



## Self-care and prevention for all generations

Demographers typically classify today's adult population into four distinct groups: traditionalists, baby boomers, generations Xers and millennials.

According to Sue Masemer, MS, exercise physiologist and manager of the LiveWell Fitness Center, each generation has its own set of challenges and approaches to health and fitness, based on social, technological and cultural influences. For most of us, one of those challenges is developing a personal fitness program—and sticking to it. “One of the biggest challenges to developing a fitness program is adherence. It’s important to look at your lifestyle and try to simplify,” said Masemer. “The best nutrition and fitness program is one that will be appropriate and sustainable for your individual lifestyle.”



Traditionalists include the approximately 7.5 million Americans born prior to 1946. They lived through the Great Depression and tend to be loyal, fiscally conservative and dedicated to institutions. People in this generation may struggle to invest money in formal fitness and wellness programs. They often seek simple fitness routines and typically do well with group settings. Given their age, individuals in this group typically have some osteoporosis or bone change, however they still have a great opportunity to improve overall health and function through nutrition and exercise.

Baby boomers, the approximately 80 million Americans born from 1946 to 1964, often fall into a stressful role of the sandwich generation—those who are caring for aging parents at the same time they are caring for and supporting their own children. Many baby boomers are concerned with heart issues, obesity or weight control,

*Continued on page 10*

### FITNESS AND THE GENERATIONS

The George Institute's LiveWell Fitness Center offers a wide variety of programs and services to meet the fitness and wellness needs of people of all ages. For each generation, LiveWell offers customized programs designed to help people lead healthier lives, including the examples below. For more information, see the list of offerings on pages 4 and 5 or call 612-863-5178.

#### Traditionalists

- Back in Balance posture program
- Healthy Steps
- personal training session to give participants a simple program they are able to replicate at home.

#### Baby Boomers

- Take Action Program for Weight Management
- Back in Balance posture program
- individual personal training sessions
- Pilates Reformer Training – personalized, one-to-one sessions to strengthen, stabilize and balances muscles .

#### Gen Xers

- Take Action Program for Weight Management
- individual personal training sessions
- Pilates Reformer Training – personalized, one-to-one sessions to strengthen, stabilize and balances muscles
- group classes and programs.

#### Millennials

- individual personal training sessions
- high-intensity group classes like kick-boxing
- mind-body fitness including yoga and pilates.

# INVESTING IN YOUR HEALTH



In these challenging economic times, many people have taken steps to thoroughly assess and improve their financial situation. How one approaches financial health varies and is often determined by the influences and traits associated with generational differences.

*"If the body is sick the mind worries and the spirit grieves; if the mind is sick the body and spirit will suffer from its confusion; if the spirit is sick there will be no will to care for the body or mind."*

*— J.R. Worsley*

When Lori Knutson, RN, BSN, HN-BC, executive director of the George Institute and Brenden Leadership Chair, talks about balancing a portfolio, she isn't referring to someone's net worth, stocks or bonds. Exercise, nutrition and stress reduction are more likely.

"Developing a strong health care portfolio uses a process similar to its financial counterpart," said Knutson. "You need to assess your current situation, determine what you want your

future to look like, and then develop a plan for achieving your goals."

A health care portfolio is a tool that uses a wellness and prevention approach to focus attention on the action, thoughts and beliefs that will move you toward your optimal health. Knutson believes it's particularly important to target stress reduction.

Evaluating your health care portfolio includes assessing the following aspects of your life:

## **BODY**

- current physical state, including your weight, activity level, nutritional habits, and any chronic or acute health concerns
- family health history
- any environmental stressors, such as air quality or noise.

## **MIND**

- attitudes
- beliefs
- ways in which you exercise your brain
- stress reduction.

## **SPIRIT**

- meaning and sense of purpose
- sense of connection
- relationships to self, others and nature.

"Stress response starts in the brain," said Knutson. "The body unleashes a flood of hormones and these hormones may cause significant damage over time. The lesson is that we need to determine ways to reduce the stress response in our often stressful and chaotic lives."

