

A newsletter from

PENNY GEORGE™ INSTITUTE  
FOR HEALTH AND HEALING

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

WINTER 2012

# Healing Journal



## Health Promotion: Living to Thrive

The Penny George Institute offers many resources and tools for people seeking to improve their health

### When it comes to health promotion, one size does not fit all.

Wellness includes many dimensions – physical, emotional, social, spiritual and intellectual – and figuring out how to optimize one’s health, set realistic goals and determine how to reach them may seem overwhelming at times.

“Health promotion is different than prevention in that it’s further upstream,” said Lori Knutson, RN, BSN, HN-BC, integrative health service line operational director and executive director of the Penny George Institute for Health and Healing. “Our goal is to help people understand their innate capacity for health and healing.”

The Penny George Institute for Health and Healing offers many resources for individuals seeking to improve their health. At its LiveWell Fitness Center, integrative health and wellness coaches work with individuals to help them uncover and understand the natural tools and resources we all possess to optimize our health.

“Health and wellness coaches help people to put together a strategy,” said Sue Masemer, MS, exercise physiologist and manager of the LiveWell Fitness Center. “Coaches help people figure out how to approach healthy lifestyle changes and discover their intrinsic motivators to achieve sustainable results.”

Masemer notes that although people may have knowledge and information about ways to improve health, perhaps related to exercise, nutrition or dealing with stress, many aren’t certain how to implement those changes into daily life. “It’s easy for us to complicate things, and what motivates one person, may not motivate another,” added Masemer. As an example, Masemer notes that adding physical activity into a healthier lifestyle doesn’t necessarily have to include expensive gym memberships or equipment. For many, it could be as simple as adding simple lifestyle activities, such as short 10-minute walks a few times a day or taking the stairs instead of an elevator.

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“Each session I had with my coach was like a breath of fresh air. I was able to nail down the true hurdles hindering my work/life balance, and feel that my coach helped me to take my first steps to better health.”

– integrative health and wellness coaching participant



Continued from page 1

“When I work with people I help them figure out the obstacles they face, find strategies for dealing with them, and set realistic goals that will help them get to their optimal wellness,” explained Molly Ellefson, MS, NCC, one of three integrative health and wellness coaches at the Penny George Institute’s LiveWell Fitness Center.

“The beauty of health coaching is that it is so individualized, so instead of going to an expert who tells you what you should do, we help you determine realistic goals to set along the way,” added Ellefson, “We all have different goals, so one person might have a goal of getting blood sugar under control while another person might have a goal of someday running a marathon.”

## How wellness coaching works



**Margaret Moore**

Margaret Moore is the founder and CEO of Wellcoaches Corporation, co-founder and co-director of the Institute of Coaching at McLean Hospital, an affiliate of Harvard Medical School, and co-course director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. In an effort to build national certification, training, and education standards for health and wellness coaches, Moore serves as the co-leader of the National Consortium for Credentialing of Health & Wellness Coaches.

“There is evidence in the medical literature that coaching alone is effective at improving health outcomes for issues such as diabetes, asthma, cancer pain, weight loss and other conditions,” said Moore. Moore explains that health and wellness coaches facilitate a partnership and change process that enables clients to change their mindsets. This helps them develop and sustain behaviors proven to improve health and well-being, going beyond what they have been able to do alone.

“Great coaches may be born with the belief that people have the ability to change, even when change is tough,” said Moore. “Autonomy is our primary biological driver, and a coach will help you tap into your inner coach and build the autonomous, organized and creative mindset needed for change.” Lasting change – whether it’s losing weight, taking medications properly or following a fitness plan – occurs when you find a path to your big picture and outgrow your old way of thinking and behaving.”

Moore notes that what works for one person typically doesn’t work for another. “The goal in coaching is to help you discover your own formula, to become mindful and self-aware of what synergistic combination of positive changes works for you in your life,” said Moore.

