

A newsletter from
PENNY GEORGE™
INSTITUTE FOR HEALTH
AND HEALING

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

SUMMER 2013


Healing Journal

**What does it mean to achieve
optimal health and well-being?
The answer to that question
is as varied as each individual.**

Part of the Penny George™ Institute for Health and Healing's mission is to empower individuals and communities to improve their health and wellness by partnering with them.

"We do this by offering an integrated, holistic approach," said Courtney Jordan Baechler, MD, a cardiologist and vice president of the Penny George Institute. "The mind, body and spirit are interconnected. We care for the whole person. Integrative health and integrative medicine mean optimizing health, identifying and minimizing risks, and promoting wellness and prevention."

continued on page 2



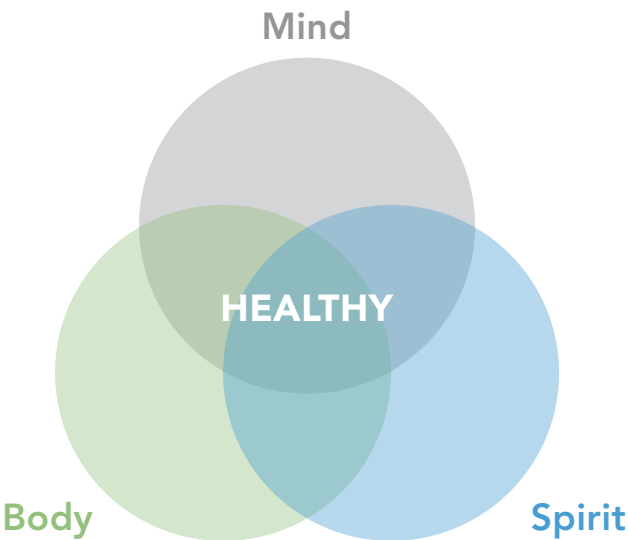
**Empowered to
discover your
best health –
mind, body
and spirit**

AllinaHealth 

**PENNY GEORGE™
INSTITUTE FOR HEALTH
AND HEALING**

Empowered to discover your best health – mind, body and spirit

continued from page 1



To learn more about the Penny George Institute for Health and Healing’s programs and services, visit allinahealth.org/georgeinstitute.

“In traditional, western medicine, we have a tendency to look at the physical side of care, which is organ- and disease-specific,” said Baechler. “We often underestimate the connection of the mind, body and spirit. If one area is off, it may manifest in physical ailments.” To address all three, there are many tools and strategies that can be easily taught and incorporated into daily life.

As an example, Baechler points to a recent study in the American Heart Association cardiology journal *Circulation: Cardiovascular Quality and Outcomes*. In November 2012, the journal reported that African Americans with heart disease who practiced twice-a-day meditation were 48 percent less likely to have a heart attack or stroke. Meditation also helped patients lower their blood pressure, stress and anger. The study participants were also advised to spend at least 20 minutes each day practicing heart healthy-behaviors such as exercise and healthy meal preparation.

“At Allina Health, our care is centered around the whole person, with a goal of helping our bodies to flourish and activate that innate healer within all of us,” said Baechler.

What Conventional Medicine Does	and	What Integrative Medicine Does
Manages disease	and	Optimizes health
Treats symptoms	and	Treats the whole person
Finds the problem and fixes it	and	Identifies the risk and minimizes it
Uses hi-tech, biomedical interventions	and	Uses hi-touch, whole person approaches
Reacts to existing health issues	and	Anticipates possible health issues and promotes prevention

How Conventional Medicine Works	vs	How Integrative Medicine Works
Intervenes as needed	vs	Plans across the life span
Relies on the patient to achieve health goals	vs	Supports the patient to achieve health goals
Directed by the physician	vs	Guided by a partnership among patient, physician and a team of clinical experts



“Our care is centered around the whole person, with a goal of helping our bodies to flourish and activate that innate healer within all of us.”