According to Gregory Plotnikoff, MD, MTS, FACP, integrative medicine physician with the George Institute and senior consultant for integrative medicine for Allina's Center for Health Care Innovation, learning and incorporating basic mind-body skills in daily life offers significant benefits. These include meditation, breathing techniques and visual imagery. "We tend to focus on health care reform in this country, but it's time to focus on self-care reform," said Plotnikoff. "It's never too early or too late to invest in your health."

After completing an evaluation, Knutson recommends setting measurable goals and evaluating your overall health care portfolio at least annually. "Your health care portfolio is a guidebook," said Knutson. "Similar to balancing a checkbook, it's something you should ideally re-evaluate each month and certainly if you have a significant change in your life."

# George Institute expands to the Unity Hospital campus

Residents in the northwestern Minneapolis-St. Paul metro region will soon have convenient access to many of the Penny George Institute for Health and Healing's outpatient services in late 2010.

That's when Allina's Virginia Piper Cancer Institute® (VPCI) will open in the newly developed Fridley Medical Center on the Unity Hospital campus. The two-story, 60,000-square-foot building will be located on the northwestern corner of the Unity Hospital campus. It will house the Virginia Piper Cancer Institute at Unity, in partnership with Minnesota Oncology, and a Multicare Associates primary care and specialty clinic. Sister Kenny Rehabilitation Institute will also be located within the Virginia Piper Cancer Institute for cancer rehabilitative services.

As part of the expansion, the George Institute will offer acupuncture, massage therapy, nutrition counseling, healing coach, fitness and biofeedback services on the Unity campus. "The Virginia Piper Cancer Institute and the George Institute have a history of collaboration to meet the needs of cancer patients and their families," said Roy Johnson, vice president of VPCI clinical service line operations.

"Having the services of the George Institute conveniently located in the same building will offer the people who live or work near Unity greater access to these comprehensive cancer services."

According to Connie Fiebiger, patient care director, Unity Hospital, the building is just a part of Allina's commitment to providing the best cancer care, technology and treatment. "Cancer patients are often interested in seeking integrative therapies to supplement their care," said Fiebiger. "Having the George Institute's services conveniently located on the Unity campus means comfort, convenience and accessibility for our community."

In addition to cancer patients, the George Institute's services at Unity will be available to all residents in the community. "We are pleased to expand our services to the Unity Hospital campus," said Lori Knutson, executive director of the George Institute. "This demonstrates Allina's commitment to integrative care as a standard of practice."

For more information about the Unity expansion and the George Institute's services and programs, visit [allina.com/cancer](http://allina.com/cancer).

In late 2010, the Fridley Medical Center will open on Unity Hospital's campus. It will house the Virginia Piper Cancer Institute at Unity, in partnership with Minnesota Oncology. The George Institute will also expand its services to the new facility, including:

- acupuncture
- biofeedback
- fitness
- healing coach
- massage therapy
- nutrition counseling.

In addition to cancer patients, the George Institute's services at Unity will be available to all residents in the community.



# LiveWell Fitness Center Programs and Services

## TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Fall group sessions meet on Tuesdays beginning Sept. 21 from 4-5 p.m. or Thursdays starting Sept. 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**

## PILATES REFORMER TRAINING

Pilates Reformer Training consists of a series of exercises, performed on a unique piece of equipment called a reformer. Individual programs are designed to strengthen, stabilize and balance muscles of the core, shoulder,

pelvis and other major joints while lengthening and mobilizing tight muscles and joints. The low-impact exercise will help to transform your body in appearance and function by improving postural stability, flexibility and muscle balance while engaging the mind-body connection.

Personalized, one-to-one sessions are led by a Stott®-certified reformer instructor, who will customize and modify for your individual exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute individual, follow-up sessions.

**Fee for beginner's package: \$165 member, \$175 non-member**

After completing the beginner's package, you may purchase single 60-minute sessions or packages.

**Fee for single session: \$65 member, \$75 non-member**

**Package of three: \$185 member, \$215 non-member**

**Package of six: \$335 member, \$385 non-member**

## HEALTHY-STEPS EXERCISE PROGRAM

Fall group classes meet on Wednesdays beginning Oct. 13 from 12-1 p.m. for six weeks, no class on Thursday, Nov. 26.