## Allina’s commitment to health and wellness coaching

As an employer, Allina Hospitals & Clinics offers employees integrative health and wellness coaching as part of its employee wellness program called BeFit. In the first nine months of 2011, approximately 600 employees participated in a series of coaching sessions. Employees were able to address health issues related to stress management, life balance, motivation, fitness and healthy eating in the coaching sessions. In addition, coaches helped employees create a health promotion plan and identify resources necessary to meet goals.

Employee satisfaction ratings for the coaching sessions were exceptional, with 94 percent of the employees indicating that they were able to make desired lifestyle changes and 98 percent noting that they were more aware of their desired outcomes, resources and obstacles.

Ann, an employee at Allina for 17 years, participated in the LiveWell Fitness Center’s coaching sessions earlier this year with Ellefson. In her mid-40s and with a long commute to work, she was struggling with how to weave good nutrition into her life, while dealing with issues around weight loss, lack of sleep and other stressors.

“As a coach, Molly gave me the key to unlock some of the issues and challenges I was facing,” she said. “It had a major impact on me and gave me the tools I needed to make better choices in life. Molly helped me holistically. I’m grateful that Allina is supporting its employees to be the best we can be.”

▶ **TO LEARN MORE** about integrative health and wellness coaching or to schedule an appointment, call the LiveWell Fitness Center at **612-863-5178**.

## A sampling of the resources and programs for health promotion at the Penny George Institute and its LiveWell Fitness Center

Call **612-863-5178** to register for the following programs and services:

- **Integrative health and wellness coaching**
  - Initial session is \$90 for 90 minutes
  - Follow-up one-hour sessions are \$75, or \$210 for a package of three sessions, or \$390 for a package of six sessions
  - Follow-up 30 minute sessions are \$105 for a package of three sessions, or \$195 for a package of six sessions
- **Fitness profiles** – \$89
- **Take Action Program for Weight Management** – \$349 for group program and \$559 for individual program
- **Am I hungry?** – An eight-week program on Wednesdays beginning Jan. 11 from 5 - 6:30 p.m. for \$229 including materials.

Call the Penny George Institute's Abbott Northwestern Outpatient Clinic at **612-863-3333** to register for these programs:

- **Mindfulness-Based Stress Reduction program** – Ideal for those suffering from anxiety, depression, chronic pain and illness, demands of care-giving, illness, grief, spiritual emptiness or everyday stress. \$330 plus \$45 for materials
- **Resilience Training program** – Eight-week program designed by Henry Emmons, MD, to help people enhance their natural resilience. Initial consultation is \$200, which is applied to the \$900 program fee if you decide to participate.

### RESEARCH UPDATE

## Tergar Study with Allina Employees: Evaluating the Positive Impact of Meditation

Minneapolis-based Tergar International and Allina Hospitals & Clinics recently completed a study to evaluate the impact of an eight-week meditation training program and its effect on Allina employees in reducing depressive symptom, anxiety and reduced “presenteeism” – defined as being present at work, but not productive.

Participants completed an eight-week mind/body training program, including eight weekly group sessions with a trained facilitator to incorporate key mindfulness principles by providing weekly experiential skill building with home practice exercises.

In just eight weeks, Allina employees enrolled in the study reported that they decreased their perceived level of stress by an average of 37 percent, reduced anxiety by 20 percent and reduced their level of “presenteeism” by 86 percent.



## PENNY GEORGE INSTITUTE'S Outpatient Clinics

### Abbott Northwestern Hospital 612-863-3333

- acupuncture
- herbal consultations
- integrative medicine physician consultations
- integrative nutrition counseling
- medical massage therapy
- mind/body therapies including biofeedback
- resilience training
- spiritual coach
- therapeutic yoga instruction.

### Unity Hospital 763-236-5656

- acupuncture
- fitness consultations
- integrative medicine consultations with nurse practitioner
- integrative nutrition consultations
- medical massage therapy
- therapeutic yoga instruction.



"I tell people that these services were built just for me. I feel very blessed to have this type of care close to home and in our community."

