

Summer Programs

Central DuPage Hospital
2013 Health and Wellness



Always thinking. Always caring.®

The best of both worlds

Combining the resources, talent and facilities of Central DuPage Hospital (CDH) and Delnor Hospital, Cadence Health carries forward the strong community-minded focus shared by both hospitals for decades. Our wide array of public programs and classes is evidence of that commitment.

From pregnancy and childbirth classes to support groups and physician lectures, the programming you'll find in the pages ahead can help you live better and make smart, confident decisions about your health and your family's health.

Please take a moment to browse through the upcoming events and activities. Then register for those that interest you and start taking advantage of the information and education Cadence Health brings your community.



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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 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.

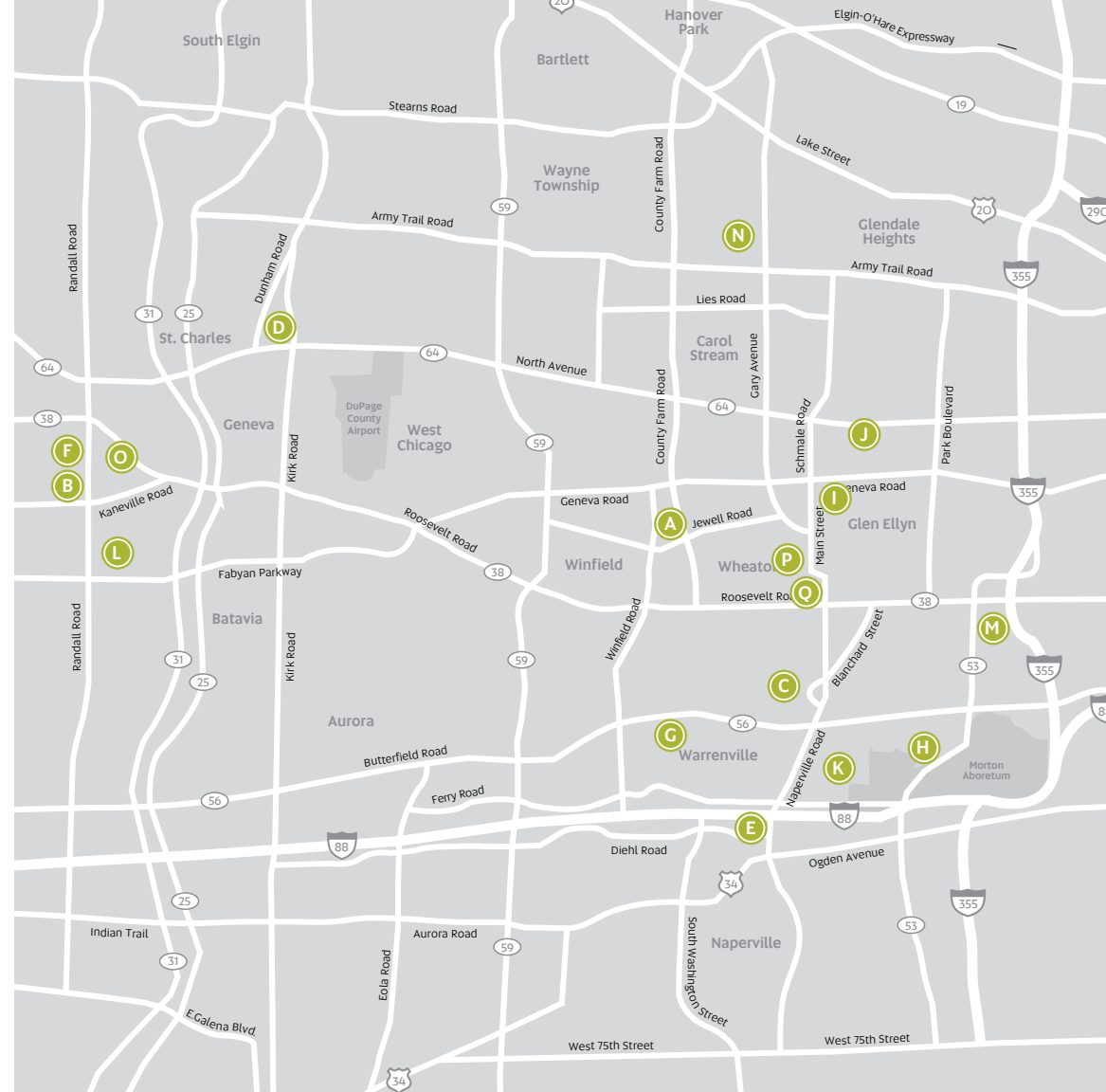
El registro es necesario para todas las clases a menos que se indique lo contrario. Para inscribirse por favor llame al 630.933.4234. TTY para las personas con problemas auditivos 630.933.4833.

Para los programas de pago, por favor, pagar en el momento de la inscripción. Si usted tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, idioma o regístrate servicios de interpretación, o ayuda financiera, por favor traiga a nuestra atención en el momento de la inscripción.

If you no longer wish to receive this or other health-related information from Cadence Health, kindly call 877.933.4234 to have your name removed from our list.

