



# Healing Journal

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

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

Summer 2008

Volume 6: Number 3

## Caring for the Whole Woman — Mind, Body and Spirit

The Institute for Health and Healing offers a truly integrated approach to health care for women and their physicians

The staff and physicians of Abbott Northwestern Hospital's WomenCare® program recognize and treat the special needs of women, from the child-bearing years through menopause, including the Birth Center where more than 4,300 babies were delivered last year.

Along with the Birth Center, Women-Care services include gynecology and gyn/oncology, breast cancer diagnosis and treatment through the Piper Breast Center, community wellness and education programs, mature women services, mental health and psychology services, and heart disease prevention and treatment programs through the Minneapolis Heart Institute®.

Since 2003, care for women and families has been greatly enhanced by the services offered through the Institute for Health and Healing. Supported by the financial generosity of the community, Abbott Northwestern offers integrative medicine services to patients in many areas including the Birth Center's labor and delivery, high-risk antepartum and postpartum areas, and Maternal Assessment Center. Integrative medicine services are also available in the Special Care Nursery for newborns needing specialized medical attention after birth.

Over the past five years, the range of services available for patients has steadily grown. "What we provide is a truly integrated approach," said Pat Vitale, LICSW, inpatient manager for the Institute for Health and Healing. "Our practitioners approach each patient as uniquely different, and services are customized based on her needs."

For one patient, the Institute's services allowed her to face her fears of anesthesia required for a Cesarean section delivery. The patient had struggled with several complications in her pregnancy and her anxiety increased as her delivery date grew closer.

At the request of her anesthesiologist, the patient received a consultation from the Institute's Pauli Payne, NCTMB, integrative medicine practitioner and massage therapist. She then accompanied the

patient into the delivery room. By keeping the patient as calm as possible through a number of mind/body techniques, she was able to assist the patient to relax and reduce her anxiety, allowing for a better patient experience and a calm delivery for her baby. "In a potentially high-risk delivery, everything went as perfectly as you could have hoped for the patient," she explained. "This was a C-section delivery that was predicted to be complicated and we were able to make a difference for her and for her baby."



The Institute's inpatient services include acupuncture, breath work, energy healing, guided imagery, massage therapy, relaxation techniques, reflexology and more. "Stress and anxiety are associated with pre-term labor," said Mollie O'Brien, NCTMB, integrative medicine practitioner. "We incorporate the mind, body and spirit

to help our patients stay present for this transformative event in their life—the birth of a child."

Integrative medicine practitioners, including nurse clinicians, massage therapists and acupuncturists, work closely with the patient's physicians and nurses to blend the best of conventional medicine with a variety of healing therapies. Research also plays a key role and aims to demonstrate the importance of optimizing health.

(continued on bottom of next page )



ABBOTT  
NORTHWESTERN  
HOSPITAL

Allina Hospitals & Clinics

Institute for Health and Healing

## Summer Tune-Up

The Institute's LiveWell Fitness Center offers comprehensive fitness testing and training. For more information or to schedule an appointment, call 612-863-5178.

### Fitness Profile

The Fitness Profile provides an ideal starting point for anyone starting a new exercise plan or an opportunity for regular exercisers to check their progress. This session will ensure that your program is safe, effective and enjoyable. A health history will be taken and you will complete muscular strength, flexibility, balance, skin fold body fat and muscular endurance tests. Cardiovascular fitness will be assessed to determine your ideal aerobic exercise levels and heart rate range. Then, our exercise physiologist will interpret your results and help you set personal goals. You will receive a computer printout with our recommendations. It is recommended that you complete a Fitness Profile every six to 12 months.

Time:	75-90 minutes
Member cost:	\$65 (\$55 when purchased with a personal training package)
Non-member cost:	\$85

### BodyGem Resting Metabolism Testing

Do you know how many calories you should eat and burn during exercise on a daily basis? Through state-of-the-art metabolic technology, we 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, will allow us to accurately assess your daily caloric needs. This is vital for anyone who desires to lose weight or maintain an ideal body fat goal. Balancing the number of calories you take in with the number you burn is key to achieving your goals. With a better understanding of your "burn rate," you will be able to make educated decisions and take guesswork out of the equation. 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.

Time:	60 minutes
Member cost:	\$75
Non-member cost:	\$90

### Body Composition Analysis

It is well documented that body fat levels too high or too low can place your health at risk, but how do you determine your ideal weight? Scale weight alone will not provide adequate information on how much weight is lean muscle and how much is fat weight. Individuals who begin an exercise program or alter an old routine may notice a change in their appearance without a loss of weight. This is typically due to a loss of spacious fat and a gain in very compact muscle. The only way to know for certain is to have your body fat levels measured. The LiveWell Fitness Center offers the skinfold caliper method and state-of-the-art Bod Pod technology which works on the principle of air displacement and has a very high accuracy level. You will receive a printout of your results and recommendations for ideal goals.