The Healthy – Steps Program moves you to better health through therapeutic dance and movement exercises. The program is based on the Lebed Method, which was designed for

women receiving any kind of breast cancer intervention, but it has also benefited people with other forms of cancer. Additionally, anyone who has a chronic condition such as arthritis, M.S., Fibromyalgia, obesity, or who simply lacks movement in their life will find the class beneficial. The program is a fun way to help regain and maintain range of motion, improve stamina, reduce the risk of lymphedema and rebalance the body both physically and emotionally. Be prepared to have fun!

**Fee: \$79**

## STRONG AND FIT PROGRAM

The Strong and Fit Program is designed to introduce participants to a variety of strength training techniques including machine and free weights, tubing, stability ball, BOSU and balance board. In this one-to-one program, emphasis is placed on learning proper technique and how to successfully design your own programs. The Strong and Fit Program consists of one 75-minute initial session, three 30-minute follow up sessions and a beginning and endpoint Bod Pod body composition assessment.

**Fee: \$125 member, \$135 non-member**

## FITNESS PROFILE

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes: helpful information to make certain your exercise program is safe, effective and enjoyable; an intake of your health history; complete muscular strength, flexibility, body fat and muscular endurance tests; a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges. An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program.

**Fee: \$69 member, \$89 non-member**

**Fee for the Sports Performance – Exercise Metabolic Assessment: \$150 member, \$175 non-member**



## BODY COMPOSITION ANALYSIS

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis is helpful to both those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured. The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and state-of-the-art Bod Pod technology, which is highly accurate. Following completion of your assessment, you will receive your results and recommendations for ideal goals.

**Skinfolds fee: \$25 member, \$40 non-member**

**Bod Pod fee: \$35 member, \$55 non-member**



## MOTIVATIONAL SERVICES: WELLNESS COACHING

Do you struggle to make or maintain healthy lifestyle changes? Do you find there are barriers that get in the way of achieving your goals? Do you find it challenging to be resilient when faced with the stresses of everyday life? If you answered yes to any of these questions, wellness coaching is for you. Wellness coaching is an approach that helps individuals discover their inner resources to make change easy and long lasting. A wellness coach will assist with motivation, changing unwanted habits, reducing stress, learning strategies for dealing with obstacles and building resilience. Following an initial 90-minute consultation, a wellness coach will help you to identify needs, establish goals and work with you to develop a plan of action.

**Initial 90-minute consultation fee: \$75 member, \$90 non-member**

Follow-up 60-minute sessions may be purchased individually or in packages to make your program more comprehensive.

**One session: \$60 member, \$75 non-member**

**Package of three: \$165 member, \$210 non-member**

**Package of six: \$300 member, \$390 non-member**

## BODYGEM™ RESTING METABOLISM TESTING

Do you know how many calories you should eat and burn during exercise on a daily basis?

State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

**Fee: \$85 member, \$95 non-member**

*For more information or to register for any of the LiveWell Fitness Center's programs, call 612-863-5178.*

# SPECIAL EVENTS

## The Art of Healing Program

The George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes 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 George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibits and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday, 8 a.m. to 4:30 p.m.

### OCTOBER-NOVEMBER EXHIBIT

Opening reception held at the George Institute's Outpatient Clinic on Friday, Oct. 8 from 6-8 p.m.

- Abbott Northwestern Hospital, Lower Level (by LiveWell Fitness Center)  
*To be announced*
- George Institute's Outpatient Clinic (SE corner of 28th and Chicago)  
Mandalas in wood by Andre Plante

### DECEMBER-JANUARY

Opening reception held at the George Institute's Outpatient Clinic on Friday, Dec. 3 from 6-8 p.m.

- George Institute's Outpatient Clinic (SE corner of 28th and Chicago): Mixed media work by Ingrid Restemayer
- Abbott Northwestern Hospital (lower level by the LiveWell Fitness Center): Photography by Ron Germundson



Chiaki O'Brien, artist

## Classes at the Penny George Institute for Health and Healing

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

### RESILIENCE TRAINING

Resilience Training is an eight-week group program developed by Henry Emmons, MD. Based on Dr. Emmons' book, *The Chemistry of Joy*, Resilience Training is designed to help people enhance their natural resilience, making them less likely to develop problems with depression and other chronic diseases. Desired outcomes for program participants include reduced severity of depression and anxiety symptoms, a decrease in future episodes, and less reliance on prescription medications.

