

Health and Wellness Programs

Western Suburbs - Summer 2021



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Registration is required for all classes unless otherwise noted. To register, go to classes.nm.org or call 630.933.4234.

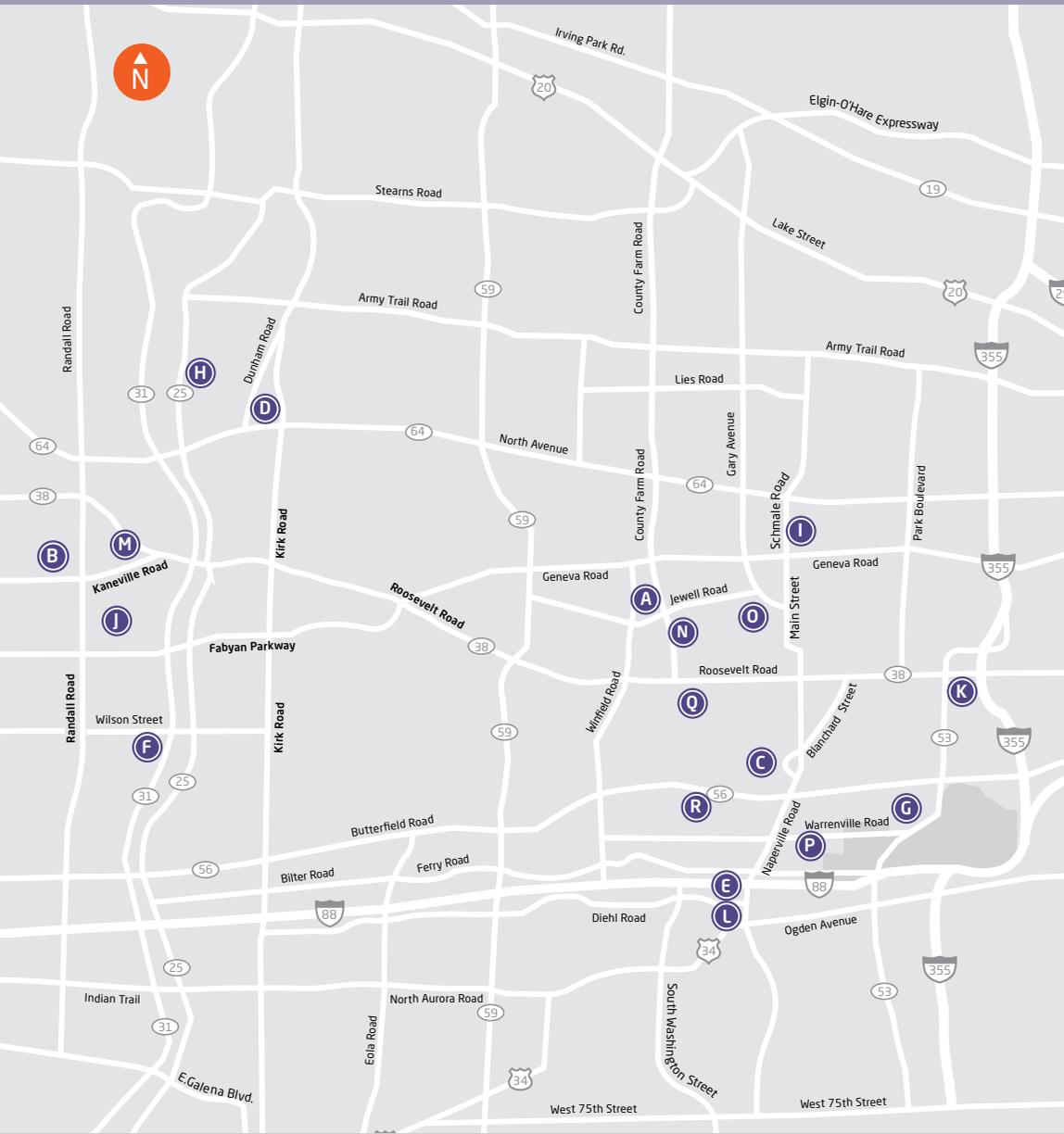
For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs, including but not limited to physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at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

Es obligatorio inscribirse para todas las clases, a menos que se indique lo contrario. Para inscribirse, visite classes.nm.org o llame al 630.933.4234.

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.