<b>Skinfolds:</b>	<b>Bod Pod:</b>
Time: 30 minutes	Time: 45 minutes
Member cost: \$20	Member cost: \$40
Non-member cost: \$30	Non-member cost: \$55

### Personalized Exercise Training


If you have never exercised before or you never seem to see the results you want, a personalized training session can help. Your exercise specialist will work with you to design a program that is enjoyable, effective and highly motivating. Your program may include exercises to enhance cardiovascular endurance, muscle conditioning, flexibility, balance, posture, weight management, sports performance and strategies for adhering to your program. All of our experienced exercise specialists hold degrees and certifications in exercise science or physical therapy.

Time:	60 minutes per session
Member cost:	Single: \$55 per hour Package of 3: \$150 Package of 6: \$290
Non-member:	Single: \$70 per hour Package of 3: \$195 Package of 6: \$370

## Caring for the Whole Woman — Mind, Body and Spirit

(continued from cover)

"We provide patients with a suite of options, and then work with them to determine which options will best suit their needs," said Kathy Kerber, RN, MSN, integrative medicine nurse clinician. "For the Institute for Health and Healing's work in WomenCare and the Birth Center, we are truly caring for the patient and her entire family."

*Philanthropy plays a vital role in supporting the services of Abbott Northwestern's Institute for Health and Healing. To make a donation to the Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126. For more information about specific therapies within the Institute during a hospitalization, call 612-863-6122.* 

# Classes Available at the Institute for Health and Healing

*The 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.

## — special events —

### 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. Both instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

- Scott Cruse, LICSW, instructor
- Mondays starting July 7, 6-8:30 p.m., plus Saturday, Aug. 16, 9 a.m.-4 p.m.

OR

- Mondays starting Oct. 6, 6-8:30 p.m., plus Saturday, Nov. 15, 9 a.m.-4 p.m.

OR

- Judith Lies, LMFT, instructor
- Fridays starting Oct. 3, 9:30 a.m.-noon, plus Sunday, Nov. 9, 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

### A Day of Mindfulness

For anyone who already has a mindfulness practice and would like to refresh the skills that accompany it, this is a day-long retreat designed to support that opportunity. Come dressed for comfort in loose clothing, bring a lunch and plan to rekindle your mindfulness practice with the guidance and facilitation of an instructor with many years of MBSR training and leadership.

- Judith Lies, LMFT, instructor
- Sunday, July 20, 9 a.m.-4 p.m.
- \$60

### Women's Bodies, Women's Dreams

Although both men and women who are interested in dreams have higher dream recall than the rest of the population, in general women are able to recall their dreams more easily than men. Why is this? It appears that women may have a hormonal advantage over men when it comes to remembering their dreams. According to dream researchers, estrogen seems to play a role in women's ability to stay in touch with their dreams, which is why dreaming can be so intense during pregnancy and menopause. In this presentation, hear about current research being done on dreaming and gender, followed by a discussion in which participants can compare their own dream patterns with the research.

- Sheila Asato, MA, instructor—board member of the International Association for the Study of Dreams
- Wednesday, July 16, 7-8:30 p.m.
- \$20

## — 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. Yoga can help people who are experiencing low back pain, living with neurological disorders or fighting cancer, among other health issues. 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 a yoga therapist. To make an appointment, call 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, RYT, instructor
- Thursdays, 4-5 p.m.
- Series start July 31 and Sept. 11
- \$89

## 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, RYT, instructor
- Tuesdays, 9-10:15 a.m.
- Series start July 29 and Sept. 9
- \$89

OR

- Wednesdays, 5-6:15 p.m.
- Series start July 30 and Sept. 10
- \$89

## Continuing Yoga

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

- Megan Hatch, RYT, instructor
- Thursdays, 5:30-6:45 p.m.
- Series start July 31 and Sept. 11
- \$89

## Introduction to Yoga Nidra

Yoga Nidra is an ancient guided meditation practice used to discover and embody qualities of equanimity and well-being. This technique is being used around the country with diverse populations, including those suffering chronic pain, returning veterans and homeless people. Come learn how and why it works, and experience it for yourself.

