Dominican Hospital
A member of CHW

January-June 2008

your resource for community health & wellness education

pep CLASSES

FROM DOMINICAN HOSPITAL

Happy and Healthy at Home

Despite the many stresses and expectations of daily life, I always try to maintain a positive perspective and count my blessings. Among them are the joys from my family and friends and the personal satisfaction from a rewarding career. Of course many of my blessings are the ones we all share.

I am always thankful for the natural beauty that we are surrounded by, and for the sense of community that surrounds us in Santa Cruz .

For a relatively small community, we also are blessed with services and opportunities that are more commonly found in larger metropolitan areas. I am proud of our public sector–education, public safety, etc.–and the many, excellent not-for-profit agencies. I am grateful for our engaged businesses and diverse social, cultural and recreational opportunities.

Of course, I am most thankful for the health services that Santa Cruz County enjoys. As you can imagine, the health of Santa Cruz is always in my thoughts and prayers.

I often reflect on how fortunate we are as a community to have so many health resources on this side of the hill. Programs such as PEP provide the courses and opportunities that keep us happy and healthy. And when things go wrong, Dominican's Hospital and its 500-member medical staff are here to provide for your health needs.

I encourage you to look through the pages of this PEP catalog. I'm confident you will find something of benefit to your health and life. We insist that our instructors be experts in their fields, and we are always looking for new and interesting courses that will add value and blessing to your days.

Sincerely,

Nanette Mickiewicz, MD
Dominican Hospital President

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The PEP Classes Catalog is published by Dominican Hospital's Communications & Marketing Department

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www.dominicanhospital.org

08-87 Printed on recycled paper. Please recycle.

We try to eliminate all errors from this catalog, but occasionally there are mistakes. We apologize for any inconvenience this may cause.

PMG COURSE

This symbol indicates classes and programs that are discounted for **Physicians Medical Group (PMG)** patients who are members of the following **HMO** Commercial Plans: Aetna (HMO & POS), Blue Cross Plus, Blue Shield (HMO & POS), California Care, Cigna (HMO & POS), Great West Life, HealthNet, HealthNet Seniority Plus, PacifiCare, and Secure Horizons. Registration and a physician's referral are required. Proof of HMO insurance must be presented at time of registration. Materials fees are not discounted and must be paid to the instructor when class begins.

Choose to Be Smoke Free

PMG COURSE

6 SESSIONS

Do you smoke and want to quit? Improve your chance of quitting sooner by attending this class. We will discuss why people start smoking and why it's difficult to quit. Participants will learn about their individual smoking patterns and learn to choose alternatives to smoking. You will create an effective plan for becoming "smoke-free."

Instructor: Patricia Weyland APRN, MS, BC, FNP
Class fee: $50
Class code: CSF
Location: Dominican Education Center

Th 1/17-2/21, 5-6pm
Th 2/28-4/17, 5-6pm
(no class 3/6 & 3/27)
Th 4/24-5/29, 5-6pm

Mindfulness Stress Reduction Program

7 SESSIONS

This program is designed for people experiencing stress and complements management of illness and chronic pain. It consists of training in mindfulness meditation, yoga, and group support. It is modeled after Jon Kabat-Zinn's Umass program, featured in Bill Moyer's "Healing and the Mind". Participants learn life-long tools to promote well-ness, even in the midst of stress, pain, and illness. This program is directed by Robert Stahl, MS, PhD.

Instructor for Winter: Carla Brennan, MS
Instructor for Spring: Mark Neenan, MS
Class fee: $275
Returning participant fee: $175
Materials fee: $40
Class code: SRP
Location: Dominican Education Center

First Class (Winter)

No-cost introductory session
(No pre-registration required)
Room C
W 1/16, 7-9pm

Regular sessions:
W 1/23-3/12, 7-9:30pm

All-day session:
Sa 3/1, 9:30am-4:30pm

Second Class (Spring)

No-cost introductory session
(No pre-registration required)
Room C
W 3/26, 7-9pm

Regular sessions:
W 4/2-5/21, 7-9:30pm

All-day session:
Sa 5/10, 9:30am-4:30pm

Better Hearing – Newest Options

1 SESSION

Do you have a hearing problem? Do you need a new digital hearing aid? Or will an inexpensive assistive listening device suffice? Learn to improve your communication and listening skills. Discover your options!

Instructor: Jerod Goldstein, PhD
Class fee: $25
Class code: AIDH
Location: Dominican Education Center

W 3/5, 1-2:30pm

Supermarket Tour

1 SESSION

Do you understand the difference between saturated and trans fat? What are the significance of dietary fiber, so-dium and carbohydrates? Can you read a food label? Tour the supermarket with a Registered Dietitian and learn how to interpret nutritional information.

Instructor: Melissa DeVera, RD
Class Fee: $15
Class Code: ST
Location: Nob Hill Foods, 809 Bay Avenue, Capitola, Ca.

Th 1/31, 10:30-11:30am
Th 2/7, 7-8pm
Th 4/3, 7-8pm
Th 5/1, 10:30-11:30am

To register for **pep classes**

call **462 7709**

Natural Foods Cooking Made Easy

2 SESSIONS

Do you want to eat healthier but aren't sure how to start? Learn about natural foods, why they are good for you, how to plan your meals and prepare food that is fast, healthy and delicious.

Instructor: Jennifer Brewer, MS, CNS
Class Fee: $50
Materials Fee: $20
Class Code: NF
Location: Dominican Education Center

W 2/6 & 2/13, 6:30-8:30pm
Sa 4/5 & 4/12, 10am-noon

Feeding Your Toddler

1 SESSION

Learn about supporting your child's nutritional vitality and normal growth. A Registered Dietitian will discuss basic nutrition and how to select appealing food–but not short order cooking. Also get information about new foods, and meal and snack planning. Intended for parents of children 1-3 years old.

Instructor: Melissa DeVera, RD
Class Fee: $30
Materials Fee: $20
Class Code: FYT
Location: Dominican Rehab Solarium

W 4/30, 6-7pm

Cholesterol Countdown

1 SESSION

Learn from a Registered Dietitian what to eat to lower your lipids and reduce your risk for heart disease.

Instructor: Melissa DeVera, RD
Class Fee: $30
Materials Fee: $5
Class Code: CC
Location: Dominican Rehab Solarium

W 3/5, 6-7pm

Bariatic Surgery Nutrition

1 SESSION

For those considering or planning to have Bariatic surgery. Learn about the unique dietary requirements, tips to prevent common nutrition problems, and how much weight loss is expected after either the Roux-en Y Gastric Bypass or Adjustable Band surgery.

Instructor: Melissa DeVera, RD
Class Fee: $35
Materials Fee: $5
Class Code: BSN
Location: Dominican Rehab Solarium

M 1/7, 6-7pm
M 2/18, 6-7pm
M 3/31, 6-7pm
M 5/12, 6-7pm

CPR ADVANCE REGISTRATION IS REQUIRED FOR ALL CLASSES.

No CPR card or any recognition of class completion will be issued to anyone not registered prior to the class. Two year certification is issued by the American Heart Association where applicable.

The Infant CPR Anytime™

Personal Learning Program is the newest addition to American Heart Association's family of CPR Anytime self-directed learning products. Infant CPR Anytime allows families, friends, and others who care for infants to learn the core skills of Infant CPR and relief of choking in just 22 minutes.

Now available at PEP.