Class locations

- | | |
|--|---|
| <p>(A) Central DuPage Hospital
25 North Winfield Road
Winfield
Complimentary valet service
available at all entrances</p> <p>(B) Delnor Hospital
300 Randall Road
Geneva
Complimentary valet service
available at all entrances</p> <p>(C) Cadence Medical Offices
7 Blanchard Circle
Wheaton</p> <p>(D) Cadence Medical Offices
2900 Foxfield Road
St. Charles</p> <p>(E) CDH Cancer Center
4405 Weaver Parkway
Warrenville</p> <p>(F) Cadence Fitness & Health Center
296 Randall Road
Geneva</p> <p>(G) Arrowhead Golf Club
26W151 Butterfield Road
Wheaton</p> <p>(H) The Abbington
35002 South Route 53
Glen Ellyn</p> <p>(I) Belmont Village at Geneva Road
545 Belmont Lane
Carol Stream</p> | <p>(J) CNS Home Health & Hospice
690 East North Avenue
Carol Stream</p> <p>(K) Danada House
35501 Naperville Road
Wheaton</p> <p>(L) Eagle Brook Country Club
2288 Fargo Boulevard
Geneva</p> <p>(M) HealthTrack Sports & Wellness Center
875 Roosevelt Road
Glen Ellyn</p> <p>(N) Life Time Fitness
455 Scott Drive
Bloomington</p> <p>(O) LivingWell Cancer Resource Center
442 Williamsburg Avenue
Geneva</p> <p>(P) Wheaton Sport Center
1000 West Prairie Avenue
Wheaton</p> <p>(Q) Wyndemere Senior Living Community
200 Wyndemere Circle
Wheaton</p> |
|--|---|



Close to home

All Cadence Health 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 complimentary dinner while getting the latest news and information from medical specialists on a wide variety of topics.

Solving Insomnia

Keith Warren, MD*, a sleep medicine doctor with Suburban Lung Associates, will help you discover a step-by-step, evidence-based treatment program for improving sleep quality. His discussion will cover a review of insomnia, treatment options and relaxation training.

Wednesday, June 12
6:00 – 8:00 pm Dinner Program
The Abbington, Glen Ellyn

Dermatology From A to Z

Dermatologist Kelle Berggren, MD*, with DuPage Medical Group, reviews common skin problems and treatments with a focus on skin cancer and prevention.

Wednesday, June 19
5:30 – 6:00 pm Health Information Available
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn



Keith Warren, MD*



Kelle Berggren, MD*



Syed Azeem, MD



Vinai Gondy, MD*



Christopher Hampson, MD*

Management of Primary and Metastatic Brain Tumors

Syed Azeem, MD, a neurosurgeon with Cadence Physician Group and Vinai Gondy, MD*, a radiation oncologist with Radiation Oncology Consultants, Ltd. will give an overview of two treatment options for brain tumors.

Surgical options: Syed Azeem, MD
6:00 – 6:45 pm

Radiotherapy options: Vinai Gondy, MD
6:45 – 7:30 pm

Questions: both 7:30 – 8:00 pm

Wednesday, June 26
5:30 – 6:00 pm Health Information Available
6 – 8 pm Dinner Program
Danada House, Wheaton

Hearing Loss: A Discussion on Hearing Health for Adults

Christopher Hampson, MD*, an otolaryngologist with Midwest Ear, Nose, and Throat Consultants, will offer an overview of hearing health for adults. Dr. Hampson will explain hearing function and causes of hearing loss. Important prevention and screening methods will be discussed as well as other inner ear symptoms including ringing and dizziness. Treatment options will be reviewed, including the latest advances in hearing aid technology.

Wednesday, July 10
6:00 – 7:30 pm Dinner Program
Eagle Brook Country Club, Geneva

* In the spirit of keeping you well-informed, the individuals identified are neither agents nor employees of Cadence Health or any of its affiliate organizations. These physicians have selected our facilities as the place where they want to treat and care for their private patients.



Andrew Fishman, MD



Tudor Iacob, MD



Andrew Celmer, MD*



Margo Shoup, MD



Rameez Alasadi, MD*



Bessey Geevarghese, DO*

Dizziness and Balance

Dizziness and imbalance are a very common complaint presenting among all age groups. A multidisciplinary approach includes evaluation by inner ear and neurological specialists as well as physical therapists specially trained in the field of vestibular and balance problems.

Andrew Fishman, MD, a neuro-otologist, and Tudor Iacob, MD, a neurologist, both with Cadence Physician Group will discuss the common causes of dizziness and imbalance and provide an overview of the modern management and therapy options available.

Wednesday, September 11
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn

Voice Problems and How to Treat Them

Andrew Celmer, MD*, an Ear, Nose and Throat (ENT) with DuPage Medical Group will discuss when to see an ENT about your voice and what to expect from the visit. He will address common causes of voice problems, as well as throat ailments such as throat clearing and chronic cough. He will also discuss treatment options available for these conditions.

Wednesday, September 18
6:00 – 7:30 pm Dinner Program
Danada House, Wheaton

Advances in Diagnosing and Treating Esophageal Cancer

Margo Shoup, MD, director of surgical oncology with Cadence Physician Group and Rameez Alasadi, MD*, a gastroenterologist with DuPage Medical Group will provide an update on diagnosis and treatment options for esophageal cancer. Dr. Alasadi will address the signs, symptoms and early detection of esophageal cancer, including Barrett's esophagus. Dr. Shoup will discuss advances in treatment options including surgical techniques as well as chemotherapy and radiation.