—RACHEL RUSS

## For Rachel Russ, the Penny George Institute in Fridley offers enhanced care, expert advice close to home

Rachel Russ, a mother of four and an Anoka resident, was diagnosed with breast cancer in November 2010.

In the past year, she has successfully gone through chemotherapy and radiation therapy. Following her treatments, she sought out expert advice to ensure that any vitamins or supplements she was taking wouldn't interfere with or make her medications less effective.

She met with the Penny George Institute's integrative health nurse practitioner to review her concerns and to discuss after-care treatments, nutrition and healing. "I wanted to live life to the fullest following my treatments and in order to do so, I wanted guidance on nutrition, exercise and staying as strong as possible," explained Russ.

Russ also took a course on food as medicine taught by nutritionist and certified yoga instructor, Maureen Doran, RD, LD. "It was very helpful," said Russ. "She taught us how to use food as medicine for my after-care and I learned a great deal about which foods are the best to eat following chemotherapy and radiation treatments. One food is not a magic pill, but she helped put the importance of nutrition into proper perspective."

At the Virginia Piper Cancer Institute at Unity, Russ attends a breast cancer support group. "We laugh at things beyond our control and then we sometimes cry when we need to get our frustrations out," said Russ. "The group is incredibly welcoming."

Russ also meets with Marc Arndt, MA, exercise physiologist and certified American College of Sports Medicine personal trainer, once a week to help gain strength and mobility following her treatments.

"I tell people that these services were built just for me," added Russ. "I feel very blessed to have this type of care close to home and in our community."

**Rachel Russ and Marc Arndt, MA,** exercise physiologist and certified ACSM personal trainer.



# Events and Education

Abbott  
Northwestern  
Hospital  
612-863-3333

**LOCATION:** All Abbott Northwestern classes will be held at the Penny George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue in Minneapolis.

## The Art of Healing Program

The Penny 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. 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 new local artists are chosen to display work in several locations on the Abbott Northwestern hospital campus. Artwork portrays themes of health, healing and spirit. Exhibits are open to the public and may be viewed during regular clinic hours, Monday – Thursday, 8 a.m. – 9 p.m., and Friday from 8 a.m. – 4:30 p.m.

### DECEMBER – JANUARY

- Penny George Institute's Outpatient Clinic location (SE corner of 28th and Chicago): Textiles by Chiaki O'Brien
- Abbott Northwestern Hospital location (lower level by the LiveWell Fitness Center): Photography by Michael Hanton, Abbott Northwestern Hospital employee
- Virginia Piper Cancer Institute Clinic/ Radiation Oncology: Paintings by Sheila Asato

### FEBRUARY – MARCH

- Penny George Institute Outpatient Clinic location (SE corner of 28th and Chicago): Photography by Tucker Hollingsworth

- Abbott Northwestern Hospital location (lower level by the LiveWell Fitness Center): Chinese brush painting by Bob Schmitt
- Virginia Piper Cancer Institute clinic/ Radiation Oncology: Paintings by Megan Moore

## Therapeutic Yoga

### YOGA TO REDUCE STRESS AND CULTIVATE BALANCE

Yoga gives us tools to calm our nervous system and balance our lives. Using gentle asana (easy movements and postures), breath awareness, guided meditation and deep relaxation, this course will give you tools to reduce stress, to gain more focus, to work with challenging emotions and to feel more balanced in your life. You will take away three short practices that can be done at home, and a home practice will be strongly encouraged.

**Carol Dines, certified instructor**

**Tuesdays, 3:45 - 5:15 p.m.**

**Jan. 24 through March 20  
(no class on Feb. 21)**

**Eight-week series**

**\$115**

### BEGINNING 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. No previous yoga experience is necessary.

**Nissa Valdez, certified instructor**

**Wednesdays, 5 - 6:15 p.m.**

**Jan. 18 through Feb. 22**

**Six-week series**

**Feb. 29 through April 4**

**Six-week series**

**\$89**

### YOGA FOR HEALING

This six-week series integrates restorative yoga, gentle yoga, hands-on work, breath work and guided meditation to support healing. The word healing comes from the word whole—it is the process of reuniting, restoring or returning to oneness. This practice is wonderful for those healing from injury or illness as well as for caregivers.

