



Healing Journal

A newsletter from Abbott Northwestern's
Penny George Institute for Health and Healing

Founded by the George Family Foundation and the Ted and Roberta Mann Foundation

Spring 2009

Volume 7: Number 1

A commitment to excellence in the nursing profession

The Penny George Institute for Health and Healing's Transformative Nurse Training Program promotes holistic nursing at Abbott Northwestern Hospital and beyond

The Penny George Institute for Health and Healing's Transformative Nurse Training Program is one example of Abbott Northwestern Hospital's commitment to excellence in nursing. Since the program was established in 2005, 100 nurses from all areas of the hospital have participated in the 48-hour training program.

The brainchild of the George Institute's Brenden Leadership Chair in Integrative Medicine and Executive Director Lori Knutson, RN, BSN, HNC, the program helps bring nurses back to the essence of why they chose a career in health care. "This program teaches nurses the principles of healing therapies and offers them hands-on experience in skills development," explained Knutson. "It evolved out of surveys that we completed with our staff nurses and their interest in learning new skills to help patients deal with pain and stress."

Over the course of six day-long sessions, nurses learn the foundations and principles of holistic nursing. According to Mimi Lindell, RN, BSN, HN-BC, integrative medicine nurse clinician with the George Institute, self-care is the foundation for the program. "If nurses aren't able to care for themselves—body, mind and spirit—they won't be fully present for the patients they care for," stated Lindell. "Self-care is one of the core values of holistic nursing as stated by the American Holistic Nurses Association, and we know that nurses who understand their own health and well-being needs are better able to care for their patients."


In the Transformative Nurse Training Program, nurses learn practical methods of providing self-care and care for patients including massage, guided imagery, physiologic relaxation response, meditation, Traditional Chinese Medicine, nutrition and much more. "Participants learn about these skills and options and have a much better understanding of how they fit in with a patient's overall care plan," added Lindell. "The program has created a sense of increased empowerment in nurses along with a renewed passion for their chosen profession."

Pamela Weiss, PhD, LAc, is leading a research study to evaluate the changes in attitudes, knowledge and application of therapies addressed in the Transformative Nurse Training Program. "We ask participating nurses about their knowledge and application of holistic principles before, immediately after, and three and six months following their participation in the program," explained Weiss. "We know that this program provides nurses with more tools

to care for patients. In many ways, it helps to bring them back to the heart of nursing—putting the patient in the best possible situation so that they can heal and creating the best possible environment for that healing to take place."

One participant in the program stated that the Transformative Nurse Training Program "helped her in countless ways and changed her outlook on many levels." For her, taking care of her patient's comfort needs challenged her. With the new tools available to her through the program, the nurse was able to apply the techniques and methods she had learned, which offered her patient great comfort. As the nurse described, "I was then filled with the amount of joy that I think people strive to find in their job for years upon years. They may never find it. I feel that this is why I became a nurse, for moments like this."

An important and unique component to the program is mentorship. After completing the courses, nurses are paired with a mentor to support them in the application of their new learning to their nursing practice and self-care. "Each participant has the opportunity to work with a nurse from the George Institute for ongoing support in integrating what they have learned," said Lindell. "This program has increased the understanding hospital-wide of the George Institute's work with patients and the role each member of the patient care team plays in providing excellent care."

The program has generated interest from other health systems, including the United States Department of Veterans Affairs in Southern California, where the George Institute is conducting a pilot study with 120 nurses. Funded through philanthropic support for nurses at Abbott Northwestern, the Transformative Nurse Training Program is one way in which the George Institute is transforming health care. "This program is one way we can demonstrate our commitment to the importance of caring for the caregiver," said Knutson. 



ABBOTT
NORTHWESTERN
HOSPITAL

Allina Hospitals & Clinics

Penny George Institute
for Health and Healing

Integrative Medicine Research Update



As the largest hospital-based integrative medicine program in the country, the Penny George Institute for Health and Healing is actively engaged in integrative medicine research at Abbott Northwestern Hospital. Led by Jeffery A. Dusek, PhD, research director, the George Institute's current research projects include studies on hypertension, employee wellness, resilience training and health services research to evaluate the clinical efficacy of integrative interventions based on scientific principles.