Wednesday, September 25
5:30 – 6:00 pm Health Information Available
6 – 8 pm Dinner Program
Arrowhead Country Club, Wheaton

Dessert with the Doc

Recurrent Viral Illnesses

Bessey Geevarghese, DO*, a pediatric infectious disease physician who participates in the Lurie's Children's Hospital at Cadence Health Pediatric Program, will discuss children's health issues.

Her topics will include:

- Common childhood viral illnesses
- When does my child need antibiotics
- When to worry
- What can I do to prevent viral infections

This program is intended for parents and professionals working with children younger than 18.

Wednesday, July 17
7:00 – 8:30 pm Dessert & Program
Danada House, Wheaton

Find a doctor

Looking for a primary care doctor or a specialist? Visit the Cadence Health website and use our search function to find the right physician for you. Start your search at cadencehealth.org or call the information and physician referral service at 630.933.4234. TTY for the hearing impaired 630.933.4833.

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Get informed. Get inspired. Get well.

Cadence Health offers wellness classes to help you and your family stay healthy. From pregnancy and child care to heart health, cancer care, fitness and weight control, many topics are covered and classes are available for both children and adults.

Pregnancy and childbirth

Virtual Tour of Women and Infant Services

Go online at cdh.org/babytour to “visit” our maternity facilities including the labor and delivery rooms, our private mother-baby suites, as well as our nurseries.

Birthplace Tours

Even if you’ve already chosen CDH for your birth experience, you’ll enjoy this quick, informative tour of our women and infant facilities. Includes a question-and-answer session with a registered nurse.

Call for dates and times

Central DuPage Hospital, Winfield



Childbirth Basics

Explore the physical and emotional aspects of pregnancy, labor and delivery with other expectant parents. Learn relaxation and breathing techniques and hear about medicated and nonmedicated pain control options. Includes a tour of the facilities and a question-and-answer session with a pediatrician.

Call for dates and times

Central DuPage Hospital, Winfield
\$95/couple

Childbirth Brush-Up

This class is designed for expectant parents who have been through childbirth and would like to “brush up” on their birthing skills, ask questions and/or reacquaint themselves with the hospital.

Call for dates and times

Central DuPage Hospital, Winfield
\$35/couple

Pregnancy and Labor Comfort

This one-time class is intended to complement the Childbirth Basics class. It is designed for those who would like to spend more time learning and practicing a variety of comforting techniques, including stretching exercises, breathing, relaxation and some massage techniques to use during the birth experience.

Call for dates and times

Central DuPage Hospital, Winfield
\$35/couple

Breastfeeding Basics

Breastfeeding provides a strong nutritional and bonding foundation for your new baby and enhances your recovery experience. Learn why breastfeeding is important for both you and your baby and how to get off to a good start.

Call for dates, 6:30 – 9:30 pm

Central DuPage Hospital, Winfield
\$40/couple

Pregnancy and childbirth (continued)

Aquatic Exercise

This combined prenatal and postnatal exercise class is specifically designed to allow expectant moms and new moms to exercise side by side. An aerobic/toning program helps expecting moms stay fit during pregnancy by controlling weight gain. The last 15 minutes of class takes place in the warm therapy pool for stretching and relaxation techniques. A physician's prescription is required for all participants. Child care is available for a fee.

Tuesdays and Thursdays, 7:30–8:30pm

HealthTrack Sports & Wellness Center,
Glen Ellyn

\$42/6 classes (once per week)
\$84/12 classes

Prenatal/Postnatal Nurturing Yoga

This combined prenatal and postnatal yoga class will guide you safely through poses designed to help restore your energy by enhancing flexibility, muscle strength and great posture. Yoga poses, or asanas, are coordinated with deep breathing to help bring the body

into proper alignment and enhance physical and mental balance. This class is appropriate for all fitness levels. A physician's prescription is required for all participants.

Wednesdays, 6:30–7:30pm
Saturdays, 9–10am

Central DuPage Hospital, Winfield
\$42/6 classes (once per week)
\$84/12 classes

Managing Multiples: Pregnancy and Beyond

Explore the physical and emotional aspects of a multiple pregnancy, as well as solutions for taking care of your babies after they're born. Hear firsthand from a registered nurse who is the mother of multiples. Includes a tour of the NICU.

Call for dates
Saturdays, 10:00am–2:30pm

Central DuPage Hospital, Winfield
\$45/couple

Subscribe to Moms 2b

Expectant moms have lots of questions. That's why CDH's Moms 2b weekly email is so wonderful. It is an ongoing source of information to guide you through your pregnancy. Visit cdh.org/moms2b to subscribe.

Bringing up baby

Baby Basics

Prospective parents or 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 with changing, feeding, sleeping and dressing.

Call for dates and times

Central DuPage Hospital, Winfield
\$35/couple

Boot Camp for New Dads

This workshop is designed for new fathers and taught by experienced dads! Expectant fathers will gain confidence by asking questions, sharing concerns and seeking 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, 9am–noon

Cadence Medical Offices, St. Charles
\$30/class (includes T-shirt)

Child Car Seat Safety

It is estimated that nine out of 10 car seats are used improperly. This class demonstrates the importance and proper use of car seats as safety devices for infants and young children. Addresses infant, convertible, combination and booster seats.