**Nissa Valdez, certified instructor**

**Tuesdays, 9:45 - 11 a.m.**

**Jan. 17 through Feb. 21**

**Six-week series**

**Feb. 28 through April 3**

**Six-week series**

**\$89**





## YOGA FOR CANCER AND CHRONIC ILLNESS

This seated yoga class is appropriate for people in all levels of condition. We will follow the traditional format of a hatha yoga class—including a self check-in, movement practice, relaxation practice, breathing practice and meditation—while making adaptations to meet the conditions of all class participants. Each session will be dedicated to experiencing the holistic benefits of yoga. Research has shown that yoga can provide an increased sense of hope, energy, confidence and ability to perform the activities of daily living. While elevating mood, it also decreases pain, fatigue, anxiety, nausea and sleep disturbances.

Participants will be most comfortable wearing soft, loose, roomy clothes with drawstring or stretch waist pants (no jeans or belts). It is also good to have a couple layers so you can adjust to remain at a comfortable temperature. Please note, upon registration you will be contacted by the instructor to have a conversation regarding your participation and needs.

**Lura Shopteau, certified instructor**  
**Mondays, 4:30 - 5:45 p.m.**  
**Feb. 6 through March 26**  
**Eight-week series**  
**\$115**

## YOGA FOR BREAST CANCER PATIENTS

This is a class designed specifically for breast cancer patients during or post treatment as a complement to your healing process. The benefits of this class include re-establishing flexibility and arm movement after surgery, reducing swelling from lymphedema, relief from anxiety, stress and fatigue, improved posture, and a greater sense of your strength and well-being. We will focus on breathing for relaxation and cellular rejuvenation, gentle yoga and visualization during a guided meditation. Each individual will be encouraged and guided individually to self-explore breath, movement, visualization and stillness within a supportive community for healing. Each week we will work at progressively expanding our program and homework will be given to enable participants to apply the techniques and practices on an ongoing basis.

Participants will be most comfortable wearing soft, loose, roomy clothes with drawstring or stretch waist pants (no jeans or belts). It is also good to have a couple layers so you can adjust to remain at a comfortable temperature. Please note, upon registration you will be contacted by the instructor to have a conversation regarding your participation and needs.

Students must be active and in reasonable physical shape. Doctor approval is required for those currently in treatment.

**Lura Shopteau, certified instructor**  
**Thursdays, 5 - 6:15 p.m.**  
**Feb. 9 through March 29**  
**Eight-week series**  
**\$115**

## YOGA TO PROMOTE FERTILITY

No matter where you are in your conception journey this class offers a community of support. It provides coping strategies and methods to reduce stress while dealing with aspects of diagnosis and treatment of infertility. The gentle asana (postures and movement) and breathing used in this class are chosen to improve energetic flow, offer mind/body techniques for stress reduction, and create a greater awareness of and connection to one's body. Individual attention is paid to your cycle and therapeutic needs.

**Lura Shopteau, certified instructor**  
**Thursdays, 6:30 - 7:45 p.m.**  
**Feb. 9 through March 29**  
**Eight-week series**  
**\$115**

## YOGA FOR BACK PAIN

Yoga has been proven to be very successful in helping reduce back pain. This course is intended to help alleviate back pain caused by habitual patterns of chronic sitting, lack of strength, and asymmetry from overuse of particular muscle groups. Using gentle asana (easy movements and postures), breath awareness and deep relaxation, students will learn how to alleviate chronic pain by strengthening different muscle groups, by bringing more circulation to the back and by creating more functional movement patterns. Practices will be equally divided between upper back and lower back conditions. The course is not intended to address serious back conditions such as herniated discs, spinal fusions or advanced scoliosis. If you have had a surgery or have suffered from serious conditions, a doctor's recommendation is strongly advised. You will receive two home practices to help create a healthier back, and a home practice will be strongly encouraged.