- A** Northwestern Medicine
Central DuPage Hospital
25 North Winfield Road
Winfield
- B** Northwestern Medicine
Delnor Hospital
300 Randall Road
Geneva

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 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
- R** Arrowhead Country Club
26W151 Butterfield Road
Wheaton



Close to home

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: 711).



Dinner with the Doc Paused Due to Pandemic

The doctor will see you... soon. The Northwestern Medicine Dinner with the Doc lecture series is temporarily on hold because of the COVID-19 pandemic. Covering a variety of topics from sleep, cancer, joint pain and what goes on behind the scenes at the hospital, Dinner with the Doc is a popular series with those looking to learn more about medicine through the eyes of an expert while enjoying a night out. Dinner is provided, and the evening ends with a question-and-answer session with the physician.

Visit classes.nm.org for the most up-to-date information on programs like Dinner with the Doc.

Get informed. Get inspired. Be well.

To help you and your family stay healthy, Northwestern Medicine offers wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and weight control. Classes are available for both children and adults.

Pregnancy, childbirth, baby and parenting

Understanding Birth Class

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 from a certified childbirth educator. 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
\$60/couple

Understanding Your Newborn Class

Prospective parents, grandparents and caregivers will enjoy learning the basics of infant care. We focus on parents' expectations and questions, and help you understand 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 Class

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 interactive, web-based classes use videos, personal stories, animations, activities and games to teach essential information regarding the topic. The course link is emailed to you when you register. Once you open the link, you have access to the course for 270 days. All courses are nonrefundable.

Understanding Birth, \$60/course
Understanding Your Newborn, \$35/course
Understanding Breastfeeding, \$35/course
Understanding C-Section, \$35/course
Understanding Multiples, \$35/course



This session will be held online.



Birthplace Tours

Enjoy this quick, informative tour of our facilities. Includes a question-and-answer session with a prenatal educator. Adults only please. For a virtual tour of Delnor Hospital, go to [nm.org](https://www.nm.org), Conditions and Services, Women's Health, Obstetrics and Gynecology. On the right, see Related Videos, and choose Tour the NewLife Maternity Center - Delnor Hospital.

Call for dates and times.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Pregnancy and Labor Comfort Measures Class

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 used as a refresher for those who have experienced childbirth.

Call for dates and times.

Central DuPage Hospital, Winfield
\$35/couple

Boot Camp for New Dads Workshop

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.

Saturday, 9:00 am-12:30 pm

Delnor Hospital, Geneva

Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles

\$30/class (*includes T-shirt as available and Crash Course Dads-to-Be book*)

**Understanding Multiples Class**

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 Class

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
\$15/person

Prenatal Lactation Outpatient Visit: Delnor Hospital Virtual Appointment

Schedule a one-on-one appointment on or around your 28th week of pregnancy with a registered nurse and international board-certified lactation consultant. You receive personal assistance, information and education to support your feeding choice. The prenatal lactation visit is covered by most insurance providers. To schedule an appointment, call Delnor Hospital Lactation Program Services at 630.208.4068.

Understanding Grandparenting Class

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 Class

It is estimated that eight 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 Tour

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 them 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)

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 of each month**10-11 am**

Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
Four-week session, \$40/four 60-minute classes (may register any time during the four-week session, fee will be prorated)



Baby Yoga

Bring your baby (ages 6 weeks to pre-crawling) and enjoy this wonderful way to play. Through positive touch and movement, you will be able to support your baby's development. Taught by Patti Ideran, OTR/L, CEIM, pediatric occupational therapist and a certified baby and toddler yoga teacher.

Friday, 11:15 am - 12:00 pm

Lower Level Conference Room
Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
Six-week session, \$60/six 60-minute
classes (*may register any time during the
six-week session, fee will be prorated*)

Prenatal/Postnatal 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.

Tuesday, 7:30 - 8:30 pm

HealthTrack Sports Wellness, Glen Ellyn
Six-week session, \$48/six 60-minute
classes (*may register any time during the
six-week session, fee will be prorated*)

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

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; please call 630.933.4234 to confirm.

Thursdays, 11:00 am-12:30 pm, and 6:30-8:00 pm

Women and Children's Lower Level Conference Room 3
Central DuPage Hospital, Winfield

Breastfeeding Connection Support Group

Facilitated by a lactation consultant, this informal setting is a great way for new moms to exchange information and experiences about breastfeeding. A scale is available for you to weigh your baby. No registration is required; please call 630.933.4234 to confirm.

