

Finley Class Offerings

June-July-August 2009



Babka Wellness Center - 1550 University Ave / Kehl Diabetes Center - 1560 University Ave

TO REGISTER FOR ALL OFFERINGS PLEASE CALL MY NURSE AT 1-877-242-8899, OPTION 3 UNLESS OTHERWISE SPECIFIED.

Pilates

June 8, 15, 22, 29, 2009 9:00 – 10:00 AM
Babka Wellness Center Cost: \$32.00 for 4 wk session
Instructor: Jean Daoud
Pilates strengthens the body's core while improving muscle tone, flexibility, balance and alignment. As Joseph Pilates states, "In ten sessions you will feel the difference, in twenty you will see the difference, and in thirty you will have a whole new body."

Monday Movie Madness

Babka Wellness Center Cost: \$2.00 each 2:00 – 4:00 PM
Come watch a matinee with friends and enjoy a healthy snack. For senior audiences, age 60 years and older.

Movie: Marley and Me June 8, 2009

Jennifer Aniston and Owen Wilson unleash huge laughs as John and Jenny Grogan, a young couple contemplating the decision to start a family. Then came Marley... an adorable Labrador pup who flunks obedience school and quickly turns his new home into a disaster area. But with a heart as big as his appetite for trouble, Marley sees the Grogans through the ups and downs of life and love, and they ultimately realize that "the world's worst dog" truly brings out the best in them.

Movie: Hotel for Dogs July 13, 2009

Stars Emma Roberts, Jake T. Austin, Lisa Kudrow, Kevin Dillon and Don Cheadle in a smart, funny comedy adventure that shows how far love and imagination can take you. When their new guardians forbid 16-year old Andi (Roberts) and her younger brother, Bruce (Austin) to have a pet, Andi has to use her quick wit to help find a new home for their dog, Friday. The resourceful kids stumble upon an abandoned hotel and using Bruce's talents as a mechanical genius, transform it into a magical dog-paradise for Friday – and eventually for all Friday's friends.

Movie: Seven Pounds August 10, 2009

Will Smith stars as a man at a crossroads searching for a way to redeem his heavy conscience. He discovers he has the power to change the circumstances of seven strangers who deserve a second chance.

Kids Cooking Summer Meals

June 10, 2009 10:00 – 11:30 AM
Babka Wellness Center Cost: \$5.00 per person
Instructor: Susan Manternach, RD/LD, CDE

Kids home for the summer making their own meals and snacks? Susan will show how to take favorites like peanut butter, deli meats and fruit, and give them a fun, tasty and nutritious twist! Lessons on kitchen safety and cleanup included. (Parents welcome, but not required). For ages 10 to 13.

Kennedy Mall Healthy Kids Play Zone

Kennedy Mall Play Zone Cost: FREE 10:30 - 11:00 AM
June 4 - **Safe Touch**
July 2 - **Temper**
August 6 - **Safety**
Carnegie Stout Library story time followed by short activity. No registration required.

Total Body Boot Camp

June 9, 16, 23, 30 5:30 - 6:15 p.m.
June 10, 17, 24, July 1 6:00 - 6:45 a.m.
June 10, 17, 24, July 1 1:00 - 1:45 p.m.
Babka Wellness Center Cost: \$34.00 per 4 wk session.
Instructor: Jolene Stackis Gust, RN, Certified Personal Trainer
Get in shape for your health, your wedding or just for the summer! This class is a total body weight training workout using dumb bells. This workout can be modified from low to high intensity. You must be able to get up and down off the floor. Please bring a thick towel. Please call Jolene at 557-2729 to make your reservation. Payment due by May 27 to reserve your spot. Payment by cash, check, Visa or Mastercard. Checks payable to Finley Hospital. Bring or send to Babka Wellness Center by due date.

Yoga for Pain Management

June 10, 17, 24, July 8, 15, 2009 4:00 – 5:00 PM
July 22, 29, August 5, 12, 19, 2009 4:00 – 5:00 PM
Kehl Diabetes Center Cost: \$40.00 for 5 wk session
Instructor: Deb May, Certified Yoga Instructor
Experience basic yoga breathing, poses, and philosophy that may help you to manage pain. Students must be able to independently get down on the floor and back up to standing, use of a chair is acceptable. Please call Deb May to register at 563-556-7141 or email deb@yogacare.net

Healthy Hooping

June 15, 22, 29, July 6, 13, 20, 2009 5:30 – 6:00 PM
The Finley Hospital Auditorium Cost: \$30.00 six wk session
Instructor: Carol Collins, NETA Certified Personal Trainer
Beginner to Intermediate hula hooping. Work with a small arm and regular body hoop. Strengthen core, tone arms, develop coordination & have fun!! Bring your own equipment. If needed, hoops can be ordered when you register. Please call 563-589-2352 to register and order hoops.

Fitness and Weight Management for Kids and Teens

June 17, 2009 2:00 – 3:30 PM
Babka Wellness Center Cost: \$15.00, parents attend free
Instructor: Jolene Stackis Gust, RN, Certified Personal Trainer; Kim Peterman, RD/LD, CDE; Michele Malone, RN, MSN
Learn how to increase physical activity and improve nutrition to achieve and maintain a healthy body. For ages 10 to 17 years old. Parent(s) must attend and will hear how to support your child. Please call Michele at 563.589.2494 to register or to receive information about financial assistance.