- Megan Hatch, RYT, instructor
- Wednesday, July 30, 6:30-8 p.m.
- \$20

## Yoga Nidra—Ongoing Practice Series

Yoga Nidra is an ancient guided meditation practice used to discover and embody qualities of equanimity and well-being. This six-week series will include a brief period of gentle yogic movement and breath practice followed by a 30-40 minute guided meditation in each class. The whole practice can be done seated in a chair, seated on the floor or lying down.

- Megan Hatch, RYT, instructor
- Wednesdays, 6:30-7:30 p.m.
- Series starts Aug. 6
- \$79

## A Weekend of Yoga and Ayurveda

*Explore a practice that bridges Yoga with Ayurveda – India's traditional, holistic medicine that has been practiced for more than 5,000 years.*

Are you a Vata, Pitta or Kapha individual? Come discover your body type (dosha) and understand what exactly that means in Ayurveda. Upon discovery of your dosha, you'll then have the chance to actively experience the fundamentals of Ayurvedic Yoga—applying Ayurveda to the practice of yoga in order to enhance your ideal balance on and off the mat. Through simple, yet profound, yoga and Ayurvedic techniques of posture, breath, diet and lifestyle, improve your vitality, energy and well-being, while deepening your understanding of the healing qualities yoga has to offer. This is a unique opportunity to see how merging two ancient wisdom traditions can improve your health and wellness, along with positively affecting all areas of your life. In this weekend you will:

- learn what your Ayurvedic constitution (dosha) is
- practice yoga postures and breathing exercises that enhance constitutional balance
- receive instruction on how diet and lifestyle specific-to-constitution are an incredible support to the yoga practitioner for staying healthy
- take home an embodiment of practical yogic and Ayurvedic tools to support your unique well-being.

About the instructor:

Michele Schulz is an Ayurvedic Yoga therapist and instructor. She brings more than a decade of yoga studies, practice and instruction in Ayurvedic, Iyengar, Kundalini and Tibetan yogas. Her personal studies in Ayurveda and Tibetan Buddhism infuse her approach to embodying yoga. She is a visiting teacher from Dr. Lad's Ayurvedic Institute in Albuquerque, N.M., where she currently teaches and conducts trainings in applying Ayurvedic principles to the practice of yoga. She is a Yoga Alliance registered instructor and travels internationally to teach.

- Sept. 26-28 (Friday 7-9 p.m.; Saturday 8a.m.-4 p.m. with a one-hour lunchbreak; Sunday 9 a.m.-noon)
- Bring your own yoga mat, and a bag lunch for Saturday
- Program fee: \$200

— one-time class —

## 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, Aug. 19, 6:30-9 p.m.
- \$60 per couple

# the art of — healing program —

The Art of Healing Program provides arts-based wellness interventions and education on an inpatient and outpatient basis on the Abbott Northwestern campus and to other facilities of Allina Hospitals & Clinics. The program includes music therapy, artists at the bedside, collaborations with area arts groups, the creation of a volunteer program and more. Visual arts exhibits and visual, movement, written word and music classes are available to the public with a focus on the therapeutic benefits of the arts.

## VISUAL ARTS EXHIBIT CALENDAR

Each month a new local artist is chosen to display work at the Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. The 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.

### **July-August Exhibit – Textiles by the Fiber Arts Group Opening reception Friday, Aug. 1 from 6:30-8:30 p.m.**

*Thirteen members of the Fiber Artists Study Group have created an exhibit of contemporary quilts and other fiber art with an emphasis on the voice of healing. When the creative impulse manifests itself as a visual expression of the interior voice, the images, forms and symbols that emerge from deep within move us forward on the journey to self-knowing, healing and wholeness.*

## Caring for the Caregiver Program September 2008

The Art of Healing Program will sponsor a series of arts-based events on the Abbott Northwestern campus throughout September. The goal of this programming is to support Abbott Northwestern employees and volunteers in the art of self-care. Focused on the needs of the professional caregiver, these events are also open to the general public.

### **September Exhibit – Group show by employees and volunteers of Abbott Northwestern Hospital Opening reception Friday, September 5 from 3:30-6 p.m.**

*Part of a month-long series of events focused on Caring for the Professional Caregiver, this first annual exhibit of art by Abbott Northwestern employees and volunteers celebrates and makes visible in a new way the diversity, creativity and talent of our staff. The exhibit will be on display in three concurrent locations on the Abbott Northwestern campus, including the Institute's Outpatient Clinic.*

## RELATED PROGRAMMING

### Visual Journaling Class

Visual Journaling, combining writing and images in a journal, can create a direct link with our inner world and provide a safe space to explore our intuition. It is easy to learn, an effective tool for stress management and a lot of fun. This four-part series of classes will include meditative exercises, free-form drawing and collage. No artistic or writing skills are needed, and the beginner's mind is encouraged. Each participant will need to bring an 11"x14" sketchbook. All other materials are provided.