Dominican Hospital is an American Heart Association (AHA) Community Training Center. Basic Life Support (BLS) courses in cardiopulmonary resuscitation (CPR) are taught according to AHA program guidelines by authorized instructors. Please read the course description to choose the type of class which will meet your needs or job requirements. AHA receives no revenue from this program.

- **Register early as these classes fill quickly**
- **There are no refunds unless the class is cancelled**
- **Children are not allowed in the classroom unless they are registered for the class**
- **You must have a current BLS HCP card to register for renewal class**
- **All CPR Classes require physical participation**

For course content questions, email our Training Center coordinator at: **eva.tordoff@chw.edu**
To register call 462 7709.

CPR for Family and Friends

IDEAL FOR NEW OR EXPECTING PARENTS

1 SESSION

Designed for the general public, course covers adult, child and infant CPR, and what to do if someone's airway is obstructed. Ideal for new and expecting parents, the class can help laypersons become rescuers in the community. Not for those who must take CPR for work or a credential. No certification is issued.

Class fee: $35
Class code: CPR
Location: Dominican Education Center

M 2/4, 6-9pm, Free to the community in honor of Heart Month.
Th 3/27, 6-9pm (Spanish only)
M 4/28, 6-9pm
Tu 5/27, 6-9pm
W 6/25, 6-9pm

Heartsaver CPR (Adult, Child and Infant)

1 SESSION

Learn how to perform CPR on adults, children and infants, what to do if someone's airway is obstructed, and how to use barrier devices. This course is for those required to obtain a course completion card for the workplace, e.g., teachers, foster parents, dental workers and coaches. If no certification is needed, see CPR for Family and Friends.

Class fee: $50 (Textbook is included in fee.)
Class code: BLS
Location: Dominican Education Center

Sa 1/19, 9am-noon
Th 2/7, 6-9pm
Sa 3/22, 9am-noon
M 4/14, 6-9pm
Sa 5/24, 9am-noon
Tu 6/17, 6-9pm

Adult Only CPR and AED

1 SESSION

Learn how to perform CPR on adults, what to do if someone's airway is obstructed, how to use barrier devices and an AED (automated external defibrillator). This course is for those required to obtain a course completion card for the workplace. If no certification is needed, see CPR for Family and Friends.

Class fee: $50 (Textbook included in fee.)
Class code: ABLS
Location: Dominican Education Center

W 2/20, 6-9pm
Tu 4/22, 6-9pm
M 6/23, 6-9pm

Healthcare Provider CPR

1 SESSION

Intended for those who work in a healthcare setting and those who are required to take a healthcare provider course for their employment, course teaches CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device). Use of an automated external defibrillator (AED) and relief of foreign-body airway obstruction are also covered.

Class fee: $80 (Textbook included in fee.)
Class code: HBLS
Location: Dominican Education Center

Sa 1/26, 9am-12:30pm
Sa 2/23, 9am-12:30pm
Sa 3/15, 9am-12:30pm
Sa 4/19, 9am-12:30pm
Sa 5/17, 9am-12:30pm
Sa 6/7, 9am-12:30pm

Healthcare Provider Renewal

Pre-requisites: Current BLS HCP Certification

1 SESSION

Fast-paced course designed to renew current providers teaches CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device), as well as use of an automated external defibrillator (AED) and relief of foreign body airway obstruction. Intended for those working in a healthcare setting.

Class fee: $60 (Textbook is included in fee)
Class code: RBLS
Location: Dominican Education Center

Sa 1/12, 9am-noon
M 1/14, 6-9pm
Sa 2/9, 9am-noon
Th 2/21, 6-9pm
Sa 3/8, 9am-noon
Tu 3/18, 6-9pm
Sa 4/5, 9am-noon
M 4/21, 6-9pm
Sa 5/3, 9am-noon
Th 5/22, 6-9pm
Tu 6/3, 6-9pm
Sa 6/14, 9am-noon

Healthcare Provider Renewal Online Skills Check

Pre-requisites: Current BLS HCP Certification

1 SESSION

To earn an AHA BLS card in conjunction with AHA Online Renewal, you must demonstrate the required skills to a BLS instructor. Register for the AHA skills check after you completed the online course.

For non-Dominican employees, go to: **www.americanheart.org** to take the online course.

Class fee: $45 (in addition to AHA online course fee)
Class code: HPRO
Location: Dominican Education Center

M 1/7, 6-8pm
Tu 1/15, 8:30-10:30am
M 2/4, Noon-2pm
Tu 2/12, 6-8pm
M 3/3, 6-8pm
Tu 3/11, 8:30-10:30am
M 4/7, Noon-2pm
Tu 4/15, 6-8pm
M 5/5, 6-8pm
Tu 5/13, 8:30-10:30am
M 6/2, 11:45am-1:45pm
Tu 6/10, 6-8pm

Heartsaver First Aid (Adult Only)

1 SESSION

Learn how to manage adult injuries or illnesses until professional help arrives. This course contains three core modules; general principles, medical emergencies and injury emergencies. Two-year certification is issued.

Instructor: Howard Main, Paramedic
Class Fee: $60
Materials Fee: $15 Heartsaver First Aid Manual and Certified Card
Class Code: HFA
Location: Dominican Education Center

Sa 1/26, 9am-1pm
Sa 3/29, 9am-1pm
Sa 6/28, 9am-1pm

Heartsaver First Aid (Adult, Child & Infant)

1 SESSION

Designed for anyone who needs pediatric first aid emergency due to job and regulatory requirements. Learn how to manage adult and pediatric injury or illness until professional help arrives. This course is designed to meet regulations for daycare centers.

Instructor: Howard Main, Paramedic
Class Fee: $75
Materials Fee: $15 Heartsaver First Aid Manual and Certified Card
Class Code: HPFA
Location: Dominican Education Center

Sa 2/9, 9am-1pm
Sa 4/12, 9am-1pm
Sa 5/3, 9am-1pm

You Might Save Someone's Life!

In honor of National Heart Month, Dominican Hospital is offering CPR training for the layperson at **no charge this February.**

The Monday session will cover infant, child and adult CPR. No professional certification is awarded for either class.

The American Heart Association urges everyone to join the battle against cardiovascular disease, our nation's number one killer. Help strengthen the chain of survival in our community by learning this lifesaving skill!

CPR for Friends & Family (1 year old & up)
February 4, 2008, 6–9pm

Call **462 7709**. Space is limited.

Pre-Registration is required.
Please do not bring infants or children to this class.

Steady on Your Feet: Balance Class for Seniors

7 SESSIONS

Group exercise designed to improve balance and strength in those who may be fearful of falling or want greater fitness. Exercises are fun, safe and performed in a group setting. Must be able to walk 100 feet independently. Assistive devices are allowed. Please bring a caregiver if you are at high risk for falls.