Lunch & Learn : Safety in the Sun

June 18, 2009 12:00 – 1:00 PM
The Kehl Diabetes Center Cost: \$7.50
Instructor: Diane Asmussen, RN-BC, OCN
Oncology/Pain Nurse Specialist
Enjoy lunch while you hear about safety in the sun and your risk of getting skin cancer. Learn that an ounce of prevention (or an ounce of sunscreen) is worth a pound of cure!

Pre-Diabetes: What Can I Do Now?

June 18, 2009 1:30 - 3:30 PM
July 17, 2009 9:30 - 11:30 AM
August 13, 2009 1:30 - 3:30 PM
Kehl Diabetes Center Cost: \$20.00
This program is for those interested in diabetes prevention. Diabetes educators will discuss lifestyle changes, food planning and exercise that can assist people who might develop type 2 diabetes. Register at 563-589-4899 or toll free at 1-888-589-4899.

Acupressure Workshop

June 18, 2009 7:00 – 8:30 PM
Babka Wellness Center
Cost: \$10.00 person with the first 15 sign ups free.
Instructor: Joel Thielen L.Ac., Licensed Acupuncturist
Learn Acupressure points and techniques to relieve stress and pain. Limited seating, please call to register at 563-582-7878.

Acupressure for Tension & Migraine Headaches

July 16, 2009 7:00 – 8:30 PM
The Babka Wellness Center
Cost: \$10.00 per person with the first 15 sign ups free.
Instructor: Joel Thielen, L.Ac., Licensed Acupuncturist
Joel will discuss the treatment of headaches with Traditional Chinese Medicine. Joel will teach acupressure techniques for stress and pain control. Limited seating, please call to register at 563-582-7878.

Acupressure for Shoulder & Neck Pain

August 13, 2009 7:00 – 8:30 PM
The Babka Wellness Center
Cost: \$10.00 person with the first 15 sign ups free.
Instructor: Joel Thielen, L.Ac., Licensed Acupuncturist
Joel will discuss the treatment of shoulder and neck pain with Traditional Chinese Medicine. Joel will teach acupressure techniques for stress and pain control. Limited seating, please call to register at 563-582-7878.

CPR - Healthcare Provider

August 26, 2009 5:30 – 9:30 PM
Finley Hospital - Auditorium D,E Cost: \$35.00
Learn infant, child and adult CPR, use of an automated external defibrillator (AED) and relief of foreign body airway obstruction. Participants must pick up and read materials at least three days before class. Register by calling 563-589-2352.

Outpatient Dietitian

Kehl Diabetes Center
Kim Peterman, RD/LD, CDE
Medical Nutrition Therapy for improving or preventing diet-related conditions. Please call for an appointment, 563-589-2324.

Massage Therapy

Tina Reeder, Licensed Massage Therapist
Relaxation and deep tissue therapeutic, and hot stone massage. Prenatal and postpartum massage also available. Please call for an appointment, 563-589-2563.

Personal Trainer

Babka Wellness Center
Jolene Stackis Gust, RN, ACE Certified Personal Trainer
Personalized exercise program designed for you with your own home equipment or exercise at a fitness center. Customized short or long term packages available. Please call for an appointment, 563-557-2729.

Babka Wellness Weight Loss Center

Babka Wellness Center
Jolene Stackis Gust, RN and Kim Peterman, RD/LD CDE
Various weight loss programs that are medically supervised. Please call 563-557-2729 for more information.

Lightened Up Spinach & Artichoke Dip

1 can (14 oz.) artichoke hearts, drained & finely chopped
1 pkg. (10 oz.) frozen chopped spinach, thawed & drained
3/4 cup shredded or grated parmesan cheese
3/4 cup light mayonnaise
1/2 cup reduced fat shredded mozzarella cheese
1/2 tsp. garlic powder

Preheat oven to 350 degrees. Mix all ingredients & spoon into a 9-inch pie plate. (Can also put in aluminum foil and heat on grill at low temperature.) Bake 20 minutes or until heated through. Makes 22 servings, 2 Tbsp. each.

Calories: 60, fat 4.5 g (saturated fat 1.5 g) sodium 200 mg, carbohydrate 3 g, protein 3 g, calcium 100 mg

Apple Berry Salsa

2 medium apples, cored & finely chopped
1 pt. strawberries, diced (about 1 1/2 cups)
2 kiwi, peeled & finely chopped
1/3 cup orange juice
2 Tbsp. low sugar apricot preserves

Mix all the fruit together. In a separate bowl, mix the juice, brown sugar and preserves. Pour over fruit & stir together. Refrigerate until serving time. May serve with cinnamon graham crackers, pita or bagel crisps, etc. Makes about 22 servings, 1/4 cup each.

Calories: 26, fat 0, sodium 0, carbohydrate 7 g



**THE FINLEY
HOSPITAL**

IOWA HEALTH SYSTEM

350 North Grandview Avenue
Dubuque, IA 52001

For updates check www.finleyhospital.org