Courtney Jordan Baechler, MD

TIPS FOR DISCOVERING YOUR BEST HEALTH

Three experts from the Penny George Institute offer tips on nutrition, exercise and the power of dreaming

Nutrition: The benefits of the Mediterranean diet

A recent study published in the *New England Journal of Medicine* earlier this year found that about 30 percent of heart attacks, strokes and deaths from heart attack could be prevented in people if they switch to a Mediterranean style diet. The results of the study were so overwhelmingly clear that the study was stopped early.



“The Mediterranean diet is not a specific diet plan or program,” said **Jeannie Paris, RD, LD, integrative nutritionist with the Penny George Institute for Health and Healing**. “Rather, it is a collection of eating habits followed by people in the Mediterranean region including Greece, southern Italy and Spain.”

According to Paris, the diet is characterized by abundant plant foods such as fresh fruits and vegetables, whole grains, legumes, nuts, olive oil and a moderate amount of fatty fish or lean poultry. Some people following the eating style may consume a small amount of red wine with meals. The lifestyle in the Mediterranean region also places an emphasis on being physically active and enjoying meals with family and loved ones. The Mediterranean diet is also known for what it does not include: very little or no red meat, trans fatty acids from partially hydrogenated vegetable oils, foods high in sugar or processed foods.

“Along with reducing the risk for heart attack, stroke or other cardiovascular diseases, the Mediterranean diet may be helpful in reducing the risk of cancer, obesity, type II diabetes and other chronic illnesses,” said Paris. “The premise is that certain types of foods cause inflammation, including foods high in refined sugars or flours and foods that contain trans fatty acids, which are prevalent in the typical Western modern diet.”

Source: Estruch R, Ros E, Salas-Salvadó J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *New England Journal of Medicine*. February 25, 2013.

OLIVE OIL SALAD DRESSING

A very easy, flavor-filled dressing that goes with any kind of salad.

1 tablespoon olive oil

1/4 cup seasoned rice vinegar

3 tablespoons seedless raspberry jam (could use no sugar added jam or fresh raspberries in season)

Combine the three ingredients in a blender or shaker and process until smooth. Store in a jar in the refrigerator.

Ingredient amounts can be adjusted for desired batch size and also to individual liking.

Delicious over a bed of spinach or mixed greens with strawberries, blueberries and a sprinkle of sliced almonds, walnut pieces or chia seeds.





Tips for incorporating a Mediterranean-style diet into daily life

Emphasize plant proteins. Nuts, small seeds and legumes provide healthy protein and fiber. Experiment with new options, such as chia seeds, which are easily added to Greek yogurt or oatmeal.

Keep moving. Try to move more throughout the day. It doesn't need to be an hour at the gym. Short walks spread in five to 10-minute increments throughout the day offer great benefits. Try to aim for 10,000 steps, which you are able to monitor through a pedometer or another tool, such as a Fitbit.

Make fruits and vegetables the center of your meals. One of the most important things to do to improve your diet is to shift your thinking from making meat the center of a meal to making plants the center of your meals. Plan your meals around the fruits and vegetables. Aim for a variety of colors. The goal should be seven to nine servings a day of fruits and vegetables, but even five servings a day would

make a big difference in improving most people's diets.

Fish and poultry are healthier than red meat. If you include animal proteins in your diet, emphasize fish or poultry over red meat. Red meat is high in saturated fat. Cold-water fish, such as salmon, sardines, mackerel and swordfish, are high in healthy omega-3 fatty acids.

Use fruit as a dessert. In the Mediterranean diet, whole fruit is often served as a dessert. This is a much healthier option than our typical desserts, which are high in refined sugars. The key is to shop for fruit in season, when it naturally tastes its best.

If something is good for you, more is not necessarily better. In the study, participants were not limited on the amount of olive oil they could use and were actually instructed to use at least four tablespoons a day. They were told to avoid all commercially made cookies, cakes and pastries and to limit dairy and

meat. Olive oil, nuts and avocados are rich sources of monosaturated fat, but do provide a high amount of calories in rather small servings. Olive oil contains about 120 calories per tablespoon.