Call for dates
Tuesdays, 6–7pm, 7–8pm

Central DuPage Hospital, Winfield

Grandparenting Today

In this class, grandparents will learn how to interact effectively with the new family and to review the challenges and pressures new parents face. Learn about current obstetrics practices, baby care and feeding.

Call for dates and times

Central DuPage Hospital, Winfield
\$10/person

Postpartum Connection: Perinatal Mood Disorder (PMD)

Helps new mothers better understand and cope with the challenges that can happen during the pregnancy or any time postpartum. Led by a specialist in perinatal mood disorders. Bring your babies to interact with others.

Call for locations
Wednesdays, 11:00am–12:30pm
Thursdays, 6:30–8:00pm

Central DuPage Hospital, Winfield

To register, call 630.933.4234 TTY for the hearing impaired 630.933.4833

Bringing up baby (continued)

Babies Need Buddies

This sibling class teaches expectant big brothers and sisters to better understand the changes taking place in their families. For children between 4 and 9 and their parents, the class emphasizes safe baby handling and teaches children how to better communicate with their new brothers and sisters.

Call for dates
10:00 – 11:30 am

Central DuPage Hospital, Winfield
\$12 (includes child's T-shirt)

Little Buddies

Similar to the Babies Need Buddies class, this tour for siblings younger than 4 includes the mother and baby unit and lets the children observe babies in the nursery. Children attend with their 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)

Kits for Kids

Do you want to teach a class about hand-washing, but need the tools to do so? Check out our free Kits for Kids, which contain everything a parent, scout leader or teacher needs to present a lesson, including script, worksheets, interactive demonstrations and general information.

Hand-Washing: Your First Defense

Against Disease: Seeing is believing! The kit includes a black light and Glo Germ™ that shows kids if they are really washing effectively. Lessons explain the importance of hand-washing. Designed for preschool through fifth grade. For kit scheduling and information, call 630.933.4234.

Ride Smart!: This kit is packed with

information on bicycle safety and helmet use. It includes a gelatin brain mold, helmet experiment, identification stickers, coloring books and more. Designed for preschool through second grade. For Ride Smart kit scheduling and information, please email kitsforkids@cadencehealth.org.



Behavioral health

The Best Years of Their Lives?

Today's teens often face overwhelming schedules, high performance expectations and magnified social stress. Is your child exhibiting signs of anxiety while trying to balance it all?

Learn what to watch for to determine if your adolescent is on anxiety overload:

- Excessive fears and worries, or increased irritability
- Tendency to be excessively wary and vigilant
- Continual nervousness, restlessness or extreme stress
- Dependent, withdrawn or avoiding social situations
- Physical symptoms: stomachaches, headaches, fatigue or muscle tension
- Increased absenteeism from school
- Evidence of self-harming behaviors

Visit cadencehealth.org/bestyears for a full description of these events.

Monday, June 10
6:30 – 8:30 pm
Delnor Hospital, Geneva

Wednesday, June 12
6:30 – 8:30 pm
Central DuPage Hospital, Winfield

To register, call 630.933.4234 TTY for the hearing impaired 630.933.4833

Cancer support programs

Cadence Health is proud to partner with LivingWell Cancer Resource Center to host several cancer support programs at the CDH Cancer Center. Appointments are required. To schedule an appointment or to register, please call LivingWell Cancer Resource Center at 630.262.1111. Services are located at the CDH Cancer Center.

Healing Touch and Reiki Energy Healing*

Healing Touch and Reiki (pronounced ray-kee) are gentle, noninvasive energy healing systems that channel energy through the hands of a trained practitioner, which are placed on or above different parts of the client's fully clothed body and support the body's own natural healing process. The healing energy flows to wherever it is needed, promoting deep relaxation, well-being and inner calm. Appointments required.

Massage Therapy*

Massage can help reduce stress, pain and fatigue for cancer patients. Enjoy the comfort and relaxation of a complimentary 30-minute massage offered to current patients undergoing cancer treatment. Appointments required.



* Prior to these classes you will need to complete participant forms and receive a medical release from your physician. Copies of participant forms can be obtained by contacting the LivingWell Cancer Resource Center at livingwellcrc.org or by calling 630.262.1111.

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LivingWell Yoga*

This weekly class will teach basic yoga and meditation techniques promoting flexibility, reducing anxiety and managing stress.

Mondays and Wednesdays, 6–7 pm
Fridays, 9–10 am

LivingWell Fitness*

This upbeat class rotates through a variety of fitness techniques, including cardiovascular routines and light weight training using fitness balls and bands. Movements can be modified for all levels of fitness. Open to both men and women. Gym shoes are recommended.

Tuesdays, 6:00–6:45 pm

Take a Virtual Tour

The CDH Cancer Center offers a wide array of outpatient services on one campus, from diagnostics and treatment to support. Take a virtual tour at cdh.org/cancercentertour

Surviving & Thriving

Join us for a survivorship session focusing on ways to reduce risk of cancer recurrence after cancer treatment through nutrition and exercise. Oncology nutrition specialists from Aramark Cheryl Ylinen RD, LDN, CNSC** and Jocelyn Lutkus RD, LDN, CSO** will work with you to create a “survive and thrive” action plan.