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 registered nurse and lactation specialist. No registration is required; please call 630.933.4234 to confirm.

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).

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

TTY: 711



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](https://www.nm.org/west-kits-for-kids) for Kits for Kids materials, which contain lesson plans and materials for parents, Scout leaders or teachers 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.

Nutrition and Fitness

This kit provides information for groups on the importance of proper nutrition and daily physical activity. It contains a curriculum, worksheets and additional resources. 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](https://www.nm.org/west-kits-for-kids).



Cancer activities

LivingWell Cancer Resource Center, part of Northwestern Medicine, provides programs and services for 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 are subject to Centers for Disease Control and Prevention (CDC) guidelines and Governor Pritzker's Restore Illinois plan.

To view and join LivingWell programs and services, visit our website at livingwellcrc.org and follow us on Facebook at facebook.com/livingwellcrc.

View LivingWell's recorded medical discussions and wellness/relaxation classes on our YouTube channel at youtube.com/c/livingwellcrc.

LivingWell is located at 442 Williamsburg Avenue in Geneva.

Live Medical Discussions

Participate in live cancer-related discussions with top oncologists and other thought leaders on LivingWell's Facebook page and webinars. 

Art and Meditation Classes

LivingWell's art and meditation classes offer creative ways to experience relaxation. Learn techniques for addressing stress and finding calm while also expressing your creativity.

Nutrition

Learn how to cook and eat healthy meals to reduce cancer-related side effects and live well throughout a cancer journey. Services are provided by Northwestern Medicine registered dietitians.

Fitness and Yoga Classes

Designed to support you during and after cancer treatment, LivingWell fitness and yoga classes are modified by our expert instructors to meet a variety of needs and support healing.

(To participate, you must have a completed LivingWell New Participant Form and Medical Release Form on file, which can be found at livingwellcrc.org.)



This session will be held online.

Wig Boutique

LivingWell offers wigs at no cost to patients with cancer who are experiencing hair loss as a result of treatment. To schedule a wig consultation, visit livingwellcrc.org.

Support Groups

Connecting with others who understand your cancer journey is important, whether you have cancer or you are supporting someone through a diagnosis. LivingWell offers general, cancer-specific, caregiver, and grief support groups that are facilitated by licensed mental health professionals. The LivingWell survivorship series includes educational and group-oriented opportunities. Email counseling@livingwellcrc.org to learn which groups best fit your needs and to register.

Counseling

The emotional experience of cancer treatment can be as challenging as the physical experience. Licensed clinical professional counselors can help patients and caregivers talk about their thoughts, feelings, and reactions to a diagnosis. Email counseling@livingwellcrc.org to set up a consultation.

Social Work

LivingWell's licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help you address logistical concerns about transportation and lodging, and manage household finances and employment challenges. Social workers are also available to help patients and caregivers cope after a diagnosis and treatment changes. Email socialwork@livingwellcrc.org to set up a consultation.

Please note

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





Diabetes education programs

Overcoming Barriers to Staying Active With Diabetes

Physical activity is an important component of diabetes self-management. It can be difficult to start and maintain an exercise routine. This program addresses five common barriers to physical fitness and offers strategies to overcome them. The event is facilitated by Nicole Knecht, MS, RDN, LDN, a registered dietitian and diabetes care and education specialist, and fitness enthusiast. Let's call out challenges and put research-based actions into play that will change your lifestyle. Call 630.933.4234 to sign up for this event. To sign up for an email list about future no-cost diabetes care events, typically held three to four times each year, email kathryn.winans@nm.org.

Learn How to Prevent Type 2 Diabetes

Do you have prediabetes, or are you at risk of developing Type 2 diabetes? Our lifestyle change program, recognized by the CDC, is proven to cut the risk of Type 2 diabetes by more than half. Participating in this program will encourage weight loss and other healthy changes to your lifestyle, lowering your risk of Type 2 diabetes, heart attack and stroke. A trained lifestyle coach leads small group sessions over the course of one year.

Call 630.262.6076 for dates, times and fee.

Mental Health First Aid

Organize a virtual Mental Health First Aid class for your company, group or organization. Call 630.933.4234.