To prevent weight gain, it's important to limit healthier food choices when healthier monounsaturated fat sources are added in one's diet. For olive oil, Paris recommends pouring extra virgin olive oil into a spritzer bottle and then spray your fish or vegetables before cooking instead of pouring the olive oil directly into the pan.

Seek expert help. Paris works with clients and offers one-on-one integrative nutrition counseling and metabolism testing.

To make an appointment with Paris, call the LiveWell Fitness Center at Abbott Northwestern Hospital at **612-863-5178** or the Penny George Institute – Unity Hospital at **763-236-5656**.

Exercise: Getting started & sticking with it



We all know the benefits of exercise, like feeling good, and warding off disease and weight gain. So why is it so hard to do it? According to **Gail Ericson, MS, PT, physical therapist with the LiveWell Fitness Center**, it's not about a lack of information.

"There are thousands of publications, online resources and professionals to turn to for exercise recommendations," said Ericson. "Even a health scare or a warning by a doctor doesn't always do the trick."

So, where does one go for motivation? "You have to look within yourself," said Ericson. "You need to find an exercise program that resonates with, motivates, and has long-term meaning for you."

How do you do that? It's not a cookie-cutter approach, but there is a process to go through to develop an exercise program customized to motivate you.

To make an appointment with Ericson, call the LiveWell Fitness Center at **612-863-5178** or to connect with a LiveWell health coach, call **612-863-6316**.

Or, to make an appointment with **Marc Andt, MA**, exercise physiologist at Unity Hospital, call **763-236-5656**.

Tips for creating an exercise program that sticks

Evaluate your readiness for exercise.

Do you ever say, "I won't exercise," or "I can't exercise?" Do you constantly make excuses for not exercising? Then it's time for some thinking-and-feeling prep work.

Consider your barriers to exercise and evaluate what is real and what is an excuse.

Brainstorm with friends or family on ways to get around the real barriers. Once you start making plans about when, where or with whom you will exercise, you are ready for real change.

Create a personal wellness vision statement.

Answer in writing the questions: If I had optimal health and wellness, what would that look like? How would I feel? What would I be doing for fun, work, with family and for exercise. Write your statement as though it is already happening, such as, "I am energetic and focused. I am less stressed, and I exercise most days of the week because I love it..."

Set long-term goals you'd like to achieve in three to six months or more. Be specific, time sensitive and measurable. Instead of simply having a goal of "I want to be stronger," consider how you would measure stronger. Try: "I want to do 15 push-ups on my knees without stopping."


Set short-term goals, such as "I will do five push-ups three times per week." Rate your confidence level in meeting your goals on a scale of zero to 10. If your answer is seven or below, you might want to rework your goal to something you rate as an eight or higher.

Execute your plan. Reward yourself for meeting your short-term goals with incentives, like a special coffee or new music. Remember, any movement is better than none.

Revisit your goals weekly and adjust them as necessary. Ask yourself: What worked? How can you change a goal so you can achieve it? If you don't meet some goals, don't consider it a failure. Learn from it. Remember, change is a process, not an event. Read your vision statement often to remind yourself of why you are exercising.

If you feel you need more support to get motivated or make a health change, consider integrative health and wellness coaching at the Penny George Institute for Health and Healing's LiveWell Fitness Center.






Mindfulness: An invitation to dream

As an integrative wellness nurse clinician, **Ann Peyton, MA, RN, integrative nurse clinician**, helps patients take a holistic approach to addressing a wide variety of wellness goals, such as managing stress, improving sleep and eating healthy.

“Many times individuals are searching for ways to bring balance and joy into their lives,” said Peyton. “I may ask my patients to consider these questions: What kinds of thoughts come up when you daydream about what truly fills you with a sense of purpose and meaning? Which thoughts feel most in sync with your core values and interests?”

