of pregnancy. Topics include variations in labor and delivery, pain management, basic baby care, and car seat safety. This is not a Lamaze or Bradley-style birthing class.

Sessions will be conducted in a virtual format.

Please call for more information and to register.
$75/couple

Expectant Parent Tours
Please call to inquire about availability.
McHenry Hospital, McHenry
For more information, call 815.759.4850.
Huntley Hospital, Huntley
For more information, call 224.654.0330.
Understanding Breastfeeding
International board-certified lactation consultants provide guidance for parents on the importance of breastfeeding, where to find evidence-based information and support, and how labor decisions can affect your breastfeeding experience.

Sessions will be conducted in a virtual format.

Please call for more information and to register.
$40/couple

Moms Breastfeeding Group
Bring your baby and meet other breastfeeding moms to receive support, encouragement and assistance with issues you and your baby may be having with feeding. Topics are guided by a Northwestern Medicine lactation specialist. There is no cost to attend.

Tuesdays, 1:30-2:30 pm
McHenry Hospital, McHenry

Wednesdays, 4:30-6:30 pm
Huntley Hospital, Huntley

Please call for more information and to register. To reserve your seat, registration must be received by 9 am the day of the support group.

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

Availability varies by location.
McHenry Hospital, McHenry
For fees and to schedule an appointment, call 815.759.4839.
Huntley Hospital, Huntley
For fees and to schedule an appointment, call 224.654.0360.

This session will be held online.
Weight management

Weight Loss Surgery Information Session
If obesity is keeping you from living the life you want to live, learn more about weight loss surgery options.

Saturdays, Jun. 12, Jul. 10, Aug. 14 or Sept. 11
10 am–12 pm
Fridays, Jun. 18, Jul. 16, Aug. 20 or Sept. 17
12–1 pm
Wednesdays, Jun. 23, Jul. 28, Aug. 25 or Sept. 22
6–8 pm
Sessions will be conducted in a virtual format.

For more information and to register for a Weight Loss Surgery Information Session, call 847.802.7230.

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

Mondays, Jun. 14, Jul. 12, Aug. 9 or Sept. 13
6-8 pm
Sessions will be conducted in a virtual format.

For more information, call 847.802.7230.

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

Remote telehealth plans and in-person plans available.

For more information, visit nm.org/nwhmr or call 847.802.7046.

* Average weight loss at 26 weeks is 43 to 66 pounds for HMR Decision-Free® and 28 to 37.5 pounds for patients in the Healthy Solutions® clinic who completed at least 12 weeks or more of the program.

Northwestern Medicine registered dietitians offer a variety of programs as well as consultations to help you incorporate healthy habits into your daily routine. Dietitians develop personalized meal plans based on your medical, cultural and nutrition history. Plans can be tailored for weight management, food allergies, sports nutrition, heart health and more.

For information about insurance coverage or to learn more, call 815.334.5566.
**Cancer activities**

LivingWell Cancer Resource Center, part of Northwestern Medicine, provides programs and services to people affected by a cancer diagnosis. Thanks to generous donations from the community, LivingWell is able to offer all of its programming at no charge.

This season, LivingWell is offering a hybrid of online and on-site programs, support groups, counseling and social work services. All on-site offerings will comply with federal, state and local safety guidelines.

To view and sign up for LivingWell programs and services, visit our website at [livingwellcrc.org](http://livingwellcrc.org) and follow us on Facebook at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

View LivingWell’s recorded medical discussions and wellness/relaxation classes on our YouTube channel at [youtube.com/c/livingwell.crc](https://youtube.com/c/livingwell.crc).

LivingWell is located at 442 Williamsburg Avenue in Geneva.

**Cancer Education and Support**

This monthly group is designed to support individuals who have been affected by cancer.

**First and Third Wednesday of each month**

3:30–4:30 pm

Sessions will be conducted in a virtual format.

For more information and to register, call 815.344.8000.
Diabetes Support Group
Certified diabetes educators lead this monthly support group. Participants discuss topics and receive support related to diabetes and overall wellness. Open to people with prediabetes or diabetes or those in a supportive role who are affected by diabetes, such as family, friends or caregivers. No registration required.

Tuesdays, Jun. 22, Jul. 27, Aug. 24 or Sept. 28
5:30 – 6:30 pm
Huntley Health & Fitness Center, Huntley Conference Room - Enter on the side of the building through the doorway labeled Diabetes and Weight Management. The conference room is the third door on the left.

For more information, call 815.356.2382.

Stay on top of your health with the MyNM app.
The MyNM® app puts your health information and patient account at your fingertips.

Text MYNM to 43506 to download the app.
Counseling and support

Survivors of Suicide Loss Support Group
This support group is for those 18 and older who have lost a loved one to suicide. No registration required.