Instructors: Barbara Barthel, PT, and Heather Gerwin, MS, PT
Class fee: $49
There is a 20% discount if enrolled twice weekly.
Class code: BFIT
Location: Dominican Rehab Solarium

Tu 1/8-2/19, 1-2pm
Th 1/10-2/21, 1-2pm
Tu 3/4-4/15, 1-2pm
Th 3/6-4/17, 1-2pm
Tu 4/29-6/10, 1-2pm
Th 5/1-6/12, 1-2pm

Location Key

Dominican Education Center
1555 Soquel Drive, Santa Cruz

Dominican Hospital, Main Building
1555 Soquel Drive, Santa Cruz

Dominican Hospital Campus
1555 Soquel Drive, Santa Cruz

Dominican Rehab Gym
Dominican Rehabilitation Services
610 Frederick Street, Santa Cruz

Katz Cancer Resource Center
Katz Cancer Resource Center
in the Dominican Hospital
Education Center
1555 Soquel Drive, Santa Cruz

Simpkins Family Swim Center
979 17th Avenue, Santa Cruz

Water Exercise 1

5-7 SESSIONS

Designed for people who want to improve balance, strength, flexibility and control. This class is low-impact so it's perfect for people with arthritis. It is also beneficial for seniors and people with neurological disorders. Experienced therapists will help develop individualized exercise routines based upon individual needs. Exercises are fun, safe and performed in a group setting. Please bring a caregiver if you need help changing, and if you need constant physical assistance in the pool.

Instructor: Laurel Johnson, PTA
Class fee: See Below. There is a 20% discount if enrolled twice weekly, 30% discount if enrolled three times per week.
Class code: WE1
Location: Simpkins Family Swim Center
979 17th Ave. Santa Cruz

M 1/7-2/11, 12:45-1:45pm (no class 1/21)	**$43**
W 1/9-2/13, 12:45-1:45pm	**$52**
F 1/11-2/15, 12:45-1:45pm	**$52**
M 2/25-3/31, 1:45-2:45pm	**$52**
W 2/20-4/2, 1:45-2:45pm	**$60**
F 2/22-4/4, 1:45-2:45pm	**$60**
M 4/7-5/19, 1:45-2:45pm	**$60**
W 4/9-5/21, 1:45-2:45pm	**$60**
F 4/11-5/23, 1:45-2:45pm	**$60**
M 6/2-7/14, 1:45-2:45pm	**$60**

Water Exercise 2

5-7 SESSIONS

Group exercises are fun, low-impact and aimed at improving general flexibility, strength, balance, gait, endurance and posture. This class is slightly more intense than Water Exercise 1. This class is for people living with orthopedic and neurological problems, or a variety of other issues. It is also suitable for someone just wanting to get out and exercise. Please bring a caregiver if you need help changing.

Instructor: Laurel Johnson, PTA
Class fee: See Below. There is a 20% discount if enrolled twice weekly, 30% discount If enrolled three times per week.
Class code: WE2
Location: Simpkins Family Swim Center
979 17th Ave. Santa Cruz

M 1/7-2/11, 12:45-1:45pm (no class 1/21)	**$43**
W 1/9-2/13, 12:45-1:45pm	**$52**
F 1/11-2/15, 12:45-1:45pm	**$52**
M 2/25-3/31, 12:45-1:45pm	**$52**
W 2/20-4/2, 12:45-1:45pm	**$60**
F 2/22-4/4, 12:45-1:45pm	**$60**
M 4/7-5/19, 12:45-1:45pm	**$60**
W 4/9-5/21, 12:45-1:45pm	**$60**
F 4/11-5/23, 12:45-1:45pm	**$60**
M 6/2-7/14, 9:45-10:45am	**$60**
M 6/2-7/14, 12:45-1:45pm	**$60**

Water Exercise 3

5-7 SESSIONS

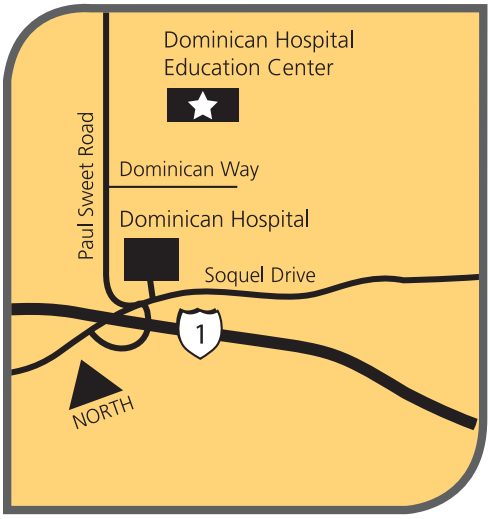
This is a more advanced exercise class than Water Exercise 2. Work on flexibility, strength, balance, gait, endurance and posture, by increasing the difficulty level for the exercises to give a more strenuous workout. Includes a jogging component for increased cardiovascular demand. This is designed for people who are comfortable in the water and are looking to progress their level of fitness.

Instructor: Laurel Johnson, PTA
Class fee: See Below. There is a 20% discount if enrolled twice weekly, 30% discount if enrolled three times per week.
Class code: WE3
Location: Simpkins Family Swim Center
979 17th Ave. Santa Cruz

M 1/7-2/11, 11:45am-12:45pm (no class 1/21)	**$43**
W 1/9-2/13, 11:45am-12:45pm	**$52**
F 1/11-2/15, 11:45am-12:45pm	**$52**
M 2/25-3/31, 11:45am-12:45pm	**$52**
W 2/20-4/2, 11:45am-12:45pm	**$60**
F 2/22-4/4, 11:45am-12:45pm	**$60**
M 4/7-5/19, 11:45am-12:45pm	**$60**
W 4/9-5/21, 11:45am-12:45pm	**$60**
F 4/11-5/23, 11:45am-12:45pm	**$60**
M 6/2-7/14, 11:45am-12:45pm	**$60**

Dominican Hospital

Education Center Location Map



Total Body Conditioning

4 SESSIONS

Learn a fun and energetic exercise routine that can take the place of a gym program. Target your thighs, hips, buttocks, back and abdominals using an exercise ball, sports band and body weight. Learn proper techniques from an experienced therapist and certified Pilates instructor. Exercise ball is required.

Instructor: Terri Primavera, PTA, STOTT Pilates Certified
Class fee: $35
Class code: TBC
Location: Dominican Education Center

Tu 1/8-1/29, 5:30-6:30pm
Tu 2/5-2/26, 5:30-6:30pm
Tu 3/4-3/25, 5:30-6:30pm
Tu 4/8-4/29, 5:30-6:30pm
Tu 5/6-5/27, 5:30-6:30pm
Tu 6/3-6/24, 5:30-6:30pm

Pilates Mat Class—Beginner/Intermediate

4-8 SESSIONS

Learn the 5 basic Pilates principles to enhance core strength and stability, decrease pain, increase mind-body awareness and improve posture. Class size will be limited to allow more personal attention from instructor. Clients must be able to get up and down from exercise mats. Minors must attend class with parent/guardian.

Instructor: Terri Primavera, PTA, STOTT Pilates Certified
Class fee: $65
Class code: PME
Location: Dominican Education Center

T/Th 1/8-1/31, 6:30-7:30pm
T/Th 2/5-2/28, 6:30-7:30pm
T/Th 3/4-3/27, 6:30-7:30pm
T/Th 4/8-5/1, 6:30-7:30pm
T/Th 5/6-5/29, 6:30-7:30pm
T/Th 6/3-6/26, 6:30-7:30pm

Instructor: Terri Primaera, MPT, STOTT Pilates Certified
Class fee: $35
Class code: PME
Location: Dominican Education Center

Th 1/10-1/31, 5-6pm
Th 2/7-2/28, 5-6pm
Th 3/6-3/27, 5-6pm
Th 4/10-5/1, 5-6pm
Th 5/8-5/29, 5-6pm
Th 6/5-6/26, 5-6pm

To register by fax or mail, see registration form on page 23

Pilates Mat & Ball Class—Beginner/Intermediate

4 SESSIONS

This class is a blend of Pilates exercises on the mat and ball. Pilates can increase core strength, decrease neck and back pain, and improve posture with enhanced mind-body awareness. Class size is limited to target proper technique and allow for personalized attention from an experienced instructor. Exercise ball is required.