In general, Peyton finds that the daydreams we have most frequently and with the most intensity are the ones that gently nudge us towards actualizing our dreams. They tap into our innate abilities or gifts.

“As in many things, it’s easier said than done to connect with these visions and dreams to help them become a reality,” said Peyton. “I believe the first step to doing so is mindfulness – basically paying attention to your present thoughts and senses without judgment, and with an open mind and heart.”



At the Penny George Institute for Health and Healing, Peyton notes that practitioners give much consideration to the practice of mindfulness. “Mindfulness is for us a household word,” Peyton said. “It is core to preparing ourselves to be present with our patients, and it is what we strive to demonstrate in our own lives.”

Peyton recommends that individuals spend some time and focus on exploring answers to the following questions: What are the thoughts, actions, pursuits, relationships, occupations and daily habits that are in sync with the vision we have for our lives?

An integrative wellness visit with Peyton offers patients a way to make lifestyle changes and to succeed in managing stress, eating healthy, being active, sleeping well and staying motivated. Participants identify barriers to achieving health goals, discover personal motivation strategies, create a personalized plan to meet health goals, and develop self-motivation, self-confidence, self-awareness and resilience skills.

To make an appointment with Peyton, call the Penny George Institute at **763-236-5656**.

Healing through the power of integrative therapies, forgiveness

PATIENT STORY

Michael, a 62-year-old resident of a St. Paul suburb, suffered from severe lightheadedness for nearly two years before he was referred to Courtney Jordan Baechler, MD, cardiologist and vice president of the Penny George Institute for Healing and Healing.

“There was no apparent external cause for the lightheadedness,” said Michael. “My primary care physician gave me every test they could think of to rule out other conditions, and then I tried to let it go and ignore it until it escalated into a scary situation.”

After seeing a neurologist and completing a three-month therapy program for dizziness and imbalance issues, Michael was tested for cardiac issues at United Heart & Vascular Clinic and then referred to Baechler for a preventive cardiology consultation.

“Dr. Baechler reviewed my entire lifestyle, from nutrition, exercise, to daily habits,” said Michael. “I also shared with her that I had participated in a forgiveness workshop, which I found to be a healing experience, and was under significant stress. Although the forgiveness workshop gave me relief

from long-term issues I had with my father, I was dealing with a knot in my gut and a sense of fear, stress and anxiety that would not go away.”

According to Baechler, what Michael experienced with his symptoms is common. “The mind, body and spirit work together to affect our health,” she said. “Science has proven that certain emotions can change the neurotransmitters our brain produces to influence which hormones and chemicals our body produces. It’s amazing to see how anger, frustration, resentment and regret can lead to disease.”

In Michael’s case, there were physical symptoms manifesting from stressors in his life. “We see this so often in health care. People often suffer from physical symptoms for years before they seek professional help and relief,” explained Baechler. “As a cardiologist, I have seen numerous patients who manifest their frustrations at home or work as chest pain. In Michael’s case, we needed to first rule out any cardiac concerns, then work to address the symptoms affecting his quality of life.”

Baechler referred Michael to Mark Roa, MA, LP, for biofeedback and Robert Decker, LAc, RPh, for

acupuncture. “I had always been aware of the benefits of meditation, but when I saw the way my body reacted during deep relaxation in a biofeedback session, it was a real eye opener,” said Michael. “I feel strongly that this is the right path for me to heal and I am finally getting to the root of my symptoms. I feel very well cared for at the Penny George Institute and appreciate that my treatment is multi-faceted.”

THE POWER OF FORGIVENESS

Forgiving doesn’t mean stating there wasn’t wrongdoing. Instead, forgiving is letting go of the negativity that continues to ruminate within us and can lead to physical consequences. According to Baechler, forgiveness is a powerful healing tool and has been shown to:

- foster healthier relationships
- increase spiritual and psychological well-being
- decrease anxiety and stress
- lower blood pressure
- improve depression
- lower the risk of alcohol and substance abuse.