First Thursday of each month
Third Wednesday of each month
7 - 9 pm
Conference Room D
McHenry County Mental Health Board, Crystal Lake
For more information, call 815.206.3459.

Behavioral Health Services in the Northwest Suburbs
Northwestern Medicine offers a full continuum of quality services from clinical psychologists and licensed mental health professionals who assess and treat mental health and substance disorders. People with chronic medical conditions can get help in coping with life stressors that affect overall health and well-being. Psychologists and counselors take a holistic approach to treatment that combines emotional, physical, mental and spiritual elements of care.

For more information, visit nm.org or call 815.338.6600 to schedule an appointment for outpatient assessment.
Supporting You and Your Organization During Times of Uncertainty

Researchers in the field of disaster mental health warn that the emotional and psychological effects of the COVID-19 pandemic will have an enduring impact on humanity. Critical incident stress management (CISM) is a strategic approach to fostering resilience in people in times of crisis and disaster. The CISM continuum of care is the most commonly used strategic planning system for disaster mental health, with the goal of promoting wellness through planning and preparation, providing resilience-building interventions, and supporting access to treatment rehabilitation.

Offered in collaboration with the McHenry County Mental Health Board, Northwestern Medicine, and other community partners, CISM interventions are designed to help your organization navigate this difficult time with early interventions to enhance individual and organizational resilience. Interventions may include education, one-on-one or family sessions, and pastoral care. Additional options include small group interventions such as crisis management briefings and critical incident stress debriefings.

Goals of these resilience-building interventions:
- Lessen the psychological and emotional impact of the current COVID-19 pandemic
- Identify normal stress reactions
- Encourage a natural recovery process and skill-building
- Support individuals and organizations in restoring adaptive functioning skills
- Determine need for further support

To schedule a CISM intervention for your organization, contact Jenn Balleto at 815.206.3459.
Health and wellness

Community Lipid Screenings
Get your blood pressure checked and have a fasting blood test (finger stick) for cholesterol, triglycerides and glucose levels. Receive education with your results. **Participants should fast a minimum of 8 hours prior to screenings, with nothing to eat or drink except water.**

**Wednesday, Jun. 2 or Aug. 4**
6:30 – 9:00 am
Huntley Health & Fitness Center, Huntley

**Wednesday, Jul. 7 or Sept. 1**
6:30 – 9:00 am
Crystal Lake Medical Arts, Crystal Lake

To schedule an appointment, call 815.788.2269.

$30/person - fitness center member
$35/person - non-member

Courage to Quit®
This seven-week program focuses on the behavioral approach to quitting smoking and offers countless techniques to learn how to give up smoking for good. There is no cost to participate. **Participants should be at least 18 years of age.**

**Tuesdays, Jul. 13 - Aug. 24**
6 - 7 pm
Crystal Lake Medical Arts, Crystal Lake

For more information or to register, call 815.788.2269.

Lifesaving Screening Packages
Heart disease and stroke are the leading causes of death, affecting one person every 40 seconds. The Northwestern Medicine Wellness on the Move Mobile Health Unit makes it convenient to identify your risk and to get screened for other potential health issues. Some tests may require fasting. A physician order is not required.

**Wednesday, Jun. 10 or Aug. 19**
9 am - 3 pm
Crystal Lake Medical Arts, Crystal Lake

**Wednesday, Jul. 8 or Aug. 26**
9 am - 3 pm
Woodstock Hospital, Woodstock

**Wednesday, Jul. 22**
9 am - 3 pm
Huntley Hospital, Huntley

To schedule an appointment, call 815.788.2269.

$129 - $299/person
Wellness for kids

**Teen Echo Screening**
Many active teenagers do not show symptoms of heart abnormalities, yet they could still be at risk for cardiac arrest or even death. A simple heart screening known as an echocardiogram can help identify risk. **Screenings are for teens ages 13 to 18.**

To schedule an appointment, call 815.788.2269.

$85/child

Community event

**Safe Sitter Essentials®**
This internationally recognized babysitting program prepares 11- to 13-year-olds with the safety, first aid, and life skills necessary to care for children. There is no cost to participate. Includes Safe Sitter backpack, manual and supplies.

**Friday, Jun. 18 or Aug. 13**
9 am - 3 pm

Sessions will be conducted in a virtual format.

Backpack, manual and supplies should be picked up from Northwestern Medicine Woodstock Hospital one week prior to class.

For more information and to register, call 877.236.8347.
McHenry Hospital
4201 West Medical Center Drive
McHenry, Illinois 60050

Huntley Hospital
10400 Haligus Road
Huntley, Illinois 60142

Woodstock Hospital
3701 Doty Road
Woodstock, Illinois 60098

nm.org