Participants will:

- Create personalized wellness goals
- Develop their own vision board
- Share recipes
- Leave with a shopping list
- Review common survivorship nutrition questions

This is an interactive class and questions are encouraged. Cancer survivors and their families or caregivers are welcome.

Saturday, July 27, 9 am–12 pm
Thursday, September 12, 6–9 pm
Saturday, November 2, 9 am–12 pm

To register, call 630.933.4234 TTY for the hearing impaired 630.933.4833

Breast Cancer Networking Group

This group provides an opportunity to network, share information and concerns and exchange information with others facing a breast cancer diagnosis. Caregivers welcome.

First Monday of each month, 7:00–8:30 pm
Central DuPage Hospital, Winfield

Third Monday of each month, 7:00–8:30 pm
LivingWell Cancer Resource Center, Geneva

Look Good, Feel Better*

In collaboration with the American Cancer Society®, trained beauty professionals help women cancer patients cope with the side effects of chemotherapy and radiation. Learn makeup techniques, skin and nail care tips, as well as suggestions for wigs, turbans and scarves. Each participant will receive complimentary cosmetics. Caregivers are welcome, but cosmetic kits are limited to patients only.

Second Monday of each month
6–8 pm



Cadence Health Cancer Survivor Day

Join us to celebrate survivorship.

June 2013

Call 630.933.4234 for details. TTY for the hearing impaired 630.933.4833.

Cadence Fitness & Health Center

The Cadence Fitness & Health Center provides members with everything they need to stay active and healthy. Complement your workout with an array of massage services to help you relax and renew. To learn more about our membership classes or the following programs, visit cadencefitness.org or call 630.938.9000. TTY for the hearing impaired 630.208.4399

Medically integrated lifestyle programs

The programs at the Cadence Fitness & Health Center listed below are membership programs, not specific classes. Please call for membership pricing information at 630.938.9000.

Diabetes Exercise Care

This comprehensive program includes exercise, diet and healthy-habits instruction for those with Type 1, Type 2 or pre-diabetes. The lifestyle program provides an opportunity to learn safe and effective exercises and other healthy behaviors that will help participants manage this complex disease and improve their quality of life.

Survivor Care

Survivor Care is a lifestyle maintenance program designed for cancer patients who have already completed physical therapy and would like to continue to improve on their own. Each fitness program is customized to each patient.

Cardiac Fitness

Exercise is an essential component of heart health and cardiac rehabilitation. The Cardiac Fitness lifestyle program is intended for those who have completed a rehabilitation program and are ready to transition to their own self-administered plan. Using the FACT (fitness, assessments, cardio and training) system, participants learn to increase strength, lower blood pressure, relieve stress and control their weight. Cardiac Fitness includes one-on-one supervision from a certified and degreed personal trainer, registered dietitian, emotional support and tips for adopting healthful habits to reduce the risk of future heart problems.



AfterCare

If you have been receiving rehabilitation physical therapy for an injury, post-surgery of any other condition, AfterCare will help you transition to independence. This program of strengthening and conditioning includes one-on-one supervision from a certified personal trainer.

The Right Weigh

This program provides participants with the instruction and encouragement they need to achieve their healthiest weight and be fit enough to participate in all the activities they enjoy. To help them commit to new habits, members are held accountable every step of the way. The program includes a life coach, registered dietitian, and certified and degreed personal trainer.

General health and wellness

Pediatric Pre-Op Adventure

This tour is designed to prepare children and their families for their surgery. The Pre-Op Adventure should be scheduled as soon as you know your child is having surgery.

Call for dates and times, 12:30 – 2:15 pm
Central DuPage Hospital, Winfield

Diabetes Cooking Demonstration

Join registered dietitian Maribell Alchin, MBA, RD, LDN, Meijer Healthy Living Advisor, for a discussion and cooking demonstration on using whole grains in diabetes care. You will learn how to cook with alternative whole grains for a healthier meal plan. During the cooking demonstration she will also showcase a new Easy Meals, Healthy Families workbook which has easy meal solutions and information on diabetes. Space is limited, so sign up early!

Thursday, September 19, 6 – 7 pm
Cadence Fitness & Health Center
To register call 630.208.3999
TTY for the hearing impaired 630.208.4399

Stop Smoking, Clear the Air

If you're trying to quit smoking, this workshop can help you succeed—whether it's your first attempt or your fifth. You will learn the latest strategies and tools that have helped others kick the habit for good.

Thursday, June 20
7:00 – 8:30 pm
Central DuPage Hospital, Winfield

Joint Adventures

Joint Adventures is Central DuPage Hospital's preoperative class for patients (and their "coaches") scheduled to have hip or knee replacement surgery at CDH. Topics include what to expect after surgery, how to optimize the recovery process, rehabilitation therapy and exercises, nursing care, discharge planning and tips on preparing your home for your return. Adults only, please.

Call for dates
Hip class: 8:30 – 10:30 am
Knee class: 11 am – 1 pm
Central DuPage Hospital, Winfield

Joint Basics – Everything You Want to Know and More!