Instructor: Terri Primavera, PTA, STOTT Pilates Certified
Class fee: $35
Class code: PMB
Location: Dominican Education Center

Tu 1/8-1/29, 4-5pm
Tu 2/5-2/26, 4-5pm
Tu 3/4-3/25, 4-5pm
Tu 4/8-4/29, 4-5pm
Tu 5/6-5/27, 4-5pm
Tu 6/3-6/24, 4-5pm

Upper-Body Management for Neurological Impairment and Hemiplegia

7 SESSIONS

People with strokes or hemiplegia can improve upper body/arm functions and range of motion with help of trained neurological rehabilitation therapists. Utilizing neuro-developmental techniques, stretches and equipment, patients will increase their independence for activities of daily living. Caregivers should accompany participants requiring continuous supervision since classes take place in a group setting.

Instructors: Dan Densley, OTR/L, BS, and Alisha Favorite, OTR/L, BS
Class fee: $42
Class code: UBNI
Location: Dominican Rehab Gym

W 1/16-2/27, Noon-1pm
W 3/5-4/16, Noon-1pm
W 4/16-5/28, Noon-1pm

Strength Building for People with Neurological Impairment

5-7 SESSIONS

Therapists will help develop individual exercise routines for those who want to work out—either standing or in a wheelchair—but who are having difficulty getting to the spa, or need extra help with set-up. Perfect for wheelchair users. Caregivers should accompany persons requiring continuous supervision since classes take place in a group setting.

Instructors: Mary-Anne Kramer-Urner, MPT, Andrea Martin, MPT, Brynn Bate, MPT, Leah Santos, MPT
Class fee: See below. There is a 20% discount if enrolled twice weekly, 30% discount if enrolled three times per week. No drop-ins.
Class code: SBNI
Location: Dominican Rehab Gym

M 1/14-2/25, 4-5pm	**$35**
(no class 1/21, 2/18)	
Tu 1/15-2/26, 4-5pm	**$49**
W 1/16-2/27, 4-5pm	**$49**
Th 1/17-2/28, 4-5pm	**$49**
M 3/3-4/7, 4-5pm	**$42**
Tu 3/4-4/8, 4-5pm	**$42**
W 3/5-4/9, 4-5pm	**$42**
Th 3/6-4/10, 4-5pm	**$42**
M 4/14-5/19, 4-5pm	**$42**
Tu 4/15-5/27, 4-5pm	**$49**
W 4/16-5/28, 4-5pm	**$49**
Th 4/17-5/29, 4-5pm	**$49**

Senior Strength and Conditioning

7-9 SESSIONS

Perform fun exercises from seated and standing positions using body weight and resistance bands. Advance to functional exercises with sport cords and dynamic flexibility routines. Learn proper technique and safe exercises from an experienced rehab therapist. A good beginner/intermediate level strength and balance class.

Instructors: Laurel Johnson, PTA and Brynn Bate, MPT
Class fee: See Below
Class code: SSC
Location: Dominican Education Center

M/W 1/7-1/30, 9-10am	**$52.50**
(no class 1/21)	
M/W 2/4-2/27, 9-10am	**$52.50**
(no class 2/18)	
M/W 3/3-3/31, 9-10am	**$67.50**
M/W 4/2-4/30, 9-10am	**$67.50**
M/W 5/5-5/28, 9-10am	**$52.50**
(no class 5/26)	
M/W 6/2-6/30, 9-10am	**$67.50**

Prepared Childbirth

5-6 SESSIONS

PMG COURSE

Complete childbirth preparation for the expectant mother and support person. Class includes information on the birth process, consideration and practice of relaxation and breathing techniques, labor variations, medications and medical interventions. Basic newborn assessment and feeding are covered in the last class. No tour is included. It is recommended that you take a class that ends about three weeks before your due date. The Infant Care class is also recommended. Register early. Classes fill quickly.

Instructors: Dominican Hospital's staff of certified prenatal instructors
Class fee: $100 for woman & support person, Medi-Cal rates available
Class code: PCB
Location: Dominican Hospital Campus

Th 1/3-2/7, 6:30-8:30pm
Tu 1/15-2/19, 6:30-8:30pm
W 2/6-3/12, 6:30-8:30pm
Th 2/21-3/27, 6:30-8:30pm
Tu 3/4-4/8, 6:30-8:30pm
W 3/26-4/30, 6:30-8:30pm
Th 4/10-5/15, 6:30-8:30pm
Tu 4/22-5/27, 6:30-8:30pm
W 5/14-6/18, 6:30-8:30pm
Th 5/29-6/26, 6:30-9pm
Tu 6/17-7/22, 6:30-8:30pm
W 7/9-8/13, 6:30-8:30pm
Th 7/24-8/28, 6:30-8:30pm
Tu 8/12-9/16, 6:30-8:30pm

Childbirth Express

1 SESSION

Essentials of birth preparation compressed into a one-day class. A questionnaire on individual needs and preferences will be sent before class to assist the instructor in creating class content. One-hour lunch break included. Class size limited. Tour is not included in this class.

Instructor: Cynthia Hornbeak, CCE, CLC
Class fee: $100 for woman and support person, Medi-Cal rates available
Class code: CBE
Location: Dominican Education Center

Sa 2/2, 9:30am-4:30pm
Sa 3/1, 9:30am-4:30pm
Sa 4/12, 9:30am-4:30pm
Sa 5/17, 9:30am-4:30pm
Sa 6/7, 9:30am-4:30pm
Sa 7/12, 9:30am-4:30pm
Sa 8/16, 9:30am-4:30pm
Sa 9/6, 9:30am-4:30pm

Childbirth Refresher

2 SESSIONS

Childbirth preparation class for those who wish only a review of labor and birth information. Tour is not included in this class. A previous childbirth class within the last five years is suggested. This class is recommended if you are planning a VBAC. Register early since these classes fill quickly.

Instructors: Dominican Hospital's staff of certified prenatal instructors
Class fee: $50 for woman and support person
Class code: CBR
Location: Dominican Hospital Main Building

M 2/4-2/11, 6:30-8:30pm
M 4/14-4/21, 6:30-8:30pm
M 6/9-6/16, 6:30-8:30pm
M 8/18-8/25, 6:30-8:30pm

You've taken all the right steps to have a healthy baby

Don't stop now.

You are eating for two. You watch your food choices.
You need to be strong for birth. You exercise.
You want to be ready. You take childbirth education classes.
Baby needs a safe ride. You purchase the best infant car seat.

With our Level 3 Newborn Intensive Care Unit as backup, Dominican Hospital's Family Birthing Center works to offer the safest and most rewarding birth experience possible.

Play it safe all the way!

Call 462 7741 for a tour of the Family Birthing Center

Cesarean Birth Preparation

1 SESSION

Expectant moms who are planning to give birth by Cesarean and their support person can learn more about Cesarean birth in this class. Includes information on anesthesia, hospital procedures and realistic recovery expectations.

Instructor: Kris Franceschi, CCE
Class fee: $35 for woman and support person
Class code: CEBP
Location: Dominican Hospital Main Building

Th 2/7, 7-9pm
Th 4/10, 7-9pm
Th 6/12, 7-9pm
Th 8/14, 7-9pm

VBAC: Vaginal Birth After Cesarean

1 SESSION

Are you considering a Vaginal Birth After a Cesarean (VBAC)? What are VBAC concerns, hospital policies, etc? Please enroll in a Childbirth Refresher Class in addition to this discussion class. Call 462 7741 for more information.