This past February, Gregory Plotnikoff, MD, MTS, FACP, medical director; Lori Knutson, RN, BSN, HNC, executive director; and Dusek participated in the landmark Institute of Medicine Summit on Integrative Medicine and the Health of the Public. Discussions that took place that will shape the course of integrative medicine. It is clear that the George Institute will play a critical role in the scientific, clinical and operational development of integrative medicine nationwide.

This May, the George Institute will play a key role in the 2009 North American Research Conference on Complementary & Integrative Medicine in Minneapolis. Sponsored by the Academic Health Centers for Integrative Medicine, the conference will showcase original scientific integrative medicine research through keynote and plenary presentations, oral and poster presentations and scientific sessions.

Plotnikoff is serving on the site committee for the conference and participating in a symposium along with Dusek and Knutson; Michael Finch, PhD., a health services researcher; and Richard Pettingill, chief executive officer of Allina Hospitals & Clinics. The symposium will address how integrative medicine therapies can be incorporated in an acute health care environment and discuss strategies for engaging critical support from stakeholders and the relevant metrics for measuring clinical, research and operational success.

Other areas of George Institute research will be highlighted at the conference, including:

Oral Presentation: Integrative Medicine provided at Abbott Northwestern Hospital


From July 2004 to June 2008, 43,726 integrative medicine therapies were provided to patients hospitalized at Abbott Northwestern. The primary reasons for the referral were pain, a combination of pain and anxiety, and anxiety. A total of 15, 210 patients received services across all areas of the hospital including medical/surgical services, neurosciences, Sister Kenny Rehabilitation Institute, orthopaedics, spine, WomenCare and cardiovascular services through the Minneapolis Heart Institute. High-quality integrative medicine services significantly decreased pain and anxiety in patients. Further research is underway on the decreased need for pain medication, impact on quality of life, sleep quality and the potential for reduced length of hospital stay.

Poster Presentation: An overview of inpatient services and pain and anxiety scores

Specific analyses of pain and anxiety scores assessed immediately before and after integrative medicine visits.

Poster Presentation: Evaluation of Resilience Training Program

A common condition, depression affects an estimated 6 to 10 percent of Americans. The George Institute's Resilience Training Program was developed by holistic psychiatrist Henry Emmons, MD. The eight-week program teaches skill-building for persons with chronic depression including mindfulness meditation, nutritional counseling, and exercise assessments and recommendations. Forty-eight participants in the program were evaluated before and after completing the Resilience Training Program. Results indicate that a skills training program improves psychological functioning in moderate to severely depressed individuals. These results will be used to direct future studies on the clinical effectiveness of the program.

"We are very pleased with our participation in this important conference and the large number of accepted presentations," said Dusek. "We are grateful for the continued financial support of Abbott Northwestern and community philanthropists. This support provides a strong foundation innovative, high-quality, world-class research at the Penny George Institute for Health and Healing." 

Classes Available at the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing provides integrative medicine at Abbott Northwestern Hospital. Integrative medicine blends the best of conventional medicine with healing philosophies and a variety of healing therapies, often drawn from other medical traditions, emphasizing caring for the whole person and focusing on healing as much as curing.

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

the art of — healing program —

The Penny George Institute for Health and Healing's Art of Healing program provides arts-based wellness interventions and education on an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and to the broader Allina Hospitals & Clinics. Program components include music therapy, artists at the bedside, collaborations with area arts groups and a volunteer program. Program components available to the general public through this program include visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

VISUAL ARTS EXHIBIT CALENDAR

Each month a new local artist is chosen to display work at the Penny George Institute for Health and Healing's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit may be viewed during clinic hours, Monday to Thursday, 8 a.m.-9 p.m., and Friday 8 a.m.-4:30 p.m.

April Exhibit – Multimedia work by Brenna Busse

Opening reception Friday, April 3 from 6:30-8:30 p.m.