EVENTS AND EDUCATION

Events

Mill City Farmers Market

The Penny George Institute for Health and Healing will be at the Mill City Farmers Market. Stop by to ask our doctors and integrative health practitioners your health and wellness questions.

Saturday, Aug. 24 | 8 a.m. – 1 p.m.

Saturday, Oct. 5 | 9 a.m. – 1 p.m.

704 South Second Street, Minneapolis, MN 55415

Classes

ABBOTT NORTHWESTERN HOSPITAL 612-863-3333

LOCATION: Abbott Northwestern classes are held at the Penny George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue unless otherwise noted.

UNITY HOSPITAL 763-236-5629

LOCATION: Unity Hospital classes are held on the second floor of the Fridley Medical Center at 480 Osborne Road, Suite 200, in Fridley, unless otherwise noted.

Resilience Training



Inspired by the book, *Chemistry of Joy*, by holistic psychiatrist Henry Emmons, MD, and based on research conducted at Abbott Northwestern, Resilience Training aims to restore balanced brain chemistry with natural therapies including diet, exercise and selected micro-nutrients. Designed to benefit anyone who has experienced depression, anxiety or other stress-related condition and who has not fully recovered, or who wishes to prevent relapse; or anyone who is at risk for developing these conditions who wants to improve their physical and mental resilience and sense of well-being.

Abbott Northwestern Hospital

Tuesdays, Sept. 3 – Oct. 22 | 6 – 8:30 p.m.

Mondays, Oct. 21 – Dec. 9 | 6 – 8:30 p.m.

Unity Hospital

Thursdays, Oct. 3 – Nov. 21 | 6 – 8:30 p.m.

United Hospital

Thursdays, Sept. 26 – Nov. 14 | 5:30 – 8 p.m.

Program Cost: \$1,300

Includes a visit with a holistic psychiatrist, two individual visits with a nutritionist and three fitness consultations, along with the eight-week group program. Scholarships based on financial need are available to community members. For more information or to register, call the Resilience Training program coordinator at 612-863-2885.

Mindfulness Training



Mindfulness is powerful medicine. It provides relief for a frazzled, fragmented mind. As an adjunct therapy to conventional medical treatment, it supports the body in developing its own inherent healing capabilities. Whether you have a disease of the body, a stressed-out mind or simply want to maximize your health, mindfulness training can help you learn how to take better care of yourself and foster a deep sense of well-being. With more than 40 years of scientific research behind it, training in mindfulness has been found to positively and profoundly affect your ability to reduce medical symptoms and psychological distress while learning to live life more fully.

This four-week series focuses on quieting and stabilizing the mind. Dress comfortably in loose fitting pants and tops.

Abbott Northwestern Hospital

Thursdays, Sept. 12 – Oct. 3

Sept. 12 & 19, 5:30 – 7:30 p.m. | Sept. 26, 5:30 – 9:30 p.m.

Oct. 3, 5:30 – 7:30 p.m.

\$120 | \$108 Allina Health employees

Maureen Doran, instructor

Mindfulness-Based Stress Reduction (MBSR): Engaging the Deep Wisdom of Body and Mind to Develop Ongoing Self-Care



Research shows that personal well-being is greatly supported by a steady mindfulness meditation practice. Mindfulness-Based Stress Reduction (MBSR) is based on Jon Kabat-Zinn's model in *Full Catastrophe Living*. It is a simple, yet profound, practice that brings one into the present moment, resulting in a deep, lasting sense of peace and relaxation. Helpful in reducing stress, anxiety, insomnia, depression, chronic pain and illness, this course also promotes self-kindness and enhances spiritual deepening.

This introductory course is comprised of eight weekly sessions that include walking, eating, sitting and yoga meditation, instruction, group discussion and a full day retreat to fully integrate the MBSR experience. For optimal results, participants are encouraged to practice throughout the course with provided materials. The instructor has trained professionally with Kabat-Zinn and has been teaching MBSR for many years.