**Program features:** The program begins with a consultation with Dr. Emmons. This provides an opportunity to learn more about the program and whether it is right for you, but also to receive an integrative assessment of your situation and any suggestions that Dr. Emmons feels may be helpful for your recovery.

Each Resilience group consists of 12-16 participants who meet once a week for eight weeks to gain a greater understanding of the interconnected workings of the mind, body and spirit. Specific techniques of meditation

and mindfulness will be learned to support the process of overcoming depression and anxiety. Resilience Training also includes individual sessions with a clinical nutritionist and an exercise physiologist. Each participant will be given specific dietary and exercise recommendations for their particular needs with an overall focus on improving the body's physical imbalances and toxicities that may contribute to depression and anxiety. Learning the significance of exercise and nutrition and implementing these activities are cornerstones to the development of resilience.

To schedule the initial consultation with Dr. Emmons, please call 612-863-3333. The fee for the appointment is \$200 and is not billable to insurance. If you then make the decision to participate in the full program, the \$200 will be applied to the total Resilience Training program fee of \$900 when you enroll.

## Yoga

### THERAPEUTIC YOGA

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

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

Yoga may also be used to support the healing process and may be helpful for people who are experiencing low back pain, neurological disorders, cancer or other health issues. To explore yoga as a complement to conventional care, call 612-863-3333 for an individual consultation with a yoga therapist.

## BEGINNING GENTLE YOGA

In this six-week class learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to 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.**

**Six-week series: Sept. 29, Oct. 6, 13, 20, 27, and Nov. 3 OR**

**Six-week series: Nov. 10 and 17, Dec. 1, 8, 15, and 22**

**\$89**

## CONTINUING YOGA

In this five or six-week class, deepen your practice as you learn new 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. Participants must have taken Beginning Yoga or have permission of instructor to register for this class.

**Megan Hatch, CYT, instructor**

**Thursdays, 5–6:15 p.m.**

**Five-week series: Oct. 7, 14, 21, 28, Nov. 4**

**\$74**

**Six-week series: Nov. 11 and 18, Dec. 2, 9, 16, and 23**

**\$89**

## 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 wellbeing 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.

**Kim Donley, MS, MT-BC, instructor**

**Mimi Lindell RN, HN-BC, CHTP, instructor**

**Thursday Oct. 21, Nov. 18 and Dec. 16, 7–8 p.m. (pre-registration required)**

**\$10**

## Other Classes

### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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 6–8:30 p.m., starting Oct. 4 through Nov. 22, plus a retreat on Saturday, Nov. 13, 9 a.m.–4 p.m.**

**\$330 (plus \$45 materials fee payable to instructor on first day of class)**

**Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses**



### CULTIVATING SELF-CARE THROUGH MINDFULNESS AND PRESENCE: MBSR FOR NURSES, HEALTH PRACTITIONERS & FAMILY CAREGIVERS

Caregivers provide deep listening, kindness and steady presence to others. Yet, care settings often overflow with relentless stress and responsibilities, increasing one's vulnerability to anxiety, depression, grief and spiritual emptiness. Research shows that personal resilience is greatly supported by a daily mindfulness meditation practice. Mindfulness-Based Stress Reduction (MBSR), based on Jon Kabat-Zinn's model in his book *Full Catastrophe Living*, is a simple, yet profound practice that brings one into the present moment, resulting in a deep, lasting sense of peace and relaxation. This introductory course is comprised of eight weekly sessions that include walking, eating, sitting, yoga meditation, instruction, group discussion and a full day retreat to fully integrate the MBSR experience. For optimal results, participants are encouraged to practice daily throughout the course with provided materials. Instructors have trained professionally with Kabat-Zinn and have been teaching MBSR for many years.

**Kaia Svien, MS, instructor**

**Mondays 12–2:30 p.m., starting Oct. 4 through Nov. 22, plus a retreat on Sunday Nov. 14, 9 a.m.–4 p.m.**

**\$330 (plus \$45 materials fee payable to instructor on first day of class)**

**Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses**

### 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 clothed massage. Wear comfortable clothing.

**Ann Stocker BS, LMT, NCTMB, and Vicki Grossman BS, NCTMB, instructors**

**Monday, Dec. 6, 6–9 p.m.**

**\$60 per couple**

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

# Give the Gift of Healing



Rebecca Pavlenko, artist

Did you know that the Penny George Institute for Health and Healing's programs and services are supported by the financial generosity of people like you? Philanthropic support is critical to the George Institute's clinical care, research and education. In 2010, more than one-quarter of the George Institute's budget will come from philanthropic dollars.