May Exhibit – Watercolor paintings by Marian Alstad

Opening reception Friday, May 8 from 6:30-8:30 p.m.

June-July Exhibits

Group opening reception at the Outpatient Clinic location
Friday, June 12 from 6-8:30 p.m.

Abbott Northwestern Hospital, main floor
Photography by Douglas Beasley

Abbott Northwestern Hospital, lower level (by the LiveWell
Fitness Center)
Watercolor paintings by Dianne Jandt

George Institute's Outpatient Clinic (SE corner of 28th and
Chicago)
Textiles by Kimber Olson

RELATED HEALING ART PROGRAMMING

Art as Soul's Elixir

Offered by Brenna Busse, a Minneapolis-based mixed media artist who focuses on figurative images and believes deeply in the power of art to heal. This workshop is a companion to her exhibit in the Outpatient Clinic on display the month of April.

"...the core process of healing though art involves the cultivation and release of the creative spirit. If we can liberate the creative process in our lives, it will always find the way to whatever needs attention and transformation." Shaun McNiff

We will create simple figures using the humble materials of sticks and fiber and the process of wrapping and needle felting. Making a figure connects us to our humanness and can help clarify our sense of body, of self. The practice of being present and patient can lead us to those parts of our selves that need attention and transformation—and that also want to have fun! No art experience necessary.

- Brenna Busse, instructor
- Saturday, April 25, 9:30 a.m.-12:30 p.m.
- \$35 includes supplies
- 15 students max

Spirit Materialized: A Textile Art Workshop

Offered in conjunction with Kimber Olson's art exhibit in the George Institute's Outpatient Clinic on display June-July.

Experience the joy of transfer dyes while creating a collage with symbolic imagery. This workshop will begin with several spontaneous drawing exercises designed to generate images as a basis for the art. The collage is designed and produced with prepared dye papers, which are then transferred to a textile using heat. Here, the seemingly lackluster dyes are transformed into brilliant colors. To further enhance and embellish the collages, we will close with a brief exercise in meditative stitch. No art experience is necessary.

- Kimber Olson, instructor
- Thursday, June 25, 6-9 p.m.
- \$35 includes supplies
- 15 students max

Art—An Act of Healing

Visual art is an often overlooked part of a healing journey. Art can open the mind to new possibilities, create new energy and provide tremendous comfort. Learn how to open up to the art making process, develop your own personal style and use visual creativity

as a healing tool. This experiential class combines meditation, visualization, discussion and classroom art-making time. No art making or writing skills needed. A beginner's mind is encouraged.

- Jayson King, RN, BS, NCTMB, ABT, instructor
- Thursday, June 4, 6-9 p.m.
- \$30 (includes supplies)

Creating Intentions to Manifest Results

The purpose of this class is to creatively explore, cultivate and make tangible your intentions (related to healing, career, relationships, personal growth, etc.). The combination of meditative exercises and art-making allows you to tap into your deeper wisdom and innate self-healing abilities. During this class, participants will create a vision board, or collage, which embodies positive elements you wish to make manifest in your life. No artistic experience is necessary.

- Mollie O'Brien, MA, NCTMB, instructor
- Monday, May 11, 6:30-8:30 pm
- \$25 (includes supplies)

Drum Circle

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

- Kim Donley, MS, MT-BC, instructor and Mimi Lindell RN, HN-BC, CHTP, instructor
- Thursdays, 7-8 p.m.
- May 21 & June 18 (pre-registration required)
- \$10

Healing Through the Arts

This three-week class will use the arts to help facilitate mind/body/spirit healing: drumming/music therapy, meditation, visual art and journaling. No experience is necessary. This class is open to anyone who might be dealing with a medical condition or a new diagnosis, or who wishes to explore their health and healing in a different way.

- Kim Donley, MS, MT-BC, instructor
- Thursdays starting April 16, 6:30-8 p.m.
- \$50 includes supplies
- 15 students max

— yoga —

Therapeutic Yoga

Anyone can do yoga. Yoga is a wonderful aid to healthy living and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga can also be used to support the healing process in a variety of ways. Among other health issues, yoga can be of help to people who are experiencing low back pain, living with neurological disorders or fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. These appointments can be made by calling 612-863-3333.

