



## HealthLink Health, Wellness, Childbirth and Parenting Classes

Call 444-CARE or visit [www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

for information, dates, prices, locations and registration.

Payment is required at time of registration. New classes are added frequently.

Cancellation requires a 7-day notice for a refund.

Class	Description
Aromatherapy	Learn the basic use of true essential oils to help restore balance to the mind, body and spirit. The instructor will introduce you to various aromas and their health benefits.
Aromatherapy for Colds and Flu	Learn how you can beat the flu this year by learning the art of aromatherapy. Using essential oils not only smells good; it may help ward off the flu, too.
Aromatherapy for the Holidays	Learn some fun craft and holiday ideas using essential oils, supplies provided. Learn the basic use of true essential oils to help restore balance to the mind, body and spirit. The instructor will introduce you to various aromas and their health benefits. You will make a craft in class.
Boot Camp for New Dads	A class that brings dads and dads-to-be together to discuss the joys and responsibilities of fatherhood. Topics will include holding, burping, changing, swaddling, and comforting the baby. Balancing work and family, supporting new moms, dealing with relatives, safety, and preventing child abuse will be covered.
Breastfeeding Basics	Breastfeed your baby with confidence. Learn to recognize whether your baby is getting enough milk and how to avoid sore nipples and breast engorgement. Other topics include correct positioning, breast pumping and milk storage.
Car Seat Safety	There are many choices in car seats and your child's safety depends on you choosing the right one. Did you know 4 out of 5 car seats aren't used properly? Take this class BEFORE choosing a car seat it may be the most important one you attend.
Childbirth Preparation 4-week series	This four-week series provides a basic understanding of the various physical and emotional aspects of pregnancy, labor and delivery. Instructors cover breathing techniques, relaxation and coaching skills, Cesarean birth, medications and procedures sometimes necessary during delivery and post-delivery care.
Childbirth Preparation One Day	This accelerated, eight-hour class is designed to meet the special needs of some couples. The class will review labor and delivery information, breathing and relaxation techniques.
Childbirth Preparation Refresher	This refresher course is designed for families who have previously taken Lamaze childbirth classes. Instructors will review labor and delivery information, breathing and relaxation techniques.
Create Your Weight	This program teaches you how to make healthy food choices and become more physically active to promote a healthy weight. Learn topics such as meal planning, exercise, family involvement, healthy snacking, building self-esteem and learning about hunger. Activities are included in each class.

Healthy By Design	Come learn some amazing facts about how our bodies work in the areas of nutrition, movement, and relaxation. This course will explain how mind/body medicine works and the importance of understanding how our bodies are designed in order to maintain health and promote wellness. Work on building a healthy relationship with your body to make the kind of lifestyle changes you have always wanted. Come be amazed by your body.
Kick the Habit Smoking Cessation Program	This program provides professional advice and support to help you stop smoking. Sessions include: Getting ready to quit, withdrawal symptoms, added support/info after the quit date, healthy living, and staying quit. Classes meet on various days for five weeks.
Love and Logic • Newborn to 11 years of age • Teens	Learn how to avoid power struggles with your kids and bedtime battles, help your kids solve their own problems, simple steps to help kids want to be responsible, take the battle out of meal time and bathing and lower stress and enjoy parenting using the "C.O.O.L." formula created by Jim Fay and Foster Cline. Spouses attend for free. • Newborn to 11 years of age class is a three-week session. • Teens class is a three-hour class.
Meditation	Cultivate an ability to bring non-judgmental awareness to all that is occurring within and around us, moment to moment. You will learn to focus on the breath and body sensations to mindfully manage physical and/or emotional stress which will reduce habitual struggle with difficult situations. Help change your relationship to body sensations, thoughts, and feelings that contribute to stress. This class meets once a week for four weeks and includes both formal and informal meditation practices.
Move on Down the Line (Line Dancing)	Line Dancing offers exercise in a non-conventional way. Enjoy this great aerobic exercise while improving balance and coordination. This class meets once a week for four weeks.
My Mom's Having a Baby	Big brothers and sisters have a special role to play in the family. This class helps siblings four to eight prepare for the new baby. Birth Center tour if time permits.
Newborn Care Plus	This two night class provides hands on experience in diapering, dressing, bathing, burping, and soothing techniques, plus so much more.
Nia for a New You!	This exhilarating form of movement incorporates the discipline of tai-chi, the dynamics of yoga and the explosive power of martial arts all with the grace of modern dance. Wear comfortable clothes.
Pilates Method of Conditioning	Pilates is a method of stretching, strengthening and toning that improves flexibility, balance and posture through a unique system of exercises. Bring a mat, water bottle, small towel and wear comfortable clothes.
Safety & Health for Babies & Toddlers	Participants will learn how to keep baby healthy and safe. Topics include assessment and care of common infant illnesses, taking temperatures, choosing a doctor, when to call the doctor, and immunizations. Also, find out how to create a safe environment for your infant and toddler by childproofing your home and yard.
Self Defense	This six-week course teaches defense techniques and ways to avoid becoming a victim. The course is taught by an instructor who holds a black belt in karate. Minimum age is 15. Children between the ages of 15 and 18 must have a parent attend.
Self Defense Parent and Child	This is a special class for parent and child designed to teach techniques on how to defend yourself and reduce the risk of becoming a victim. Minimum age is 6. This is a 4-hour class.
Sensational Sitters	Teenagers 11 to 15 years old are encouraged to learn good babysitting practices. This five-hour session will cover basic childcare, growth, development and safety issues. Lunch will be provided. Each participant who completes the class will receive a certificate.

Tai Chi	Reduce Stress! Strengthen your back and knees. Relax your muscles. An ancient Chinese martial art, Tai Chi, incorporates the specific movements adapted for physical conditioning and relaxation. This is a six-week course, which meets once a week.
Yoga Beginners	You can reduce stress, enhance flexibility and strengthen the immune system. This course provides an excellent introduction to yoga. Bring a yoga mat, pillow and a water bottle. This course meets once a week for four weeks.
Yoga Seniors	Yoga can reduce stress, enhance flexibility and strengthen the immune system. Gentle yoga experience for seniors. Bring a water bottle. This course meets once a week for four weeks.