Instructor: Kris Franceschi, CCE
Class fee: $35 for woman and support person
Class code: VBAC
Location: Dominican Hospital Main Building

Th 1/10, 7-9pm
Th 3/6, 7-9pm
Th 5/15, 7-9pm
Th 7/17, 7-9pm

The Expectant Dad

1 SESSION

A one-session, open forum for expectant fathers. Provides an opportunity to discuss common expectations and concerns. Learn helpful information to ease this life transition for men.

Instructor: Bruce Block, MD,
Salem Magarian, MD
Class fee: No charge to participate.
Funded by Dominican Hospital.
Class code: DADE
Location: Dominican Hospital Main Building

Tu 1/29, 7-9pm
Tu 3/11, 7-9pm
Tu 6/3, 7-9pm

Daddy and Me

1 SESSION

A one-session class for new dads. Provides an opportunity to realistically discuss life after a new baby joins the family. Babies are welcome!

Instructor: Bruce Block, MD
Class fee: No charge to participate.
Funded by Dominican Hospital.
Class code: DADN
Location: Dominican Hospital Main Building

Tu 2/26, 7-9pm
Tu 4/15, 7-9pm
Tu 6/10, 7-9pm

Grandparents Class

1 SESSION

Becoming a grandparent can be one of the most significant and rewarding experiences. We discuss grandparents' concerns and the latest in baby care. We also talk about changes in maternity care, role and identity changes, and the real needs of new moms.

Instructor: Cynthia Hornbeak, CCE, CLC
Class fee: $35 per couple
Class code: GD
Location: Dominican Hospital Main Building

M 1/14, 7-9pm
M 3/10, 7-9pm
M 5/19, 7-9pm
M 7/14, 7-9pm

Aquatic Exercise for Pregnant Women

5-7 SESSIONS

Class will focus on teaching safe exercise techniques during pregnancy. The aquatic environment helps reduce weight bearing on all joints, which helps reduce joint and back pain. Learn to strengthen core muscles: abdominals, pelvic floor, back and leg muscles. Also learn safe flexibility exercises. Posture and body mechanics will be emphasized.

Instructors: Terri Primavera, PTA, STOTT Pilates certified. Laurel Johnson, PTA
Class fee: See Below or $10 drop-in session
Class code: AQ
Location: Simpkins Family Swim Center
979 17th Ave. Santa Cruz

M 1/7-2/11, 10:45-11:45am (no class 1/21)	**$43**
W 1/9-2/13, 10:45-11:45am	**$52**
F 1/11-2/15, 10:45-11:45am	**$52**
M 2/25-3/31, 10:45-11:45am	**$52**
W 2/20-4/2, 10:45-11:45am	**$60**
F 2/22-4/4, 10:45-11:45am	**$60**
M 4/7-5/19, 10:45-11:45am	**$60**
W 4/9-5/21, 10:45-11:45am	**$60**
F 4/11-5/23, 10:45-11:45am	**$60**
M 6/2-7/14, 10:45-11:45am	**$60**

Make Room for Baby (ages 3-6 yrs.)

1 SESSION

Young children (and their parents) anticipating the arrival of a new sibling will have an opportunity to experience appropriate literature, a short video, discussions and lessons in basic infant care to better prepare them for this experience. A craft project will also be available. A visit to Dominican's Birth Center is included.

Instructor: Jennifer Piazza, Credentialed Teacher
Class fee: $35/child and parent
($15 each additional child)
Materials fee: $5 per child
Class code: MR4B
Location: Dominican Education Center

Sa 2/9, 10am-noon
Sa 4/12, 10am-noon
Sa 6/7, 10am-noon

Whole Birth Yoga and Support

6 SESSIONS

Stretch, relax and rejuvenate! Gentle yoga, breathing and deep relaxation exercises help prepare you for birth while making pregnancy more comfortable. Start in early pregnancy and continue until the birth day. No experience needed. Loose, comfortable clothing suggested.

Instructor: Robin Sale, CMT, CHT
Class fee: $95
Materials fee: $2
Class code: PYO
Location: Dominican Education Center

Th 1/10-2/14, 9:30-11:45am
Th 2/28-4/3, 9:30-11:45am
Th 4/10-5/15, 9:30-11:45am
Th 5/22-6/26, 9:30-11:45am

Instructor: Megan Bunch, CCE, CD
Class fee: $95
Materials fee: $2
Class code: PYO
Location: Dominican Education Center

M 1/7-2/11, 6:15-8:30pm
M 2/25-3/31, 6:15-8:30pm
M 4/7-5/12, 6:15-8:30pm
M 5/19-6/30 6:15-8:30pm (no class 5/26)

Successful Breastfeeding

1 SESSION

Make breastfeeding more comfortable and enjoyable by learning practical techniques for preventing and solving common problems. Know what to expect when breastfeeding. Recommended for mothers during mid- to late pregnancy. Support people are welcome.

Instructor: Janet Hoover, IBCLC
Class fee: $35
Class code: BFS
Location: Dominican Education Center

Th 1/10, 7-9:30pm
Th 3/13, 7-9:30pm
Th 5/8, 7-9:30pm
Th 7/10, 7-9:30pm

Infant Care

1-2 SESSIONS

Learn about the basics of newborn care: diapering, bathing, swaddling and what equipment you need for your baby. Discuss realistic parenting strategies, infant and car seat safety, pediatricians and immunizations. Community resources for new parents are discussed.

Instructor: Paula Suzuki, MA, CCE
Class fee per couple, See Below
Class code: IC
Location: Dominican Education Center

M 1/21, 6-9pm	**$40**
M 2/4 & 2/11, 6:30-8:30pm	**$50**
Th 3/6, 6-9pm	**$40**
M 3/17, 6-9pm	**$40**
M 4/7 & 4/14, 6:30-8:30pm	**$50**
M 5/5 & 5/12, 6:30-8:30pm	**$50**
M 6/9 & 6/16, 6:30-8:30pm	**$50**

Visitas al Centro Familiar de Maternidad

En Español. Recorridos programados en español tendrán lugar el segundo Sábado de cada mes de la 1:00 a las 2:30 de la tarde en el sálon 1.

Toda la familia es bienvenida.Gratis.
No es necesario registrarse.

Para más información, llame al
462 7709

Dominican Hospital Family Birthing Center Tours

EVERY TUESDAY EVENING 6:30-7:30pm
(No tour 12/25/07).

The entire family is welcome.

Registration is requested.

For more information or to register, call **462 7741** or **462 7709**

Credentials Key

APRN: Advanced Practice Registered Nurse
BC: Board Certified
BS: Bachelor's of Science degree
CCE: Credentialed/Certified Childbirth Educator
CD: Certified Doula
CHT: Certified Hypnotherapist
CLC: Certified Lactation Counselor
CMT: Certified Massage Therapist
CNS: Certified Nutrition Specialist
CYI: Certified Yoga Instructor
DC: Doctor of Chiropractic
FNP: Family Nurse Practitioner
IBCLC: International Board Certified Lactation Consultant
LCSW: Licensed Clinical Social Worker
LM: Licensed Midwife
MD: Medical Doctor
MPT: Master's in Physical Therapy
MS: Master's of Science degree
OCN: Oncology Certified Nurse
OTR/L: Occupational Therapist, Registered and Licensed
PhD: Doctor of Philosophy degree
PTA: Physical Therapy Aide
PT: Physical Therapist
RCP: Respiratory Care Practitioner
RD: Registered Dietitian
RN: Registered Nurse
RRT: Registered Respiratory Therapist

Preparing for Twins and More

2 SESSIONS

Take a look at the practical concerns and issues for those expecting more than one child: bringing babies home, clothing, equipment, family outings, and more. Hear real world experiences from parents of multiples. Get information on community resources and private support groups. Expectant parents, grandparents and support people are welcome.