Chair Yoga

In this six-week class, learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

- Megan Hatch, CYT, instructor
- Mondays, 4-5 p.m.
- Series start either March 30 (no class on April 27) or May 18
- \$89

Beginning Gentle Yoga

In this six-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

- Megan Hatch, CYT, instructor
- Wednesdays, 5-6:15 p.m.
- Series start either April 1 (no class on April 22) or May 20
- \$89

— other classes —

Integrative Medicine Lecture Series

Join us for a series of lectures led by Gary Carlson, MD, a physician on staff at the Penny George Institute for Health and Healing. Carlson is board certified in family medicine and holistic medicine, and is board eligible in medical acupuncture. Each offering in this series is a self-contained lecture, followed by a brief question and answer period. You can attend any one or combination of lectures; however, classes will build on each other and reinforce key concepts.

- **April 2—A Holistic Approach to Health**—The emphasis of this initial lecture will be on self care, prevention, complementary therapies and functional medicine concepts.
- **April 9—Food as Medicine I**—Discussion of the basic food groups, the different types of diets, how food acts as an “information molecule” and issues related to the psychology of eating.
- **April 16— Food as Medicine II**—Learn the four Rs of the digestive system: remove those things causing harm or irritation, replace with enzymes or acids, reinoculate with healthy bacteria, repair the mucosal layer. This will be followed by a discussion of detoxification.
- **April 23— How the Body Responds to Stress**—Looking at the body’s flight, fight or freeze response and how it contributes to both acute and chronic disease.
- **May 7— Psychoneuroimmunology**—Get rid of those ANTs (Automatic Negative Thoughts)! How your mind and personality affect your health and what you can do about it.
- **May 21— Exercise as Medicine**—Exploring strength, endurance, flexibility, balance and body awareness as they contribute to improvement in health and overall well-being.
- **May 28— Vitamins and Supplements**—Which vitamin(s) and supplements should you be taking? How do you know if the company that makes them is any good? We will finish by discussing different medical problems like depression, fatigue, etc. and which specific supplements may be helpful.

- All classes meet Thursdays, 4:45-5:45 p.m.
- \$15 each or register for all seven and receive a 10 percent discount
- 30 participants maximum
- 1 CEU per lecture

Mindfulness-Based Stress Reduction

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn’s model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

- Scott Cruse, LICSW, instructor
- Mondays starting July 13, 6-8:30 pm, plus Saturday, Aug. 22, 9 a.m.-4 p.m.
- \$300 plus approximately \$45 for books and tape available at the class
- Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

Korean Hand Correspondence Therapy for health care professionals and general public

Enhance your current professional healing practice and enrich your self-care and the care of your family by learning Korean Hand Correspondence Therapy. This therapy is based on the theories of Traditional Chinese Medicine that if energy does not flow freely, a person experiences pain and discomfort. Pain can be reduced or eliminated by acting on the blockage.

In this class, you will learn the basics of the correspondence therapy, using the hand to represent the entire body. You will learn:

- how to locate the area of the hand that represents the area of the body in which pain is experienced
- palpation of the points so that you are treating the correct area
- use of hand beads to stimulate the points
- use of the hand correspondence system to provide the relief of massage to areas of the body.

- Pam Weiss, PhD, MPH, BSN, RN, LAc, DiplAc, instructor
- Tuesdays, April 14 & 28, 6-9 p.m. (Class will meet twice, two weeks apart, to allow for practice and observation between classes.)
- \$75 includes supplies
- 5 CEUs

Acupressure for Family and Self Care

This course will introduce you to the basic use of acupressure for common health concerns. According to Traditional Chinese Medicine, energy circulates through our bodies to keep us well. When the energy flow is blocked, we experience pain or illness. Acupressure is one of the techniques that activates acupuncture points, treating our symptoms and helping to restore health.