Abbott Northwestern Hospital

6th floor Piper Building conference room

Day Class

Fridays, Sept. 20 – Nov. 8 | 12 noon – 2:30 p.m.

Plus daylong retreat on Saturday, Oct. 26 | 9 a.m. – 4 p.m.

Night Class

Mondays, Sept. 23 – Nov 11 | 6:30 - 9 p.m.

Plus a daylong retreat on Saturday, Nov. 2 | 9 a.m. - 4 p.m.

\$330 (+\$45 for class materials) | Kaia Svien, MS, instructor

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

Take Action Weight Management Program



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. 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.

LiveWell Fitness Center – Abbott Northwestern

Group program starts Tuesday, Sept. 24 | 4 – 5 p.m.
or starts Thursday, Sept. 26 | 12 – 1 p.m.

\$349 Group program | \$559 Individual program

Registration 612-863-5178

Am I Hungry?® Mindful Eating Workshop



Are you tired of yo-yo dieting? Would you like to learn to eat the foods you love without overeating? This mindful eating program is based on the award winning work of Dr. Michelle May, author of *Eat What You Love, Love What You Eat*. This eight-week, comprehensive program will cover all the following topics:

- how to be in charge of your eating habits
- tools to tune in to hunger and satisfaction cues
- strategies to stop emotional eating
- how to eat your favorite foods without overeating or guilt
- techniques to change your mindset regarding food and exercise.

Unity Hospital

Penny George Institute lobby – small conference room

Wednesdays, Aug. 21 – Oct. 9 | 10 – 11:30 a.m.

\$229

Jeannie Paris, RD, LD



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.

LiveWell Fitness Center – Abbott Northwestern

\$135 | Registration 612-863-5178



Yoga for EveryBody

This six-week exploration class is focused on making yoga accessible and easy, and giving participants tools that they can use in their daily lives to feel more relaxed and revitalized, and less tense. Some of the topics that will be covered include practice of simple yogic breathing exercises, gentle postures which can help neck and back pain, exercises that promote spine flexibility and meditations that are joy-based and create vitality. Dress comfortably. Mats will be provided, or bring your own.

Unity Hospital

Fridays, Sept. 6 – Oct. 11 | 5:30 – 6:30 p.m. | \$40

Jill Neukam, MS, LicAc, Oriental Medicine practitioner, certified yoga instructor

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.

Unity Hospital

Orientation by appointment | \$50 | Marc Arndt, MS, exercise physiologist, instructor



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.

Unity Hospital

Tuesday, Sept. 17 | 6 – 9 p.m. | \$60

Julie Streeter, NCTMB, instructor



Aromatherapy

Aromatherapy is the application of essential oils. In this class, you will learn about the properties and therapeutic effects of essential oils. We will discuss safe ways to use essential oils for inhalation, as a compress, direct application and for use in baths. We will also discuss safe and healthy ways to use essential oils as cleaning products for your home. You will make and take away an aromatherapy inhaler at the end of class.

Unity Hospital

Tuesday, August 27 | 6 – 8 p.m.

\$30 | Julie Streeter, NCTMB, instructor



Burn Rate Package

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs.

LiveWell Fitness Center – Abbott Northwestern

\$135 | Registration 612-863-5178



Pilates Reformer Training

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

LiveWell Fitness Center – Abbott Northwestern

\$175 Introductory package | \$75 Single session

\$215 Package of three | \$385 Package of six

Registration | 612-863-5178



HEALTHY
WEIGHT



PHYSICAL
ACTIVITY

Fitness Profile

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; and a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges. An exercise physiologist interprets results, helps you establish personal fitness goals, addresses any concerns, and gives you recommendations for a personalized exercise program.