Instructors: Wendy Marshall, DC, and Jennifer Piazza, Credentialed Teacher
Class fee: $50/family
Materials fee: $2
Class code: PTW
Location: Dominican Hospital Main Building

W 2/6 & 2/13, 6:30-9pm
W 5/7 & 5/14, 6:30-9pm

Post Natal Aquatic Exercise

7 SESSIONS

Group exercises are fun, low impact, and are aimed at improving strength, flexibility, posture and body mechanics for women who have recently become mothers. Mothers are encouraged to bring their infants (6-12 months old) to be included in functional exercises.

Instructors: Laurel Johnson, PTA and Terri Primavera, PTA, STOTT Pilates certified.
Class fee: $60
Class code: AQP
Location: Simpkins Family Swim Center
979 17th Ave. Santa Cruz

M 4/7- 5/19, 11-11:30am
W 4/9-5/21, 11-11:30am
M 6/2-7/14, 11-11:30am

Breastfeeding Support Group

This drop-in support group provides moms and babies an opportunity to meet and talk about the joys and challenges of breastfeeding. Baby-Weigh® scale available. Call 462 7862 for more information.

Facilitator: Janet Hoover, LM, IBCLC
Fee: No charge to participate.
Funded by Dominican Hospital.
Location: Dominican Education Center, Room D

Wednesdays, 10:30am-12:30pm (no class 12/26)

New Moms' Support Group

An opportunity for new moms and babies to get together, meet other new moms, and discuss common concerns. Focus is on moms with babies under six months of age.

Facilitator: Cynthia Hornbeak, CCE, CLC
Fee: No charge to participate.
Funded by Dominican Hospital.
Location: Dominican Education Center, Room C

Wednesdays, 10:30am-12:30pm (no class on 12/26)

Refund Policy

Please read prior to registration:

Classes cancelled by PEP will be refunded in full. Under other circumstances, PEP does not provide refunds but will gladly provide a credit voucher for another class. Requests for credit must be made at least one weekday prior to the start of class.

Better Breathers

This program offers education and support for adults with chronic lung disorders, their families and caregivers. The group is coordinated by Dominican's Pulmonary Rehabilitation Program and is open to the community. No registration required. Call 457 7077 for more information.

Facilitator: Cathe Pleasant, RRT, RCP
Fee: No charge to participate.
Funded by Dominican Hospital.
Location: Dominican Rehab Solarium

Next Meetings:
Wednesdays, 1/16, 3/19, 5/21, 7/16, 9/17, 11/19
1:30-2:30pm

Lymphedema Education and Support Group

This educational and supportive group welcomes people with lymphedema and their friends and families. For more information, contact Michelle Shippen Phone 566 2069.

Facilitators: Dominican Hospital Certified Lymphedema Therapists
Fee: No charge to participate.
Funded by Dominican Hospital.
Location: Katz Cancer Resource Center

Second Wednesday of each month, 6-8pm

The Stroke of Luck Club

A support group for persons who have had a stroke and their loved ones. Call 462 7700 x5241 for more information.

Facilitators: Shawn DeSanto, SLP
Fee: No charge to participate.
Funded by Dominican Hospital.
Location: Dominican Rehab Solarium

Second Saturday of the following months: January, March, June, October, December
3-4:30pm

Family Support Group: Understanding Dominican Behavioral Health Services

This one hour family support group is held monthly to answer frequently asked questions about in-patient psychiatric care at Dominican Hospital as well as supporting families in coping with the challenges associated with mental health care. The group will be led by Barbara Denney, RN. The support group is not a forum to discuss individual patient care issues, which are more appropriately discussed with the Physician and BHU treatment team. For information and sign up, call Dominican Behavioral Health Unit at 462 7719.

Next Meetings:
Tuesdays, 1/15, 2/12, 3/11, 4/8, 5/6, 6/3
7-8pm

Amputee Forum and Support Group

A Special Amputee Forum, facilitated by Mary Anne Kramer-Urner, MPT, Dominican Specialist, will be offered at no charge in the Solarium at Dominican's Rehab Campus, 610 Frederick Street in Santa Cruz on Wednesday, March 12, from 5-6:30pm. The local amputee support group, Amputees in Motion, meets regularly off campus every Sunday. Call Lisa Hoesling, 426 6825, or Norman Stretch, 465 6897, for information. Meetings are free.

To register for **pep classes**

call **462 7709**

Prenatal Services

Dominican Hospital Prenatal Services

Dominican Hospital's Nurse Midwife, Judy Dowd and the doctors of Harbor Medical Group, Inc. jointly provide services at the prenatal-care program called Dominican Hospital Prenatal Services (DHPS). Medical care before, during and after the birth is provided, in addition to health and nutrition education, and referrals to social services as needed. Babies are delivered at Dominican Hospital Family Birthing Center. Women who have Medi-Cal or Central Coast Alliance for Health (Alliance) are eligible.

DHPS is located at
610 Frederick Street
Santa Cruz

For additional information, call 457 7103.

Servicios Prenatales de Dominican Hospital

La Partera Certificadade Dominican Hospital, Judy Dowd y los doctores de Harbor Medical Group, Inc. ofrecen conjuntamente cuidado pre-natal por medio del programa: Servicios Prenatales de Dominican Hospital (DHPS por sus siglas en inglés). Ofrecen atención médica antes, durante y después del parto; además de eduación para la salud y nutricional y, de ser necesarios, remisiones o referencias a servicios sociales.Los partos se llevan a cabo en el Centro Familiar de Partos de Dominican Hospital. Las mujeres que cuenten con seguro médico Medi-Cal o de La Alianza para la Salud de la Costa Central (La Alianza) son elegibles.

Las instalaciones de DHPS se encuentran en el 610 Frederick Street, Santa Cruz.

Informes adicionales al 457 7103.

Dominican Speaks Out!

As a public service, Dominican has put together a speaker's bureau—a lineup of professionals from many health-related fields to talk expertly and informally in the community. Whether your group is a service club, a church group or a business or educational organization, we have experts from throughout the Dominican organization that will speak out at your meeting or event on your choice of subjects.

All of our speakers are respected professionals with years of experience and advanced degrees or training in their specialties. You can be sure the information in their presentations will be up-to-date and reliable.

When you need a speaker, we can suggest some very healthy choices.