In this class you will learn:

- the location of helpful acupuncture points
- to stimulate the points using pressure
- the combination of points for a particular symptom
- resources on line and in print that will help you relieve your symptoms and restore your health.

- Pam Weiss, PhD, MPH, BSN, RN, LAc, DiplAc, instructor
- Tuesday, April 21, 6-9 p.m.
- \$30
- 3 CEUs

Aromatherapy and Cancer

During this interactive exchange, learn about the benefits of aromatherapy for stress, nausea and pain related to conventional treatment for cancer. Smell some of the essential oils and learn how they can support you in your self care. There will be time for questions and conversation.

- Mary Ellen Kinney, RN, certified aromatherapy practitioner, instructor
- Monday, April 20, 6:30-8:30 p.m.
- \$20

Finding Motivation

Do you find it hard to make lifestyle changes? Do you ever wonder why it's easy to make some changes and difficult to make others? In this 90-minute session, you will complete the *Motivation Profile*® and discuss your results with a wellness coach. This profile will introduce you to the principles of motivation and how to implement these principles to make change easily and effectively. The profile will help you discover what motivates you and how to use that to

your advantage. If you are struggling to motivate yourself to make a lifestyle, career or relationship change, this is for you!

- Molly Ellefson, MS, NCC, instructor
- Monday, May 4, 6:30-8 p.m.
- \$20

Couples Massage

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

- Jeremy E. Miller, LMT, NCTMB, BS, instructor
- Tuesday, June 30, 6:30-9 p.m.
- \$60 per couple

Sleep Well

Sleep has a profound impact on our health and well-being. Join our nutritionist, yoga therapist and a Traditional Chinese Medicine provider to explore ways your sleeping patterns affect your health. Learn multiple strategies to improve sleep.

- Carolyn Denton, MA, LN; Jennifer Blair, LAc, MA, OM; and Megan Hatch, CYT
- Monday, May 18, 6:30-8:30 p.m.
- \$20

All classes will be held at the Penny George Institute for Health and Healing's Outpatient Clinic on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.



Our Location

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting at the 28th street entrance.

Registration

Pre-registration is required for all classes unless otherwise noted. To register, fill out the form below and mail or fax with your payment to the Penny George Institute for Health and Healing. You may also register and pay by phone.

Refund Policy

Payment at the time of registration is required to reserve your spot in the class. If a class is cancelled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

Education Credits

Continuing Education Units (CEU) are now available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit www.abbottnorthwestern.com

LiveWell Fitness Center's Take Action Program for Weight Management

A comprehensive approach to health and fitness in a group or individual setting

After a diagnosis of early-stage breast cancer in January 2008, Sue Gregerson made a commitment to lead as healthy a lifestyle as possible. When she saw a brochure for the LiveWell Fitness Center's Take Action Program, she asked her doctor at the Piper Breast Center for an opinion on when she could join the program.


In April, after completing radiation treatment and with a green light from her physician, Gregerson registered for the Take Action Program—an experience she describes as an awakening. “I learned so much through the personalized testing and assessments, and through the goal-setting with the wellness coach,” she explained. “The Take Action Program gave me all of the tools and information I needed to succeed.”

Within a month, Gregerson noticed that she had more energy and that gave her motivation to continue on a healthy lifestyle path. “Instead of a diet, I'm learning to change my lifestyle,” said Gregerson. “What struck me was that the Take Action Program was individualized and designed for what will work with my lifestyle. The nutritionist, wellness coach and exercise physiologists worked together to help me achieve my personal goals.”

As part of the program, participants complete a resting metabolism measurement through Body Gem testing to measure the number of calories they burn each day at rest. This helps determine an individual's

daily caloric needs, which can vary widely from person to person. The program also includes a Bod Pod body composition measurement to accurately test body composition and determine an ideal weight and fitness goals. “The program is comprehensive,” stated Gregerson. “I learned the importance of exercise and nutrition—and how they go hand in hand. I also liked that fact that they developed an at-home exercise plan that fits my lifestyle.”