## THE ART OF HEALING PROGRAM

Established in 2004, the *Art of Healing* program recognizes that the arts are an important therapeutic tool for patients and families. The *Art of Healing* program is supported entirely by the generosity of donors—and in turn the program gives back to the community. The program includes:

- permanent art collection
- visual arts exhibits at Abbott Northwestern
- art at the bedside to engage hospitalized patients and families in the healing process



- music therapy
- special arts events
- Caring for the Caregiver programs
- partnerships and collaborations with community arts groups
- gardens and outdoor healing spaces
- ongoing groups and workshops
- staff education events.

“It was helpful to do something good and happy. Simple things mean a lot when you feel out of your element.”

– patient

On May 20, the George Institute sponsored a special evening to share with the general public an experience of arts in health care. More than 30 local artists, previous participants in the *Art of Healing* program, displayed their work. Approximately 150 people attended the event, which featured more than 200 works of art portraying images of health, healing and spirit.

“For some artists going through their own health crisis, the program has become an integral part of their healing,” said Megan Hatch, healing arts coordinator, the *Art of Healing* program. “For others, being a part of this program has given added meaning to their work and it broadens or deepens their experience as an artist.”

“You have inspired me to be hopeful for the future. Brightening each day I have spent here. Again, thank you!”

– patient

To make a donation to the George Institute, please use the remittance envelope in the center of this newsletter. To learn more or to schedule a tour, call Katy Gaynor of the Abbott Northwestern Hospital Foundation at 612-863-5610 or e-mail her at [katy.gaynor@allina.com](mailto:katy.gaynor@allina.com).



Music therapist Kim Donley, MT-BC, MS, with a patient

“The music and atmosphere is so relaxing. I’m usually stressed while waiting. The feeling of joy and relaxation is much needed and appreciated at a hospital. Thank you!”

– patient family member



## A Focus On Education



The impact of the George Institute's educational programs reaches far beyond the Abbott Northwestern campus. As part of its mission to nationally develop and disseminate integrative health practices that demonstrably enhance quality, ensure safety and reduce costs, the George Institute collaborates with a number of educational institutions to train the integrative care practitioner of tomorrow.

Along with programs offered to the public at the Outpatient Clinic and the educational programs for health care practitioners at Abbott Northwestern, the George Institute works with educational institutions on health provider training. For example, Northwestern Health Sciences University offers 13- to 16-week rotations for students to introduce them to integrative bedside care.

As part of the American Massage Therapy Association's national convention, the George Institute offered a four-day training session to introduce massage therapists to hospital-based care. Since most massage therapy across the country is offered on an outpatient basis, 20 students had the unique opportunity to learn about the George Institute's model of care in an

acute care hospital setting. "We're taking the lead on educating health care professionals so that they understand how inpatient integrative medicine works," said Pat Vitale, LICSW, patient care manager.

To educate nurses on integrative care, the George Institute's Transformative Nurse Training program offers a 48-hour curriculum to Abbott Northwestern's nurses and nurses across the region and country. The program is accredited by the American Nurses Credentialing Corporation and leads to board certification in holistic nursing. "The program educates nurses on the services that the George Institute offers and also gives nurses the tools they need to care for themselves," said Vitale. The program has expanded its reach as far away as California, where the U.S. Department of Veterans Affairs has contracted with the George Institute to provide training this fall for some of its nurses.

"Whether it's a program designed for the health care practitioner or the public, all of our education is focused on empowering people to take an active role in their health," explained Vitale.

