



2005 HealthLink Health/Wellness and Childbirth/Parenting Classes

New classes are added frequently, call 444-CARE for more information.

Call 444-CARE for class dates, prices, locations and to register.

Payment is required at time of registration.

Cancellation policy 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	In addition to getting a flu shot, 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.
Basic Newborn Care	This class meets for two nights where you will experience hands-on working with cloth babies covering information regarding basic newborn care such as bath time, diapers, bottle preparation, burping, dressing, etc.
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	This class covers Colorado's car seat safety laws and provides information on selecting the right car seat. A certified instructor will demonstrate how to install a car seat. Car seat checks will not be performed during class.
Childproofing 101 for Grandparents	Keep your visiting grandchildren safe! With a focus on children ages newborn to six years, this class provides information on growth and development, childproofing the home and yard, basic first aid, disposing of old prescriptions and safe guarding any household medicine.
Communication for Couples	Learn to communicate more effectively on daily issues, manage and resolve conflicts, build a more viable and satisfying relationship and most important, reduce the stress in your life! Lessons learned can apply to all relationships: co-workers, family members and peers. This class meets for an one-hour information session, followed by four two-hour sessions per week.
Cooking Classes	We have several different cooking classes, call 444-CARE for more information or log onto www.memorialhospital.com
Health Habits for Life Weight Loss Program	A registered dietitian facilitates this 6-week weight reduction behavioral modification program. This program is for people wanting to lose 10, 20 or 30 pounds. Must attend the free weight loss information session one-week prior to class.
Healthy Relationships and High School Romance	In this class, teens will learn the historical and cultural influences on dating and the best ways to stay healthy and happy in relationships. The focus will be on communicating effectively with peers, parents and health care providers about sexual violence, including ways to communicate and intervene to potentially turn around a violent relationship. Incest and sexual abuse also will be discussed. This presentation is intended for parents and mature junior high and high school students.
Healthy Relationships and Staying Safe on Campus	This class focuses on developing healthy relationships and addresses the warning signs of violence. Students will learn communication strategies to help avoid potentially violent or dangerous situations and troubleshooting tools when trouble is imminent. Other topics covered include date rape, including the impact of alcohol and date rape drugs. The instructor will provide information on medical intervention, the physical effects of date rape drugs and long-term effects on the body. This presentation is intended for parents and young adults between the ages of 18 and 24.

Heart of a Woman	Learn the general risk factors for women and heart disease and what the risk factors mean. Create strategies to control those risk factors and learn what the signs of a heart attack in a woman are. Included is: Fasting total cholesterol, LDL, HDL, triglyceride and glucose screening, blood pressure check, body fat analysis, height, weight, waist measurement and heart risk questionnaire.
Infant Health & Illness	This course provides health information to help you care for your infant. Class topics include choosing a doctor, assessing vital signs, common infant illnesses, immunizations, Sudden Infant Death Syndrome (SIDS), colic, jaundice and circumcision. This class can be taken before birth or one to three months after birth. To help make the environment more conducive to learning, we ask that you do not bring your baby to class.
Infant Massage & Nurturing Touch	Infant massage offers lifelong benefits by deepening bonding and nurturing, relaxing and soothing the baby and relieving colic or gas. Massage also helps develop and enhance loving communication between parents and child. Infant should be between three weeks and eight months at the beginning of the course. This is a four-week course. Bring a bed size pillow.
Infant & Toddler Safety	Learn to childproof your home! Topics cover information on poisons, electrical risks, windows and wall coverings, choking hazards, sharp objects, drowning, firearms and general housekeeping. This class can be taken one to four months after birth. To help make the environment more conducive to learning, we ask that you do not bring your baby to class.
Keeping Young Schoolchildren Safe	This class for parents and children provides guidelines on communicating safety issues/body boundaries with kindergartners through 6th grade. The class will also cover dialogue tips to help children understand and communicate with parents about their feelings and emotions involving these boundaries. The class is intended for parents, grandparents or any other child caregiver.
Kick the Habit Smoking Cessation Program	This program provides professional advice and support to stop smoking. Get the tools to reach your goal to stop smoking and enjoy a healthier life. Class meets on various days for four weeks. (9 sessions)
Lamaze Method of Childbirth	This five-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.
Lamaze - 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.
Lamaze 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.
Lighten Up for Life Weight Loss Program	A registered dietitian facilitates this 12-week weight education behavioral modification program. This program is for people wanting to lose 60, 80 or 100 pounds. Must attend the free weight loss information session one-week prior to class.
Love and Logic <ul style="list-style-type: none"> • Newborn to 11 years of age • Teens 	<p>During this class parents will learn to raise responsible children using the love and logic approach. Parents will also learn and apply the "C.O.O.L." formula created by Jim Fay and Foster Cline. Spouses attend for free.</p> <ul style="list-style-type: none"> • Newborn to 11 years of age class is a three-week session. • Teens class is a 3-hour class.
Mastering Massage	Discover the technique of therapeutic massage for couples. This two-part series is a healthy way to bond with your partner. Recommended oils are almond, grapeseed, avocado, peanut or any carried by the health food stores. No mineral or baby oil.
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.
Self Defense <ul style="list-style-type: none"> ❖ Level I ❖ Level II 	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 all classes. Both must pay individual price.
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 twice 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.
Intermediate Yoga	This four-week course is designed for those who have had beginning yoga, either with HealthLink or in the community. Poses will be more technically enhanced and you will move in a flow at a moderate rate. Bring a yoga mat, pillow and a water bottle. This course meets once a week for four weeks.
Yoga Prenatal	Yoga exercises are modified with the pregnant women in mind. This course targets specific muscle groups to help aid the pregnancy and delivery process. Course is recommended for the second or third trimester. Bring a yoga mat, pillow and a water bottle. This course meets once a week for four weeks.
Yoga Postnatal	Regain strength and tone your bodies. In this class, you will learn ways to self-nurture so that you can better nurture your baby while also receiving the support of other new moms. Babies up to 7 months of age are welcome! 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. In this special course, seniors will learn yoga techniques using the comfort of a chair. Bring a yoga mat and water bottle. This course meets once a week for four weeks.

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