The Take Action Program offers a group or individual approach for long-term weight management success. The two different approaches accommodate participants' lifestyles and personal learning preferences through a 12-week group program or an individualized, one-on-one approach. “Participants learn the skills they need to manage their weight for life, including a regular program of exercise, healthy nutrition and lifestyle modification,” said Susan Masemer, manager of the LiveWell Fitness Center. “Healthy habits are developed and reinforced through support and weekly sessions covering nutrition and behavioral changes.”

As a cancer survivor, Gregerson credits the Take Action program for helping her achieve her personal fitness and lifestyle goals. “My prognosis is excellent. Through healthy eating and exercise, I am a lot stronger both physically and mentally,” she explained. “I cannot say enough about the highly qualified staff members at LiveWell. They were always there for me. They figured out what would work for me. They gave me the tools to succeed.” 

For more information on the LiveWell Fitness Center's programs and services, call 612-863-5178.

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407

612-863-3333 (phone) 612-863-9019 (fax)

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.

- _____ **Art as Soul's Elixir** April 25 (\$35)
- _____ **Spirit Materialized: A Textile Art Workshop** June 25 (\$35)
- _____ **Art—An Act of Healing** June 4 (\$30)
- _____ **Creating Intentions to Manifest Results** May 11 (\$25)
- _____ **Drum Circle** starts May 21 (\$10) starts June 18 (\$10)
- _____ **Healing Through the Arts** starts April 16 (\$50)
- _____ **Chair Yoga** starts March 30 (\$89)
- _____ **Beginning Gentle Yoga** starts April 1 (\$89) starts May 20 (\$89)
- _____ **Integrative Medicine Lecture Series**
- _____ **A Holistic Approach to Health** April 2 (\$15)
- _____ **Food as Medicine I** April 9 (\$15)
- _____ **Food as Medicine II** April 16 (\$15)
- _____ **How the Body Responds to Stress** April 23 (\$15)
- _____ **Psychoneuroimmunology** May 7 (\$15)
- _____ **Exercise as Medicine** May 21 (\$15)
- _____ **Vitamins and Supplements** May 28 (\$15)
- _____ **Mindfulness-Based Stress Reduction** starts July 13 (\$300)
- _____ **Korean Hand Correspondence Therapy** April 14 & 28 (\$75)
- _____ **Acupressure for Family and Self Care** April 21 (\$30)
- _____ **Aromatherapy and Cancer** April 20 (\$20)
- _____ **Finding Motivation** May 4 (\$20)
- _____ **Couples Massage** June 30 (\$60)
- _____ **Sleep Well** May 18 (\$20)

LiveWell Fitness Center Classes

Take Action Program for weight management

Spring group sessions meet on Tuesdays beginning April 21 from 4-5 p.m. or Thursdays starting April 23 from noon-1 p.m.

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement and wellness coaching sessions. A comprehensive *Take Action* manual is included as an ongoing reference and support tool.

Fee for group program: \$299 member, \$349 non-member

Fee for individual program: \$525 member,
\$559 non-member



Body in Balance: A program for core strength, posture and balance

Do you want to look and feel better, improve your posture and be stronger? Learning to have good posture is more than learning to sit up straight and avoid slouching. Good posture is about body awareness, alignment and balance. In addition, good posture takes stress and strain off of bones, joints, lungs and even internal organs.

Body in Balance is an individualized program that includes an initial 90-minute consultation and posture assessment, three 30-minute sessions with a physical therapist, plus three 20-minute independent sessions using the Nintendo Wii™ FIT technology. Complete the program at your own pace—from two weeks to one month.

Fee: \$159 member, \$179 non-member



ABBOTT
NORTHWESTERN
HOSPITAL

Allina Hospitals & Clinics

Penny George Institute
for Health and Healing

800 East 28th Street
Minneapolis, MN 55407

From the Penny George
Institute for Health
and Healing

*The Penny George Institute for Health
and Healing is supported by the financial
generosity of the community. To make
a donation to the George Institute, call the
Abbott Northwestern Hospital Foundation
at 612-863-4126.*