- Jayson King, RN, BS, NCTMB, ABT
- Mondays, 4-6 p.m.
- Series starts Sept. 8
- \$60 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

### Drum Circle Series

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Attend this three-part series to 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
- Mimi Lindell, RN, HN-BC, CHTP, instructor
- Thursdays, 7-8 p.m.
- Series starts Sept. 18
- \$40 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

### Moving Spirit – An Exploration of Body, Breath and Labyrinths

Moving Spirit is an experiential session using the power of yoga and movement, ancient labyrinth patterns, eclectic world music, and guided meditation to open the body, quiet the mind and energize the spirit. Sacred space we create offers an opportunity to connect more deeply with yourself and others, and access your inner power, beauty and joy. No experience in yoga, dance or labyrinths needed. All movements are led. Loose clothing recommended. Bring clean, indoor shoes if bare feet are uncomfortable for you. More info at [www.gorgeousspirit.com](http://www.gorgeousspirit.com).

- Joan Guilfoyle, instructor
- Saturday, Oct. 18, 9 a.m.-3 p.m. (Bring a bag lunch or plan to purchase lunch at a local business.)
- \$60 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)
- Registration deadline: Friday, Oct. 3

## Brush Meditation

Quiet heart, deep relaxation and an increased sense of well-being are just some of the benefits that come from the practice of brush meditation. *Shodo*, or the way of the brush, like all of the Zen arts, is a way of delving into the mystery of Ki (chi) in a way that brings together the heart, mind and body into a graceful dance of black ink flowing across handmade white paper. As H.E. Davey says in his book *Brush Meditation*, “Your highest objective is to become one with the vibrant rhythm of nature and to let this pulsation flow out through the brush.” Come join us for an introduction to this wonderful form of moving meditation.

- Sheila Asato, MA, instructor—board member of the International Association for the Study of Dreams
- Wednesday, Sept. 17, 7-9 p.m.
- \$30 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

## Healing Collage<sup>SM</sup>—A Visual Approach to Dreamwork

In this experiential workshop, participants will have an opportunity to directly experience the relationship between waking creativity and dreaming in a way that stimulates healing,

(classes continued on next page)

## Our Location

The 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 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](http://www.abbottnorthwestern.com)

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

### 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 Institute for Health and Healing.

- \_\_\_\_\_ **Mindfulness-Based Stress Reduction**  
 starts July 7 (\$300)  starts Oct. 3 (\$300)  starts Oct. 6 (\$300)
- \_\_\_\_\_ **A Day of Mindfulness**  July 20 (\$60)
- \_\_\_\_\_ **Women's Bodies, Women's Dreams**  July 16 (\$20)
- \_\_\_\_\_ **Chair Yoga**  starts July 31 (\$89)  starts Sept. 11 (\$89)
- \_\_\_\_\_ **Beginning Gentle Yoga**  starts July 29 (\$89)  starts July 30 (\$89)  
 starts Sept. 9 (\$89)  starts Sept. 10 (\$89)
- \_\_\_\_\_ **Continuing Yoga**  starts July 31 (\$89)  starts Sept. 11 (\$89)
- \_\_\_\_\_ **Introduction to Yoga Nidra**  July 30 (\$20)
- \_\_\_\_\_ **Yoga Nidra-Ongoing Practice Series**  starts Aug. 6 (\$79)
- \_\_\_\_\_ **A Weekend of Yoga and Ayurveda**  Sept. 26-28 (\$200)
- \_\_\_\_\_ **Couples Massage**  Aug. 19 (\$60)
- \_\_\_\_\_ **Visual Journaling Class**  starts Sept. 8 (\$60)
- \_\_\_\_\_ **Drum Circle Series**  starts Sept. 18 (\$40)
- \_\_\_\_\_ **Moving Spirit – An Exploration of Body, Breath and Labyrinths**  
 Oct. 18 (\$60)
- \_\_\_\_\_ **Brush Meditation**  Sept. 17 (\$30)
- \_\_\_\_\_ **Healing Collage<sup>SM</sup>—A Visual Approach to Dreamwork**  
 Sept. 6 (\$80)
- \_\_\_\_\_ **In the Flow—Connecting to Healing Through Watercolor**  
 Sept. 12 (\$40)
- \_\_\_\_\_ **The Art of Self-Care**  
 Sept. 13 (\$40)

(classes continued from previous page)

personal growth and relaxation. Healing Collage<sup>SM</sup> is a nonverbal, creative means of accessing, interacting with and deepening one's relationship with dreams, even in the absence of dream recall. Like the collage artist in the studio, the dreaming self loves to cut, paste and move imagery around in a number of surprising and occasionally shocking ways to get our attention. Once dream material has been embodied visually, it is then possible to begin the separate process of translating that material into words. As new ways of interacting with dreams open up, one's relationship to the inner world is deepened. No art experience necessary.