**Lura Shopteau, instructor**  
**Thursdays, 3:30 - 4:45 p.m.**  
**Feb. 9 through March 29**  
**Eight-week series**  
**\$115**

## Healing Touch Certification

The Healing Touch Certificate Program is a nursing continuing education program for registered nurses, health care professionals, body-oriented therapists, psychotherapists or other licensed health care professionals and individuals who want an in-depth understanding of healing work that uses energy-based concepts. Certification as a healing touch practitioner is an appropriate goal for those who wish to establish a healing touch practice or incorporate healing touch as a major focus within an existing professional practice. Endorsed by the American Holistic Nurses Association.

## HEALING TOUCH LEVEL 1

Students will gain an understanding of: the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, application of healing touch in personal/professional practice. This course can be taken alone or can be combined with advanced levels.

**Instructor: Healing Touch International**  
**Coordinator: Kathryn Kerber**  
**(612-863-7937)**

**Aug. 17 & 18 or Oct. 5 & 6**  
**8:30 a.m. - 6:30 p.m.**

**Regular tuition \$300 (HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)**

**Up to 18 CEUs available for nurses and massage therapists**

## HEALING TOUCH LEVEL 2

Level 2 is for students who have completed Level 1 and wish to increase breadth and depth in the study of healing touch. The second level of study in Healing Touch includes an intake interview, back techniques and a one-hour healing sequence. Emphasis in the experiential learning is on developing healing sequences for specific client needs.

**Instructor: Healing Touch International**  
**Coordinator: Kathryn Kerber**  
**(612-863-7937)**

**March 9 & 10 or Nov. 2 & 3**  
**8:30 a.m. - 6:30 p.m.**

**Regular tuition \$300 (HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)**

**Up to 18 CEUs available for nurses and massage therapists**

## HEALING TOUCH LEVEL 3

Level 3 is for students who want more in-depth skills in healing touch, and have successfully completed Level 1 and Level 2. This course includes development of higher sense perception (HSP), sequencing of healing techniques, working with guidance, self-healing and self-development.

**Instructor: Healing Touch International**  
**Coordinator: Kathryn Kerber**  
**(612-863-7937)**

**Feb. 11 & 12**  
**8:30 a.m. - 6:30 p.m.**

**Regular tuition \$300 (HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)**

**Up to 18 CEUs available for nurses and massage therapists**





## Other Classes

### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Mindfulness Based Stress Reduction (MBSR) is ideal for those suffering from anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and everyday stress. Participants learn and practice basic mindfulness skills to improve their health, well-being and everyday life. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Participants meet weekly for eight weeks and a seven-hour day of mindfulness retreat is included. 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, Jan. 9 through Feb. 27  
6 - 8:30 p.m.; plus day-long retreat on  
Saturday, Feb. 18, 9 a.m. - 4 p.m.**

**Mondays, March 26 through May 14,  
6 - 8:30 p.m.; plus day-long retreat on  
Saturday, May 5, 9 a.m. - 4 p.m.**

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

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

### MINDFULNESS RETREAT: APPLYING THE FRUITS OF MINDFULNESS TO STRESS IN THE WORKPLACE

This experiential half-day mindfulness retreat is rejuvenating, motivating and instructional. After a relaxing session, you'll leave with many short, simple ways to restore yourself during and after a hectic day. Additionally, the sampling of both the practices and benefits of mindfulness meditation will help you decide whether an eight-week mindfulness seminar is right for you at this time.