Mental Health First Aid for Youth

Discover more about mental health and how to help a young person (ages 12 to 18) who may be experiencing a mental health problem. The eight-hour training includes two hours of self-paced coursework followed by an instructor-led virtual class.

Call for dates and times.

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. The eight-hour training includes two hours of self-paced coursework followed by an instructor-led virtual class.

Call for dates and times.

Neuroscience groups

Registration required

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. Virtual class.

First Thursday of each month, 
10-11 am
630.933.4234

Parkinson's/Movement Disorders

Education and support for people living with Parkinson's disease or other movement disorders. Virtual class.

Third Thursday of each month, 
10:30-11:30 am
630.933.4234

Stroke

For individuals who have experienced a stroke and for their family members.

Fourth Wednesday of each month
4-5 pm

Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
630.933.3278 (FAST)

 *This session will be held online.*

To register, go to classes.nm.org or call 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.

Call for dates and times.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

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 8, July 13, Aug. 10 or Sept. 14, 6-7 pm 

Virtual classes or at Central DuPage Hospital, Winfield

630.933.4234

Why Quit Smoking?

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.

Smoking cessation

Stop Smoking, Clear the Air

This short virtual 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. 

**First Thursday of each month
9:00-10:30am**

**Third Wednesday of each month
3:30-5:00pm**

Register to receive your online invitation

Courage to Quit®

Receive support, education and information about addiction, withdrawal, medications, cravings, avoiding triggers and the health benefits of being smoke-free during this 3-week online course. 

Call for dates and times.

Register to receive your online invitation

 This session will be held online.

To register, go to classes.nm.org or call 630.933.4234.

Marianjoy Rehabilitation Hospital, part of Northwestern Medicine

26W171 Roosevelt Road, Wheaton

Marianjoy's community programs cover a variety of health- and wellness-related topics for children, young teens and adults. Group classes address a variety of conditions and provide additional support as people work toward their functional goals. For a full list of classes, please visit marianjoy.org.

Fitness Center

Group classes led by our fitness trainer help participants of all ability levels focus on improving strength, balance and flexibility. Personal training sessions are also available. Most of our fitness equipment can be adapted for those who use a wheelchair or other mobility device.

Virtual Support Groups

Stroke Survivors

Stroke survivors and caregivers are welcome to join as we gather virtually to discuss a variety of topics covered by speakers or open discussion. Please contact Elise Rohan at elise.rohan@nm.org for more information.

Lives in Motion

Designed for individuals with paraplegia and quadriplegia, their family members, and caregivers, this group offers an opportunity to learn from each other and discuss living with a spinal cord injury. Please email monica.scalise@nm.org or jacob.martin@nm.org for more information.

Aphasia Center

Led by a speech-language pathologist with expertise in language disorders, small group sessions provide a comfortable and supportive environment for people with aphasia to practice communication skills through real-life activities. Groups are offered in person or online.

Multiple Sclerosis Support Group

The Multiple Sclerosis support group provides resources, educational, and social opportunities for individuals with multiple sclerosis and their family members and caregivers. Due to COVID-19 restrictions, we currently meet the third Wednesday of each month at 4:30 pm on Microsoft Teams. Please contact Lauren Bogat at lauren.bogat@nm.org for details or to join.

Connections - Teen - and Young Adult Brain Injury Support Group

This group serves survivors of various brain injuries who are currently aged 15-35, as well as their families and friends. "Connections" focuses on career options and getting and keeping a job.



This session will be held online.

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 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 nonmembers (for a fee). **To learn more, call 630.938.9000 or visit delnorhfc.com.**

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.

Nutrition Counseling for Individuals and Couples

Learn new practical ways you can apply healthy eating and habit changes into your lifestyle. Individual and couples nutrition counseling sessions are designed to help you meet your nutrition goals.

LEAN Program

This eight-week weight management program will teach you the skills you need to succeed in changing your habits for good. New topics each week, handouts to support the information, and weekly check-ins to hold you accountable for your goals are all a part of this Learn to Eat Right With Accountability Nutrition program.

Call 630.938.9000 for information regarding the next session.



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:

- Recently completed physical therapy, diabetes education, cardiac rehabilitation or pulmonary rehabilitation
- Recently had surgery or are preparing for surgery
- Have arthritis, fibromyalgia, lupus or other autoimmune conditions
- Want 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.