Learn about the causes of joint pain, as well as various treatment options, including joint replacement surgery. Question-and-answer session with orthopaedic and rehabilitation specialists is included. Complimentary valet service available.

Third Thursday of even numbered months
7 – 8 pm
Central DuPage Hospital, Winfield

Family & Friends CPR

This noncertification program teaches friends and family members basic CPR techniques and demonstrates how to recognize and respond to choking infants, children and adults.

Call for dates and times
Central DuPage Hospital, Winfield
\$20/person, \$30/couple



Babysitting 101

Designed for kids 11-14 years old, this interactive one-session class covers all aspects of being a great babysitter. Learn many skills to care for babies and children, including how to handle emergencies, basic first aid and safety. Plus, learn fun games, child development, discipline techniques and much more. Class includes a supervised visit to the nursery. Please bring a sack lunch.

Thursday, June 6, 12 – 5:30 pm
Thursday, July 11, 11:00 am – 4:30 pm
Thursday, August 15, 11:00 am – 4:30 pm

Central DuPage Hospital, Winfield
\$35/person

Girl Talk

Join a Cadence Health educator in a relaxed setting for a discussion about growing up and the physical and emotional changes that girls experience during adolescence. This class is designed for mothers and daughters (girls 10–12 years old).

Saturday, June 8, 4:00 – 5:30 pm
Saturday, July 13, 4:30 – 6:00 pm
Saturday, August 17, 4:00 – 5:30 pm

Central DuPage Hospital, Winfield



Diabetes Education Services are now available in two locations.

Now available in Geneva and Wheaton, both locations offer support for Type 1, Type 2 and gestational diabetes patients. To schedule an appointment, please call: 630.208.3345. TTY for the hearing impaired 630.208.4399.

Emmi® online patient education programs

Having difficulty managing your chronic condition? You're not alone. CDH believes information is key to feeling in control of your health. That's why we're proud to provide you access to Emmi—online programs that make complex medical information easy to understand. Animated graphics and easy-to-read text help you understand and manage your chronic condition. Self-register for an Emmi program at my-emmi.com/cdhwellness

Weight management

The following programs are designed to aid in weight loss and to provide support to bariatric patients. If you are a surgical or medical weight management patient new to the Cadence Health weight management services, please call 630.933.2613, TTY for the hearing impaired 630.933.4833, to learn about participation and eligibility. A physician's exercise clearance is required for all participants.

Weight Management Informational Meetings at CDH

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with CDH's weight management services.

Mondays, June 3 & 10, July 1 & 8,
August 5 & 12, September 9
6:30 – 7:30 pm

Fridays, June 28, July 26, August 23,
September 27
11 am – noon

Central DuPage Hospital, Winfield

Weight Management Informational Meetings at Delnor

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with Delnor Hospital's weight management services.

Thursdays, June 6 & 20, July 18, August 1 & 15, September 5 & 19
7 – 8 pm

Delnor Hospital, Geneva

Weight Management Cardio/Circuit Conditioning

This class offers exercises for cardiovascular endurance, fat burning, strength training and stretching.

Call for dates and fees
Tuesdays and Thursdays
5:15 – 6:45 pm

Cadence Medical Offices, Lower Level
Wheaton

Weight Management Aquatic Exercise

Appropriate for all ages and fitness levels, aquatic exercise is a great way to improve cardiovascular conditioning, strength and flexibility while putting less stress on your joints.

Call for dates and fees
Mondays and Wednesdays
7:30 – 8:15 pm

Wheaton Sport Center, Wheaton

* In the spirit of keeping you well-informed, the individual identified is neither an agent nor employee of Cadence Health or any of its affiliate organizations. This individual has selected our facilities as the place where they want to treat and care for their private patients.

Cadence Convenient Care

offers services for many urgent but non-emergency health needs

Services provided at a Cadence Convenient Care:

- Care of injuries such as sprains, fractures, minor cuts and burns
- Diagnosis and treatment of non-chronic illnesses such as flu, strep throat, asthma and conjunctivitis
- Physicals for school, sports and camp
- Lab tests ordered by physicians
- Pre-admission testing to prepare for a scheduled surgery or hospital procedure
- X-ray
- Mammograms
- Health screenings

Conditions that should be treated in the emergency department:

- Chest pain
- Uncontrollable bleeding
- Shortness of breath
- Major trauma

For locations and hours, please visit cadencehealth.org.

If time permits, call your primary care physician to discuss symptoms. Physicians can help determine whether emergency, convenient care or an office visit is best. When in doubt, go to the ED immediately.

Cadence Convenient Care locations:

Bartlett	Naperville
Bloomington	St. Charles
Glen Ellyn	Wheaton

2013 SUMMER PROGRAMS > CLASSES

Wyndemere active aging programs: exercise for mind and body

Stay active and engaged in life with a wide range of programming developed specially for seniors by the experts at Wyndemere Senior Living Community in Wheaton. For additional information please call 630.681.4502.

Fit for Life

Try this hour of aerobics and strength training in a non-intimidating environment, set to the beat of energetic music. You'll improve your endurance and use weights and bands to strengthen muscles and increase flexibility.