LiveWell Fitness Center – Abbott Northwestern

\$89 | Registration 612-863-5178

Unity Hospital

\$89 | Registration 763-236-5656



HEALTHY
WEIGHT



PHYSICAL
ACTIVITY

Body Composition Analysis

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. Following completion of your assessment, you will receive your results and recommendations for ideal goals.

LiveWell Fitness Center – Abbott Northwestern

\$55 | Registration 612-863-5178

BodyGem™ Resting Metabolism Testing



HEALTHY
WEIGHT



PHYSICAL
ACTIVITY

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.

LiveWell Fitness Center – Abbott Northwestern

\$95 | Registration 612-863-5178

Motivational Services: Wellness Coaching



HEALTHY
EATING



HEALTHY
WEIGHT



PHYSICAL
ACTIVITY



LIFE
BALANCE

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 develop a plan of action.

LiveWell Fitness Center – Abbott Northwestern

\$90 | Initial 90-minute consultation

Follow-up 60-minute sessions: \$75 one session,
\$210 package of three, and \$390 package of six

Registration 612-863-5178

Penny George Institute Class Registration Form

Pre-registration is required for all classes. To register, fill out this form and mail or fax it 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 (Payable to: Penny George Institute for Health and Healing)

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

CARD NUMBER _____

EXPIRATION _____

SIGNATURE _____

CLASSES

Abbott Northwestern Hospital

ONLINE REGISTRATION: allinahealth.org/georgeinstitute

PHONE REGISTRATION: 612-863-3333, select option #2.

☐ Mindfulness Training | \$120 | \$108 Allina Health employees

☐ Mindfulness-Based Stress Reduction (MBSR) | \$330 (+\$45)

☐ Day Class – Fridays or ☐ Night Class – Mondays

Unity Hospital

ONLINE REGISTRATION: allinahealth.org/georgeinstitute

PHONE REGISTRATION: 763-236-5629

☐ Am I Hungry?® Mindful Eating Workshop | \$229

☐ Aromatherapy | \$30

☐ Couples Massage | \$60

☐ Group Exercise Program for Patients with Cancer | \$50

☐ Yoga for EveryBody | \$40

MAIL OR FAX REGISTRATION (BOTH LOCATIONS):

Penny George Institute for Health and Healing

Attention: Class Registration

800 East 28th Street, Mail Route 15115

Minneapolis, MN 55407 | Fax: 612-863-9019

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.



PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

2833 Chicago Avenue
Minneapolis, MN 55407

allinahealth.org/georgeinstitute



facebook.com/allina

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 **612-863-4612** or the Mercy & Unity Hospitals Foundation at **763-236-3961**.

If you no longer wish to receive fundraising communications, please email philanthropy@allina.com or call **612-262-0681**.

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SYSTEM

Be Healthy! A smart series for Women.

Carpe diem! Seize your health. How living life to the fullest promotes wellness.

Attend a cocktail reception and presentation hosted by Galleria and the Penny George Institute for Health and Healing. Courtney Jordan Baechler, MD, MS, vice president of the Penny George Institute, will talk about what it means to live your life to the fullest and how it enhances the health and well-being of your body, mind and spirit. The evening includes the presentation, a Q & A, informal modeling and giveaways from Galleria stores.

Thursday, Aug. 15 | 5:30 – 7:30 p.m.

CRAVE in the Galleria | Tickets: \$25 | Call 952-925-4321

Follow the LiveWell blog



The Penny George Institute's LiveWell blog offers:

- tips and ideas to improve your well-being
- information from providers in wellness, holistic health and conventional medicine
- the opportunity to ask the experts questions.

Visit georgeinstitute.wordpress.com, and click the follow button in the lower, right-hand corner.

Courtney Jordan Baechler, MD, is now seeing patients at the Penny George Institute for Health and Healing Outpatient Clinic – Abbott Northwestern Hospital.

She offers an integrative medicine, or holistic approach, for:

- prevention of heart disease
- general women's wellness and aging well
- weight loss
- stress and anxiety reduction.



Call **612-863-3333** for an appointment.