Weight management

These sessions and programs are designed to help you lead a healthy lifestyle, manage your weight and achieve your fitness goals:

Surgical and Nonsurgical Weight Management Information Session

Learn about surgical and nonsurgical options for treatment of obesity. Includes a question-and-answer session with a board-certified bariatric surgeon, bariatric nurse practitioner or dietitian.

**Wednesday, Feb. 3 or 24, March 3
or 24, April 7 or 28, May 5 or 26
5:30-6:30 pm**

**Wednesday, June 9, July 14, Aug. 11
or Sept. 8
9-10 am
Delnor Hospital, Geneva**

**Tuesday, June 15, July 20, Aug. 17
or Sept. 21**

5:30-6:30 pm

Kishwaukee Hospital, DeKalb

Surgical Weight Management Information Sessions

Learn about surgical options for treatment of obesity at Central DuPage Hospital. Includes a question-and-answer session with a board-certified bariatric surgeon.

Monday, June 14, July 12, Aug. 9 or Sept. 13

5:30-6:30 pm

Friday, June 25, July 23, Aug. 27 or Sept. 24

11:30 am-12:30 pm

Central DuPage Hospital, Winfield

Weight Management Fitness Programs

Exercise specialists provide individualized consultations and help develop your fitness plan.

For sessions at Delnor Hospital, call 630.938.9100.

For sessions at Kishwaukee Hospital, call 815.754.1098.



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.



Cooking classes in Greater DeKalb County

The Leishman Center for Culinary Health, an innovative teaching kitchen at Kishwaukee Hospital, promotes healthy living through food. Culinary instructors and registered dietitians offer a range of demonstrations and classes. Recipes are provided unless otherwise noted. Registration is required and closes three days prior to the class start date. All classes will be conducted virtually. A link to the class will be sent to you after registration is complete.

Interested in a class or event? Visit classes.nm.org and use our **new and improved self-service** class registration tool, or call Physician Referral and Class Registration at 630.933.4234,.

Cooking With Asparagus

Join us for a demonstration on how to create three delicious recipes using our favorite spring vegetable.

Tuesday, June 1, 1-2 pm

Wednesday, June 9, 10-11 am

Seniors Connect and Cook

Join us for a relaxing morning full of social interaction and fun while learning cooking techniques and recipes.

**Wednesdays, June 2, July 7, Aug. 4
or Sept. 1**

Light Summer Lunches

Join us for a demonstration on how to create light and heart healthy summer lunches, perfect for packing for work or enjoying at home.

Thursday, June 3, 10-11 am

Tuesday, June 8, 1-2 pm or 6-7 pm

**Plant-Based Food Movement:
Is It for You?**

Join us to learn how eating a plant-based diet has been proven to lower the risk of chronic disease.

Thursday, June 10, 6-7 pm

Monday, June 14, 1-2 pm

Wednesday, June 16, 10-11 am

Plan-Based Summer Meals

Did you know that eating more plants has been linked to lowering your risk for heart disease and cancer? Join us for a cooking demonstration on how to create delicious, plant-based summer meals that the whole family will love.

Thursday, June 17

10-11 am or 1-2 pm

Supper Salads

Learn how to create a variety of salads hearty enough to enjoy as your whole meal.

Wednesday, June 23, 6-7 pm

Thursday, June 24, 1-2 pm

The Uses and Benefits of Fresh Herbs

Learn how to create a variety of summer dishes using fresh herbs while learning about the unique health benefits these delicious plants have to offer.

Tuesday, July 6, 1-2 pm

Thursday, July 29, 10-11 am

Picnic Small Plates

Summer is a season full of fun outdoor concerts, sporting events and picnics. Join us for a demonstration on how to create healthy toteable and shareable small plates.

Thursday, July 8, 10-11 am or 1-2 pm

Managing Your Diabetes

Join a Certified Diabetes Care and Education Specialist (CDCES) for an overview on managing your diabetes, including a discussion on how to apply the power of your plate.

Monday, July 12, 1-2 pm or 6-7 pm

Monday, July 19, 10-11 am

Diabetes-Friendly Summer Sides

Join us for a demonstration on how to create delicious, diabetes-friendly summer side dishes.

Tuesday, July 20, 1-2 pm

Thursday, July 22, 10-11 am

Managing Your Blood Pressure With the DASH Eating Plan

Learn to identify your individual risk factors for high blood pressure and learn dietary strategies to increase fruits and vegetables and reduce sodium intake.