### *Self-care and prevention continued*

high blood pressure or diabetes, so exercise is an important health management tool for this population. In addition, many people in the baby boomer group have reached the pinnacle of their career and are possibly working in more stressful, hectic jobs. Depression and anxiety are major issues for this generation; exercise and nutrition are critical to manage these conditions. Often, baby boomers struggle with creeping weight gain as their metabolism slows and they slowly lose muscle

GenXers, the 46 million Americans born between 1965 and 1981, tend to be independent, self-reliant and stretched from a family perspective. They are often focused on finding a balance between their careers and raising children. The majority of Gen Xers aren't yet dealing with a chronic illness, but many are starting to deal with weight issues following childbearing years for women or following a shift in their metabolism. These adults in their 30s and early 40s are willing to try new options and approaches to health. For example, they thrive in a variety of exercise classes and programs including boot camps, kick boxing and tend to look for something new.

The approximately 75 million millennials include those born between 1982 and 2000. They are considered digital natives—having grown up with the Internet, wireless, mp3 players and, more recently, social networking. These individuals tend to prefer personalized approaches to health and fitness, including personal trainers and more of these individuals seek mind/body fitness options including yoga and pilates. As technology has allowed them to be more sedentary, they must learn to incorporate fitness into their daily lives.

Through its range of inpatient services, Outpatient Clinic, LiveWell Fitness Center and community educational programs, the George Institute offers adults of all ages programs and services designed to optimize health. For more information or to learn more, visit [abbottnorthwestern.com](http://abbottnorthwestern.com) and click on the Penny George Institute for Health & Healing under the "hospital services" tab.

# Class Registration

## 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 on the 28th Street entrance.

## REGISTRATION

Pre-registration is required for all classes. To register, fill out the form and mail or fax with your payment to the George Institute. 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 canceled 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 Credits (CEU) are 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 [abbottnorthwestern.com](http://abbottnorthwestern.com).

# Registration Form

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  
Phone: 612-863-3333 Fax: 612-863-9019

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.*



Penny George Institute  
for Health and Healing

**Beginning Gentle Yoga**  Starts Sept. 29 (\$89);  Starts Nov. 10 (\$89)

**Continuing Yoga**  Starts Oct. 7 (\$74);  Starts Nov. 11 (\$89)

**Drum Circle**  Oct. 21 (\$10);  Nov. 18 (\$10);  Dec. 16 (\$10)

**Mindfulness-Based Stress Reduction (MBSR)**  Starts Oct. 4 (\$330)

**Cultivating Self-Care through Mindfulness and Presence**

Starts Oct. 4 (\$330+\$45 materials fee)

**Couples Massage**  Dec. 6 (\$60/couple)



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## 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.

# An Evening for Women: Living Whole and Being Well

### *A Women's Health Event*

Join us for an evening of inspiration and learning. Three experts in the field of integrative health will discuss how women can achieve optimal health through a focus on the mind, body and spirit.

#### **EVENT DETAILS:**

*Where:* Downtown Minneapolis Public Library's Pohlud Auditorium

*When:* Thursday, Oct. 14 from 5:30-8 p.m.

*What:* Reception and book signing, presentation, and question and answer session

*Speakers include:*

- **Henry Emmons, MD**, is a holistic psychiatrist who integrates mind-body and natural therapies and mindfulness into his clinical work. Emmons received his medical

degree from the University of Iowa College of Medicine and completed his residency in psychiatry at the University of Rochester Medical Center, where he served as chief resident. Emmons practices at the George Institute's Outpatient Clinic, where he offers the Resilience Training Program that integrates nutrition, exercise and an eight-week group program to teach the skills he described in his book, *The Chemistry of Joy*.

Emmons will be available to sign copies of his new book, *The Chemistry of Calm*.

- **Douglas Dandurand, PhD**, is a spiritual coach at the George Institute's Outpatient Clinic. His focus is on healing through the reawakening of self. He provides exploration and facilitation of the spiritual life, as well as guidance on understanding one's life experiences and current challenges related to health. He holds a master's degree in divinity,

a master of arts in counseling psychology, a master of arts in spirituality and a doctorate in transpersonal psychology.

- **Carolyn Torkelson, MD, MS**, is an assistant professor in the Department of Family Medicine and Community Health at the University of Minnesota and medical director of the University of Minnesota Physicians Women's Health Center. She is also a faculty member at the Center for Spirituality and Healing. A family practice physician, she has completed additional training in botanical and nutritional medicine.

The cost is \$20 per person. Space is limited.

**For more information or to reserve your space, call Mary Corlett at 612-863-6122.**