Fitness & Exercise
Strength & Conditioning
Back Care
Fall Prevention & Recovery
Sports Performances for Athletes
Senior Fitness
Exercise for those with neurological illness
Balance Exercise
Hand therapy

Mobility Challenges
Walker Adjustments
Wheelchair seating & positioning

Overview of Stroke
What is stroke?
Identifying & Reducing Risk Factors
Signs of a stroke
Emergency response to a stroke
Stroke is a medical emergency
Stroke center have a stroke team on-call 24 hrs. a day

Cancer
Resources & Education for Patients, Family Members

Life Management
Diet & Nutrition
Your Heart
Stress Management
Behavior Modification
Fitness & Exercise

Heart Disease
Identifying & Reducing Heart Disease
Save A Friend

Sleep Disorders
Snoring
Excessive Daytime Sleepiness

Your Eyes
Ophthalmologic Problems: cataracts, glaucoma, macular degeneration
Laser visions & Intraocular Lenses
Updates on Eye Care
Current Treatments for the Maturing Eye

Other Topics
Lymphedema–Managing Through Massage
Occupational Therapy
Aging Statistics
Planning Your Retirement
Admission Process
Treatment of CVA
Dominican Hospital Success Story
Dominican's Role in the Community
Childbirth Preparation
Dominican Hospital's 65 Years in Health Care for the Community
Pediatric Topics
Infant Motor Development
Preparing for the ER visit
Preparing for the hospital stay
Searching online for medical information
Healing & Humor

Our list of experts and topics is always expanding.
Call today for the latest additions to our roster.

For more information call **462 7521** or **eva.tordoff@chw.edu**
When scheduling a speaker for your group/event,
please give 30 days advance notice.

TO REGISTER for PEP classes by fax or mail,
see registration form on page 23

Fireside Chat Series

The Katz Cancer Resource Center offers monthly forums in the form of Fireside Chats. Guest experts lead discussions about the complex issues surrounding cancer.

4th Monday of each month, 11:30am-12:30pm
Light lunch will be served. No charge to participate. No registration required.

January 28
What is Radiation Therapy for Cancer?
Charlotte Kim MD, Radiation Oncologist

February 25
Cancer Related Fatigue: How to Budget Your Energy
Viki Doolittle, RN, OCN

March 17
Your Personal Health Records: Privacy and Ownership
Vickie Carlisle, Director Health Information Management, Dominican Hospital

April 28
What Do I Do Now? – After Cancer Treatment
Lindsay Johnson, MD

May 19
Your Pathology Report
Carlene Hawksley, MD, Pathologist

June 23
Medicare Overview-How to Choose a Prescription Drug Plan
Sally NeSmith, HICAP Program Manager, Senior Network Services

Chemo 101

A class to help cancer patients and families understand and cope with changes during chemotherapy treatment.

Facilitator: Oncology Certified Nurses
Pre-register by calling 462 7770

First and third Wednesday of every month, 11am-12:30pm

Look Good, Feel Better

A free program to help women undergoing cancer treatment look their best. Licensed cosmetologists, teach women how to enhance their appearance. Learn how to choose a wig, wrap turbans and scarves, and manage skin and nail changes. Includes a makeover. (Funded by the American Cancer Society in conjunction with the National Cosmetology Association and the Cosmetic, Toiletry and Fragrance Association)

Mondays: January 14, February 11, March 10, April 14, May 12, June 9

Location: Katz Cancer Resource Center
Pre-register by calling 462 7770

Nutrition: During and After Cancer Treatments

Drop-In meeting for patients and families to discuss healthy eating and nutritional Issues during and after cancer treatments.

Instructor: Joan LeBer, Registered Dietician

2nd Tuesday of every month, 11am-12pm

Location: Katz Cancer Resource Center

Gentle Yoga Before, During and After Cancer Treatments

Gentle stretching, yoga and relaxation to help ease discomfort and improve overall sense of well-being. Adaptable to all physical abilities.

Instructor: Path Star, certified Kripalu Yoga teacher and Michael Dini, certified Yoga instructor

First and third Thursday of every month, 6:30pm

Location: Katz Cancer Resource Center

Second and fourth Monday of every month, 1:30pm

Location: Dominican Education Center, Room D

Art for Healing for the Person with Cancer

Use art to express your journey through cancer. No experience necessary. Materials and snack provided.

Instructor: Wendy Traber

Saturdays: January 12 and April 12
10am-1pm

Pre-register by calling 462 7770

Breast Cancer Support Group

Drop-in support group for women with non metastatic breast cancer.

Facilitator: Gloria Simpson, LCSW

First and third Wednesday of every month, 5:30-6:30pm

Cancer Support Group

Ongoing drop-in support group for all whose lives are challenged by cancer: patients, families, caregivers, and close friends.

Facilitator: Cathie Jarosz

First and third Tuesday of every month, 6:30pm

Caregiver Support Group

Drop-in support group for family and friends who are caring for someone with cancer.

Facilitator: Cathie Jarosz

Second Tuesday of every month, 6:30pm

Lymphedema Education and Support Group

This educational and supportive group welcomes people with lymphedema and their friends and families. For more information, contact Michelle Shippen @ 566 2069

Facilitators: Dominican Hospital Certified Lymphedema Therapists

Second Wednesday of every month, 6-8pm

Ovarian Cancer Support Group

Drop-in support group for women with ovarian cancer.

Facilitator: Gloria Simpson, LCSW

First Monday of every month, 6-7:30pm

Prostate Cancer Support Group

Drop-in support group. No registration required. No cost to participate.

Last Tuesday of every month

For more information call 688 0423 or 688 0940

Advanced Prostate Cancer Support Group

Drop-in support group. No registration required. No cost to participate.

February 11, April 14, June 9
5-7pm

Location: Katz Cancer Resource Center

The Katz Cancer Resource Center is staffed by full-time oncology nurses, provides access to information and services relating to all aspects of cancer care and management.

Services include:

- **Help identifying resources and information for cancer patients, family and friends**
- **Providing educational opportunities for the community**

Unless otherwise indicated, all groups and programs are held at The Katz Cancer Resource Center located on the ground floor of the Dominican Hospital Education Center, 1555 Soquel Drive, Santa Cruz.

No charge to participate, thanks to the support of Dominican Hospital Foundation. No registration required unless specified. For information, call The Katz Cancer Resource Center, **831 462 7770**.

The Katz Cancer Resource Center

462 7770

Lifestyle Management Programs

Cardiac Risk Reduction Program

PMG COURSE

VARIES

Lowering risk factors such as high cholesterol, weight, high blood pressure and stress has been shown to significantly reduce future cardiac problems. Designed for individuals who have had angina, heart attack, cardiac procedure (angioplasty, atherectomy, stent), open heart surgery or congestive heart failure. This nationally certified program includes cardiac education classes, nutrition assessment, risk factor counseling, lifestyle coaching, and monitored exercise therapy.

Diabetes Management (Type 1 & 2)

PMG COURSE

VARIES

The Diabetes Management Program provides information and support to help create a personal, successful path to diabetes control. The program includes education classes and individual appointments provided by our team of health care professionals including certified diabetes educators, registered nurses, and registered dietitians.

Pulmonary Rehabilitation Program

PMG COURSE

VARIES

This nationally certified program provides education, breathing retraining exercises and a monitored exercise program to increase functional ability in individuals coping with COPD, chronic bronchitis, emphysema, bronchiectasis and pulmonary fibrosis. Specially trained professionals will develop individualized program on initial assessment.

Asthma Management

PMG COURSE

1–2 CONSULTATIONS

Individualized program assists adults, children and parents of children with asthma in developing a personal Asthma Action Plan. Program includes information and training on asthma triggers, medications, early warning signs, peak flow monitoring, when to call the doctor, allergy control strategies and exercise guidelines.

Get Tested.

Get Well.

Get Healthy.

Call **457 7077** for more information

GIVE THE GIFT OF HEALTH!