Tuesdays and Thursdays, 8 – 9 am
Fridays, 8:30 – 9:30 am

\$3/session

Sit and Fit

Enjoy great music, fun props and a healthful aerobic workout—all while sitting in a chair. This class emphasizes cardiovascular endurance, stretching and strength development.

Tuesdays and Thursdays, 10 – 11 am
Wednesdays, 1:30 – 2:30 pm

\$3/session

Yoga for You

Discover the power of this life affirming exercise. You'll learn breathing techniques and increase your flexibility in a peaceful atmosphere.

Wednesdays and Fridays, 8 – 9 am

\$3/session

Balance for Life

Stretch and strengthen the correct muscles to improve posture, balance and gait. This class is especially beneficial for individuals with Parkinson's, movement disorders and any other physical challenges that may impair balance.

Fridays, 9:30 – 10:15 am

\$3/session

Tai Chi for Health

Find your natural harmony with this gentle "meditation in motion" class. You'll improve balance, build strength and flexibility, boost your immune system, reduce stress and much more!

Mondays, 12:30 – 1:30 pm
Wednesdays, 9:15 – 10:15 am

\$3/session

Memory Booster

Supercharge your brain: Improve your memory and strengthen your thinking skills in this popular class. Join us each month for a unique topic and gain an in-depth understanding of the many ways to stimulate your brain and keep it nimble and alert as you age.

Call 630.681.4038 to register
First Monday of each month, 10 am

\$3/session

Support groups

Please refer to the phone numbers listed below for more information about each support group.

Addiction

Location: Behavioral Health Center at Central DuPage Hospital, Winfield

Alanon & Alateen

For family and friends affected by alcoholism, substance abuse and other addictions.

Thursdays, 7:30 – 8:30 pm
630.627.4441

Alcoholics Anonymous

For individuals struggling with alcohol abuse/dependence.

Various days, times and locations each week
630.653.6556

Cocaine Anonymous

For individuals struggling with cocaine abuse/dependence.

Sundays, 8:30 – 9:45 pm
773.202.8898

Families Anonymous

For support of family members whose loved one is abusing/dependent on alcohol or drugs.

Thursdays, 8 – 9 pm
773.777.4442

Narcotics Anonymous

For individuals struggling with narcotics addictions.

Mondays, 7 – 8 pm
Saturdays, 6:30 – 7:30 pm
708.848.4884

Overeaters Anonymous

For individuals struggling with overeating.

Saturdays, 9 – 10 am
708.346.0000

Sexaholics Anonymous

For individuals struggling with sex addictions.

Saturdays, 7:30 – 8:30 pm
630.415.0341

Bereavement

Footprints Perinatal and Pregnancy After Loss

The group provides support for bereaved men and women who have experienced early pregnancy loss, stillbirth or the death of an infant during the first few months of life.

Call for time and location
630.232.2233

Life After Loss

Open to those who have lost a spouse, a parent or a sibling.

Semimonthly on Tuesdays, 10:00 – 11:30 am
Semimonthly on Thursdays, 6:30 – 8:00 pm

Contact coordinator for information and location.
630.933.7888

The Daughter's Circle

Open to those coping with the loss of a mother.

Semimonthly on Thursday, 6:30 – 8:00 pm

New session starting September 5, 2013
Contact coordinator for information and location.
630.933.7888

Share Pregnancy and Infant Loss

This group offers support for bereaved men and women who have experienced early pregnancy loss, stillbirth or the death of an infant during the first few months of life.

Every fourth Monday, 7:00 – 8:30 pm

Bed Tower entrance, Conference Room 1
Central DuPage Hospital, Winfield
630.933.4234

Cancer

Caregivers

A 12-week group for individuals whose loved ones are facing cancer.

Tuesdays, 6:30 – 8:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Club Courageous

Weekly support group designed for children ages 6-17 with a cancer diagnosis or with cancer in the family.

Thursdays, 4:30 – 5:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Facing Cancer Together (FACT)

A 12-week evening support group for individuals with all types and stages of cancer.

Tuesdays, 6:30 – 8:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Good Grief

For those who have lost someone to cancer.

Thursdays, 6:00 – 7:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Every effort has been made to ensure the accuracy of contact information pertaining to the Support Groups. If you find an inaccuracy, please contact us at 630.933.4234. TTY for the hearing impaired 630.933.4833.

Gynecological Cancer Networking Group

Open to individuals with ovarian, cervical, uterine and other gynecological cancers.

First Monday of each month, 7:00 – 8:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Leukemia, Lymphoma and Multiple Myeloma Networking Group

For those impacted by leukemia, lymphoma or multiple myeloma.

Third Monday of each month, 7:00 – 8:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Mastectomy Networking Group

For women who have had a mastectomy. This group focuses on the emotional, physical and psychological impact of a mastectomy.

Second and fourth Wednesday of each month, 7:30 – 9:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Men and Cancer Breakfast

An informal gathering to provide fellowship and encourage sharing over a home-cooked meal. This group is open to cancer survivors, as well as those men who have a spouse, other family members or a friend with cancer.

Third Saturday of each month
8:00 – 9:15 am

LivingWell Cancer Resource Center, Geneva
630.262.1111

Teen Support

Open to teens ages 13-17 who have been impacted by cancer.

Call for meeting dates.