**Kaia Svien, MS, instructor**

**Saturday, Jan. 14**

**12 - 4 p.m.**

**\$40**

### CULTIVATING SELF-CARE THROUGH MINDFULNESS AND PRESENCE: MINDFULNESS-BASED STRESS REDUCTION 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, Jan. 30 through March 19  
12 - 2:30 p.m., plus retreat on  
Sunday March 11, 9 a.m. - 4 p.m.**

**Mondays, April 9 through May 28  
12 - 2:30 p.m., plus retreat on  
Saturday, May 19, 9 a.m. - 4 p.m.**

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

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

# Events and Education

Unity  
Hospital

763-236-5656

**LOCATION:** All classes are held at Virginia Piper Cancer Institute/Penny George Institute for Health and Healing – Unity Hospital, located on the second floor of the Fridley Medical Center at 480 Osborne Road, Suite 200, Fridley, MN 55432.

## INTRO: FROM MINDLESS TO MINDFUL EATING

This introductory, one-time class introduces the practice of mindful eating that can transform your relationship with food. Mindful eating reconnects us with our body's natural wisdom. It embraces the "how" and "why" of eating rather than the "what." Interested in learning more? Register for Mindful Eating & Yoga series!

**Maureen Doran, RD, LD, nutritionist and certified yoga instructor**  
**Thursday, Jan. 12**  
**5 - 6:30 p.m.**

\$15

## TURN MINDLESS INTO MINDFUL EATING

This uplifting six-week series teaches mindful eating combined with simple yoga techniques that can transform your relationship with food. Mindful eating reconnects us with our body's natural wisdom. It embraces the "how" and "why" of eating rather than the "what." This series promotes the union of body, mind and spirit and allows you to experience a happier, healthier body and mind! No yoga experience necessary.

**Maureen Doran, RD, LD, nutritionist and certified yoga instructor**  
**Thursdays, Jan. 26 through March 1**  
**5 - 6:30 p.m.**

\$140

## YOGA ON THE FLY

Recharge yourself for the afternoon ahead with a yoga practice that replenishes our sense of vitality and builds resiliency. Kundalini yoga is known as the "yoga of awareness" and is practiced with the eyes closed. No yoga experience is necessary. Please bring a mat.

**Maureen Doran, certified instructor**  
**Wednesdays, Jan. 18 through Feb. 22**  
**12 - 12:30 p.m.**

**Unity Hospital Auditorium Stage**  
**\$40**

## 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.

**Julie Kempkes, NCTMB, instructor**  
**Wednesday, Feb. 8**  
**6 - 9 p.m.**

\$60

## RELAX & REJUVENATE

Four-week life management series designed to help people deal with stress, relax quickly, increase clarity and energy.

**Maureen Doran, RD, LD, nutritionist and certified yoga instructor**  
**Wednesdays, Feb. 8 through 29**  
**3:30 - 4:45 p.m.**

\$100

## FIT AND FABULOUS

This course is designed for people who do not exercise regularly and want to learn how to exercise effectively. The two one-hour sessions are lecture style, led by a certified personal trainer.

**Marc Arndt, MS, exercise physiologist, instructor**  
**Wednesdays, March 14 and 28**  
**5:30 - 6:30 p.m.**

\$60

## GROUP EXERCISE PROGRAM FOR PATIENTS WITH CANCER

There are many benefits of exercise during and after cancer treatment that include increased stamina, strength, energy and movement. The program offers a one-on-one orientation with an exercise physiologist, followed by six group exercise training sessions. Sessions will include stretching, cardiovascular and resistance training.

**Marc Arndt, MS, exercise physiologist, instructor**

**Orientation by appointment**

**Classes offered on**  
**Mondays from 11:30 a.m. - 1:30 p.m.**  
**and Thursdays from 7 - 9 a.m.**

\$50



# Dear friends,

In 2002 Abbott Northwestern took a bold step forward when we officially added inpatient integrative therapies and services for our hospitalized patients. The following year, we officially launched what is known today as the Penny George Institute for Health and Healing – the nation’s largest hospital-based integrative health program.

Since 2002, we have seen tremendous growth in the role that integrative health plays at Allina. In 2004, we opened up our Outpatient Clinic on the Abbott Northwestern campus. In 2006, our award-winning LiveWell Fitness Center opened to the public. In 2007, we launched our Integrative Health Research Center, and in 2010 we expanded our services to the Unity Hospital campus.