Monday, July 26, 6:00-7:30 pm

Cooking With Sweet Corn

Join us for a demonstration on how to create three delicious recipes using this midwest favorite!

Tuesday, July 27, 1-2 pm or 6-7 pm

Family-Friendly Freezer Meals

As the school year rolls back around, learn to fill your freezer with healthy freezer meals that the whole family will love!

Tuesday, Aug. 3, 1-2 pm or 6-7 pm

Thursday, Aug. 5, 10-11 am

A Healthy Backyard Dinner

Join us to learn how to create the perfect summer dinner full of late summer produce.

Tuesday, Aug. 10, 1-2 pm or 6-7 pm

Thursday, Aug. 12, 10-11 am

A Fresh Take on Fiber

Learn about exciting research and the array of foods high in fiber, an important nutrient that is a key factor in preventing heart disease.

Monday, Aug. 16, 10-11 am or 1-2 pm

Thursday, Aug. 19, 6-7 pm

Tomatoes and the Power of Lycopene

Join us to learn how to create a variety of dishes using tomatoes while learning about the heart-healthy benefits that the antioxidants in lycopene provide.

Tuesday, Aug. 24, 1-2 pm or 6-7 pm

Wednesday, Aug. 25, 10-11 am

Mediterranean Diet Meals

The Mediterranean Diet has been linked to reduced risk factors for heart disease. Join us to learn how to create recipes that are heart healthy and full of traditional Mediterranean flavors.

Thursday, Sept. 2, 10-11 am

Wednesday, Sept. 8, 1-2 pm



Cooking With Potatoes

Join us for a demonstration on how to create three delicious recipes using this hearty fall vegetable.

Thursday, Sept. 9, 10-11 am

Tuesday, Sept. 14, 1-2 pm

The Many Reasons to Love Dried Beans

Pulses (also known as dried beans) are versatile and packed with nutrients. Join us to learn the many reasons to include more dried beans in your diet.

Monday, Sept. 13, 1-2 pm or 6-7 pm

Thursday, Sept. 16, 10-11 am

Learn How to Prevent Diabetes

The Diabetes Prevention Program can help 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.

Support groups

The following support groups are hosted by Central DuPage Hospital, Delnor Hospital and other organizations. Please call the phone numbers listed for dates, times and locations. For more information, visit [nm.org/westclasses](https://www.nm.org/westclasses) or call 630.933.4234 (TTY: 711).

Addictions

Adult Children of Alcoholics
630.258.1887

Al-Anon
630.627.4441

Alcoholics Anonymous
630.653.6556

Alateen
630.687.2265

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

**Footprints Perinatal and
Pregnancy After Loss**
630.232.2233

Share Pregnancy and Infant Loss
630.933.4234

Cancer

Join one of our online support groups facilitated by licensed mental health professionals. For dates and times, visit [livingwellcrc.org](https://www.livingwellcrc.org) or call 630.352.5350.

Brain Tumor

Breast Cancer (general)

Breast Cancer (mastectomy)

Breast Cancer (metastatic)

Caregiver

DeKalb Cancer Support

Facing Cancer Together

Grief Support

**Leukemia, Lymphoma, Multiple
Myeloma**

Men's Breakfast (general)

Us TOO Prostate Cancer

Young Adults With Cancer

Low Carb/Ketogenic Diet

Counseling

The emotional experience of going through cancer can be as challenging as the physical experience. LivingWell's licensed oncology counselors provide an opportunity for patients and caregivers to talk about their thoughts, feelings and reactions to a diagnosis. Email counseling@livingwellcrc.org to set up a consultation.

Medical conditions

Amputation
630.909.8410

Caregiver
630.510.2521

Family Caregiver
630.784.4876

Lupus
630.247.2795

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

Mental health

DBSA (Depression-Bipolar Support Alliance)
Room 131
Thursday, 6:30-8:00 pm

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
Delnor Hospital, 630.938.8266

Bariatric Pre-op
Central DuPage Hospital, 630.933.6745

Gastric Bypass and Gastric Sleeve Post-op
Central DuPage Hospital, 630.933.6745



Central DuPage Hospital
25 North Winfield Road
Winfield, Illinois 60190

Delnor Hospital
300 Randall Road
Geneva, Illinois 60134

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