- Sheila Asato, MA, instructor—artist and board member of the International Association for the Study of Dreams
- Saturday, Sept. 6, 9 a.m.-4 p.m. (Please bring a bag lunch.)
- \$80, includes all materials (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

## In the Flow—Connecting to Healing Through Watercolor

Imagine an art workshop where there are no mistakes, only opportunities to learn, laugh and connect with the healing spirit within. Drawing inspiration from the Japanese practice of brush meditation, Asato will lead us through an exploration of the movement of Ki (chi) or the life force through the practice of

watercolor. In this workshop, the focus will be on the healing nature of water and seeing how it carries color across a page, creating delightful forms and unexpected textures along the way. Absolutely no art experience is necessary to enjoy this workshop. All levels of experience are welcome.

- Sheila Asato, MA, instructor
- Friday, Sept. 12, 9 a.m.-noon
- \$40 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

## The Art of Self-Care

Caregivers know the tools of care; they practice this art every day. But in the midst of caring for others, it is easy to lose sight of the need to sustain one's self. In this half-day workshop, learn how to make a visible, tangible reminder of your own inner tools as well as acquire a few new ones. Using a wide variety of art materials, we will make our internal resources into a functional art piece usable in day-to-day life to support our health and wellness. No art experience necessary.


- Megan Hatch, RYT, Institute for Health and Healing's Art of Healing program coordinator, instructor
- Saturday, Sept. 13, 9 a.m.-noon
- \$40 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)

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

## Healing Displayed through Art

**Through the Institute's Art of Healing Program, a visual reminder of the importance of healing through self-care**

As part of its Caring for the Caregiver programming, the Institute's staff were led through a healing arts exercise in November 2007 as part of the Art of Healing Program. Through the use of music, imagery and breath awareness, the group was led to envision those places within themselves from which healing arises. For everyone, it is important to be able to tap into one's innate ability to provide self-care. For professional caregivers, it is also vital to remain in touch with this awareness, as this often is where a sense of vocation arises and energy as healers is sustained.

Presented with a rainbow of colors, the Institute's providers and leadership began to paint the colors, shapes, symbols or places that had arisen in their mind's eye. The completed paintings were stitched together into the textile piece you see here. Hanging permanently in the Institute's Outpatient Clinic, this piece is a tangible reminder of internal resources, how those resources inform work with others, and the vibrant ways in which staff members are connected to and supported by others in the Institute's team. 





ABBOTT  
NORTHWESTERN  
HOSPITAL  
*Allina Hospitals & Clinics*

Institute for Health and Healing

800 East 28th Street  
Minneapolis, MN 55407

## From the Institute for Health and Healing

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

## LiveWell Fitness Center Classes

### 12-Week Weight Management Program

Fall session begins week of Sept. 22

Tuesdays, 4-5 p.m. or

Thursdays, noon-1 p.m.

Take Action is a highly successful program of action for people who want to lose weight and keep it off. The 12-week Take Action Program was developed around extensive research on permanent weight loss. Participants learn the skills they need to manage their weight, including a regular program of exercise, healthy nutrition and lifestyle modification. Healthy habits are developed and reinforced through group support and weekly sessions covering nutrition and behavioral changes. This program also includes an individualized fitness profile, personal training session and nutrition consultation.

Call 612-863-5178 to register.

Fee: \$299 Member

\$349 Non-member

### W.O.W. (Working Out with Weights)

W.O.W. is perfect for individuals who are new to strength training or anyone looking for more variety in their training program. Classes will focus on proper technique, safety and keys to successful program design. W.O.W. class includes four one-hour, small group sessions, program exercise booklet, skinfold body composition measurement, and an introduction to free weights, BOSU, body bar, balance board, machines, tubing, stability ball and proper stretching.

Classes offered at a variety of times.

Call 612-863-5178 for more information.

Fee: \$50 Member

\$70 Non-member

### LiveWell Fitness Center's Programs and Services

The LiveWell Fitness Center offers a wide array of special programs and services. Nutrition counseling, personal training, comprehensive fitness assessments, metabolism testing, body composition analysis and group fitness classes are just a few of the offerings. A more complete description and fee schedule are available at the center's reception desk or call 612-863-5178 for more information.