Today, we have an amazing group of practitioners and staff at the Penny George Institute. They are compassionate, dedicated and committed to providing the best care for patients.

As an Allina employee since 1986, it has been my pleasure, honor and privilege to serve as the Penny George Institute’s executive director since its inception. Its growth and success are not a surprise to me for two reasons.

First, at Abbott Northwestern, the concepts of integrative health are fundamental to the care our staff members, physicians, nurses and other health professionals have provided for decades. Second, the community has embraced our vision and provided the crucial support necessary to offer an integrative approach to health at our world-class hospital.

Our physicians have embraced the comprehensive, hospital-wide philosophy that our patients deserve a holistic approach to health – one that advocates treating the whole person, involving them as an empowered partner. Even in our high-tech environment at Abbott Northwestern, with the most skilled and talented physicians and nurses, we know that blending the art of healing and the science of curing means that we care for the whole person – mind, body and spirit.

As we watch health care reform unfold on the national stage, we know that our care must focus on prevention and wellness, helping people to activate their body’s natural capacity for healing and working with individuals to develop their self-care skills.

In 2012, I will start a new position as president of The Marsh, a Minnetonka-based wellness center. I look forward to collaborating with the Penny George Institute and participating in its continued success.

Thank you to our supporters who have generously contributed their time, talents and financial resources over the years. I extend my deep appreciation to Penny George for her commitment to the vision and mission of the Institute. Her leadership to Abbott Northwestern and Allina over the past decades has truly transformed how we care for our community.

With gratitude,

**Lori Knutson, RN, BSN, HN-BC**  
executive director



**Lori Knutson, RN, BSN, HN-BC**

## Registration Options

### Online

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**For the Abbott Northwestern location:**

go to [www.allina.com/ahs/anw.nsf/page/ihh\\_home](http://www.allina.com/ahs/anw.nsf/page/ihh_home) and select the “education” tab in the center of the screen.

**For the Unity location:**

go to [www.allinaunity.org/ahs/unity.nsf/page/ihh\\_unity](http://www.allinaunity.org/ahs/unity.nsf/page/ihh_unity) and select the “classes and events” tab in the center of the screen.

Click on the “register now” box, fill out the form and click “submit.”

You will receive confirmation once your registration has been processed.

### Mail

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For both locations, fill out and mail in the class registration form in the Healing Journal to the address on the form.

### Phone

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**For the Abbott Northwestern location:**

call 612-863-3333 and select option #2.

**For the Unity location:**

call 763-236-5656 and select option #2.

# Penny George Institute Class Registration Form

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

## Attendee Information

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City, State, Zip \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

## Payment Information

Amount Enclosed \$ \_\_\_\_\_

- Cash
- Check (*Make payable to: Penny George Institute for Health and Healing*)
- Visa
- MasterCard
- Discover
- American Express

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

### Penny George Institute for Health and Healing

Attention: Class Registration  
800 East 28th Street  
Mail Route 15115  
Minneapolis, MN 55407  
Fax: 612-863-9019

## Abbott Northwestern Hospital

- Yoga to Reduce Stress and Cultivate Balance** Starts Jan. 24 (\$115)
- Beginning Yoga** (\$89)
  - Starts Jan. 18 **or**  Starts Feb. 29
- Yoga for Healing** (\$89)
  - Starts Jan. 17 **or**  Starts Feb. 28
- Yoga for Cancer and Chronic Illness** Starts Feb. 6 (\$115)
- Yoga for Breast Cancer Patients** Starts Feb. 9 (\$115)
- Yoga to Promote Fertility** Starts Feb. 9 (\$115)
- Yoga for Back Pain** Starts Feb. 9 (\$115)
- Healing Touch Level 1** (Regular \$300, HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)
  - Aug. 17 & 18 **or**  Oct. 5 & 6
- Healing Touch Level 2** (Regular \$300, HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)
  - March 9 & 10 **or**  Nov. 2 & 3
- Healing Touch Level 3** Feb. 11 & 12 (Regular \$300, HTPA/AHNA Member \$275, Allina employee \$250, student \$200, repeat \$200)
- Mindfulness-Based Stress Reduction (MBSR)** (\$330)
  - Starts Jan. 9 **or**  Starts March 26
- Mindfulness Retreat: Applying the Fruits of Mindfulness to Stress in the Workplace** Jan. 14 (\$40)
- Cultivating Self-Care through Mindfulness and Presence: Mindfulness-Based Stress Reduction for Nurses, Health Practitioners & Family Caregivers** (\$330)
  - Starts Jan. 30 **or**  Starts April 9