Gift certificates available for all LifeStyle Management Services

LIFE STEPS–

The Way to Sustainable Weight Management

An individually tailored program that offers a realistic and healthy approach to losing weight and keeping it off. Receive weight management education, meal planning, health assessments, supervised exercise training, relaxation techniques and on-going lifestyle coaching from health professionals.

Foundation Phase - Individual Appointments

Includes: Lifestyle evaluation, coaching, fitness & health assessment, individualized exercise and meal plan, course material and pedometer/set-up.

Lifestyle Phase - 12 Weeks

PMG COURSE

Includes: Group education classes, weekly weigh-in (optional), and exercise training to further your weight loss.

Pre-requisite: Foundation Phase

Tuesdays, 6-7pm

Medical Fitness Program

On-going supervised exercise for people managing chronic medical issues such as diabetes, arthritis, high blood pressure, high cholesterol, peripheral vascular disease or those who prefer more supervision during exercise. All participants meet individually with one of the clinical specialists for an assessment prior to starting the program. The small-group 60-minute sessions include warm-up, stretching, aerobic exercise, resistance training and cool-down. Join for one month or as many months as you want.

Initial assessment: $85
Monthly Fee: $80 2x/week (8 sessions)
$110 3x/week (12 sessions)

FITNESS & HEALTH SERVICES

Cardiac and Health Assessment

2 HOURS

This comprehensive assessment package evaluates your risk for heart disease, cancer, osteoporosis, high blood pressure, and other chronic diseases. Includes a review of your Personal Wellness Report including test results, exercise prescription, and health risk status.

Includes: Resting EKG, Exercise Stress EKG, Body Composition Analysis, Cholesterol Panel, Strength/Flexibility Assessment, Health Risk Profile.

Price: $700
Price with Prompt Payment: $350

Executive Physicals

4 HOURS

This assessment combines an annual physical with fitness and health testing and provides you with a comprehensive picture of your health, fitness and risk for disease. You will receive recommendations for increasing health and reducing risk for disease.

Includes: Comprehensive medical and health history, comprehensive physical examination, urinalysis, occult blood test, exercise stress EKG, body composition analysis, strength and flexibility testing, individual consultations, PSA (males) and comprehensive blood tests.

Price: $1,500 per person
Price with Prompt Payment: $750

Peak Performance

2 HOURS

This comprehensive assessment is designed to help maximize athletic potential! Includes personal evaluation of results with an exercise physiologist and recommendations for maximizing-performance.

Includes: Maximal Oxygen Consumption (VO2max), Anaerobic Threshold, Exercise Stress EKG, Resting Metabolic Rate, Body Composition Analysis

Price: $600
Price with Prompt Payment: $300

Call **457 7077** to register for programs on these pages

MAX VO2 and Anaerobic Threshold (Advanced Fitness Testing for Athletic Performance)

60 MINUTES

Cardiac and pulmonary exercise stress test monitors heart rate, EKG and cardiopulmonary performance while measuring maximal oxygen consumption and anaerobic threshold.

Price: $430
Price with Prompt Payment: $215

Body Composition Analysis

60 MINUTES

Based on results from hydrostatic (underwater) weighing, skinfold measurements or bioelectrical impedance, participants will receive an individualized report that includes body fat percentage, lean weight and goal weight.

Price: $150
Price with Prompt Payment: $75

Cholesterol Screening

30 MINUTES

Blood test provides a complete cholesterol panel (total cholesterol, HDL, LDL, triglycerides) and glucose levels. A health professional will explain the test results and provide recommendations.

Price: $100
Price with Prompt Payment: $50

Nutrition Counseling

PMG COURSE

30-60 MINUTES

Meet with Registered Dietitian to assess and plan personal and medical nutrition goals. Discuss nutritional concerns regarding weight management, cholesterol reduction, high blood pressure, digestive disorders, general nutrition, pediatric nutrition, eating disorders, cancer, pre-diabetes, or sports performance.

Call for price.

Call **457 7077** to register for programs on this page

SAVE A FRIEND

Save a Friend is a campaign to improve outcomes of stroke and heart attack in Santa Cruz County.

Learn about how you can recognize the signs and symptoms of these emergencies, and be better prepared to help yourselves or others.

For more information contact
Save a Friend Campaign **831 462 7243**

REGISTRATION FOR **WINTER/SPRING 2008**

HOW TO REGISTER
Phone-in Registration: Visa/Mastercard/Discover. Please call 462 7709, 8am to 4pm.

Mail-in Registration: Please complete the form below and mail it to the following address:

PEP-Education Center,
Dominican Hospital
1555 Soquel Drive,
Santa Cruz, CA 95065

Make checks payable to Dominican Hospital. There will be a $25 fee for all returned checks.

Register early: If possible, register at least two weeks before class starts. Some classes fill even more quickly. Last-minute registration may mean a desired class is filled, or that it has been cancelled because of inadequate enrollment.

Refund policy. Please read prior to registration: Classes cancelled by PEP will be refunded in full. Under other circumstances, PEP does not provide refunds but will gladly provide a credit voucher for another class. Requests for credit must be made at least one weekday prior to the start of class.

The PEP Office is located in the Education Center, a two-story wooden building with blue awning, behind Dominican Hospital. **Children are not allowed** in the classroom unless they are registered for the class, or are specifically accompanying parents for child-related classes.

Office Hours:
Monday–Friday, 8am to 4:30pm
Closed for the following holidays: Christmas 12/24 & 12/25, New Year's, 12/31 & 1/1/2008, Martin Luther King 1/21, President's Day 2/15 & 2/18, Good Friday 3/21, Memorial Day 5/23 & 5/26

Directions: See page 9 for a location map of the PEP Education Center.

Advance registration is required for all classes. Enrollment is limited. No CPR cards or any recognition of class completion will be issued to those not registered prior to the class.

FOR INFORMATION AND TO REGISTER, **CALL 462 7709** OR **FAX 464 8813**.
REGISTRATION IS ON GOING.

MAIL-IN FORM FOR **PEP CLASS REGISTRATION**

Please write a separate check for each class.

Do not mail materials fee. Pay directly to instructor at first class meeting.

Mail form and check(s) to the address listed above.

PMG-HMO members registering for discount classes: Enclose a copy of insurance card and doctor's referral.

Full Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City _____ Zip _____

Childbirth Classes Registrants Only:

Due Date _____ Physician _____ Partner _____

Charge My MasterCard / VISA / Discover # ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ Expiration _____

Print Name Signed Above _____ Signature _____

Name if other than above	Age (If under 18)	Class Title	1st Choice Class Code & Date of 1st Class		2nd Choice Class Code & Date of 1st Class	

Permission to participate in the above programs sponsored by Dominican Hospital is given for myself and/or my minor child. In consideration of participation in this program, I hereby indemnify and hold harmless and release Dominican Hospital, its agents and employees from any and all liability for any injury suffered by myself or my child arising from this program and I assume all risk for any injuries received.

IMPORTANT: Please read refund policy above before signing.

Signature (18 or over) _____ **Date** _____

NOW
is the time to make your wishes known

Dominican Hospital is presenting seminars on Advance Directives:

- **Learn what you need to know to create an Advance Health Care Directive.**
- **Seminars and related documents are offered at no charge.**

WEDNESDAY, JAN. 9
4-5 PM
Conference Room D
Dominican Education Center

WEDNESDAY, MARCH 5
4-5 PM
Conference Room D
Dominican Education Center

WEDNESDAY, MAY 21
4-5 PM
Conference Room D
Dominican Education Center

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