LivingWell Cancer Resource Center, Geneva
630.262.1111

Us TOO Prostate Cancer

This educational support group is open to all newly diagnosed males, spouses and loved ones. Topics covered include prostate cancer treatment options, surgery, radiation, medication, nutrition and psychology.

Third Tuesday of each month
10:30 – 11:30 am

LivingWell Cancer Resource Center, Geneva
630.262.1111

Medical conditions

Alzheimer's

For individuals affected by Alzheimer's and their family members.

Fourth Tuesday of each month, 7 pm

Call for location
630.443.8220

Amputee

For individuals who have experienced an amputation.

Last Wednesday of each month, 9 am

Call for location
630.208.4460

Brain Aneurysm

Provides education and support for people diagnosed with a brain aneurysm, while exploring opportunities to raise public awareness.

Select Mondays, 6:00 – 7:30 pm

Central DuPage Hospital
630.933.2191

Brain Tumor Resource and Support Group

For individuals affected by brain tumors and their family members.

First and third Wednesdays, 7:30 – 9:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Fibromyalgia

For individuals affected by fibromyalgia.

Second Sunday of each month, 6:30 pm
Fourth Wednesday of each month, 1 pm

Call for location
630.641.6942

Huntington's Disease

For individuals affected by Huntington's Disease.

Every other fourth Sunday, 2 pm

Call for location
630.761.8596

Insulin Pump

For individuals who use insulin pumps.

Call for dates, times and location
630.262.6078

Low Vision

For individuals who are visually impaired. The support group teaches useful skills for adapting to visual impairment.

Second Sunday of each month
1:45 – 3:30 pm

Belmont Village, Carol Stream
630.690.7115

Lupus

Provides emotional support and useful insights for adults living with lupus.

Second Thursday of each month
(no June, July, August)
10 am – noon

Cadence Medical Offices, Wheaton
630.416.6878

Mended Hearts

A recovery support group for anyone with heart-related issues.

Third Monday of each month
(no June, July, August)
7:30 – 9:00 pm

Central DuPage Hospital, Winfield
630.933.2252

Mended Little Hearts

Provides hope and support to children, families and caregivers impacted by congenital heart defects in order to extend and improve quality of life.

Call for dates, 7 – 9 pm

Pediatric Outpatient Waiting Area
Central DuPage Hospital, Winfield
630.933.4234

Myasthenia Gravis

Provides information and support for individuals living with this disorder.

Sunday, August 18, 1–3 pm

Central DuPage Hospital, Winfield
630.897.0185

Ostomy

Provides education and support for people living with intestinal illness.

Fourth Wednesday of each month
7:00–8:30 pm

Advocate Good Samaritan Hospital,
Downers Grove
630.275.5900

Second Wednesday of each month
10 am

Call for location
630.479.3101

Parkinson's Disease

Provides education and support for people living with Parkinson's disease.

Third Saturday of each month, 10:30 am

Call for location
630.761.9750

Parkinson's/Movement Disorders

Provides education and support for people living with Parkinson's disease or other movement disorders.

Third Thursday of each month
10:00–11:30 am

Call for location
630.933.6488

Seizure and Epilepsy

For parents of children and adults living with epilepsy and other seizure disorders.

Second Wednesday of each month, 7–9 pm

Central DuPage Hospital, Winfield
630.289.5577

Stroke

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

Call for dates, location and times
630.933.3278

Mental health

Location: Behavioral Health Center
Central DuPage Hospital, Winfield

Adult Survivors of Child Abuse (ASCA)

For individuals working through the long-term effects of abuse in their childhood.

Mondays, 7–9 pm
Chiwestsub.asca@gmail.com

Depression and Bipolar Support Alliance

For individuals and their family members affected by clinical depression or bipolar disorder.

Second and fourth Tuesdays, 7:30–9:00 pm
630.466.4851

NAMI Connections

A recovery support group for people living with mental illness.

Wednesdays, 7:00–8:30 pm
630.752.0066

New moms**Breastfeeding**

New moms can exchange information and experiences about breastfeeding.

Mondays
10 am–noon

Delnor Hospital, Geneva
630.208.4070

FYI Moms

This weekly group functions both as a social and a support outlet. It helps new moms meet other new moms and is facilitated by a registered nurse. Bring your babies to interact with others.

Tuesdays, 10 am–noon
Cadence Medical Offices, Wheaton

Tuesdays, 1–3 pm
Cadence Medical Offices, St. Charles
630.933.4234

**Postpartum Connection:
Perinatal Mood Disorder (PMD)**

Helps new mothers better understand and cope with the challenges that can follow birth. Led by a specialist in perinatal mood disorders. Bring your babies to interact with others.

Wednesdays, 11:00 am–12:30 pm
Thursdays, 6:30–8:00 pm

Central DuPage Hospital, Winfield
630.933.4234

Women in Need (WIN)

For women affected by postpartum depression.

Tuesdays, 10 am

Call for location
630.232.1070

Weight management

Call for location: 630.933.6745

Nutrition

Focuses on the nutrition and behavioral aspects of weight loss surgery for successful long-term weight management.

Third Wednesday of each month
6:30–8:00 pm

Lap-Band®

Focuses on the needs of individuals who have had or are preparing for laparoscopic obesity surgery.

Fourth Monday of each month
6:30–8:00 pm