## Unity Hospital

- Intro: From Mindless to Mindful Eating** Jan. 12 (\$15)
- Turn Mindless into Mindful Eating** Starts Jan. 26 (\$140)
- Yoga on the Fly** Starts Jan. 18 (\$40)
- Couples Massage** Feb. 8 (\$60 per couple)
- Relax & Rejuvenate** Starts Feb. 8 (\$100)
- Fit and Fabulous** Starts March 14 (\$60)
- Group Exercise Program for Patients with Cancer** (\$50)
  - Mondays **or**  Thursdays

**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.

**Directions:** For detailed directions to your class or event, call 612-863-3333 or visit [abbottnorthwestern.com](http://abbottnorthwestern.com).



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## 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, call the Abbott Northwestern Hospital Foundation at 612-863-4126 or Mercy and Unity Hospitals Foundation at 763-236-3961.

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# Give the gift of healing

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 Penny George Institute's clinical care, research and education. Philanthropic dollars also support inpatient services, which are offered to hospitalized patients without additional fees or costs.

### YOUR GIFTS SUPPORT THE FOLLOWING SERVICES:

- **Care for hospitalized patients:** The Penny George Institute offers healing therapies for hospitalized patients at Abbott Northwestern. The inpatient team brings pain relief, relief from anxiety and healing to patients throughout the entire hospital. More than 20 integrative health care professionals work directly with patients and their family members to provide care. Patients may receive a combination of one or more of these therapies: acupuncture, aromatherapy, energy healing, healing arts, integrative nursing consultation, mind-body therapies including relaxation response and guided imagery, music therapy, reflexology and therapeutic massage.
- **Outpatient Clinic:** Philanthropic support enables the Penny George Institute to bring in local and national speakers on various health and wellness topics. Donor support also makes possible the services of the Penny George Institute's spiritual coach.
- **Research:** Abbott Northwestern has the largest integrative medicine data set in the country, which enables the Penny George Institute to conduct ground-breaking research. The Integrative Health Research Center focuses on patient-centered research in areas ranging from pain management to stress reduction to breast cancer survivorship.
- **Art of Healing program:** Established in 2004, the program recognizes that arts are an important and therapeutic tool for patient and families. Hundreds of individuals experience the Art of Healing through Abbott Northwestern's healing environment, and classes and events at the Penny George Institute's Outpatient Clinic.

**TO MAKE A DONATION,** you may send a secure donation online at [abbottnorthwestern.com](http://abbottnorthwestern.com), under the "contribute to the hospital" section. Or call Katy Gaynor of the Abbott Northwestern Hospital Foundation at 612-863-5610 or email her at [katy.gaynor@allina.com](mailto:katy.gaynor@allina.com).

**Act now, double your gift**

The George Family Foundation has offered a challenge grant of up to \$10,000 for all new or increased donations to the Abbott Northwestern Hospital Foundation to support integrative care. Your gift will be matched dollar-for-dollar, doubling the impact of your contribution.

*"I want to thank the George Family Foundation for their leadership, generosity and continued support. Their challenge grant inspires all of us to increase our support of this important work, which is making a huge difference in the overall health of our community."*

– **BOB BARROWS**, chairman of the board, Abbott Northwestern Hospital Foundation