

HEALTHY

YOU



**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

HELEN ROLLER

TAVR PATIENT SUCCESS pg.3

WORKING TOWARD A
HEART HEALTHY YOU pg. 4

AVOIDING WINTER'S HARM pg. 9





A LETTER FROM OUR CEO

Dear Friends,

Welcome to *Healthy You* (formerly *Inspiring Health*), our newly named magazine that focuses on just that—a *Healthy You*. In this issue, you'll read about ways to improve the health of your mind, body and spirit with tips on how to reduce stress, improve heart health and even keep those New Year's resolutions.

This issue features Helen Roller, a 93-year-old patient who, after being told she'd need to be placed in hospice care, came to us for transcatheter aortic valve replacement (TAVR). It's stories like Mrs. Roller's that underscore why St. John's recently was named one of the 50 Top Heart Hospitals in the nation.

You'll also read about MAKOPlasty®, a new surgeon-guided robotic arm procedure and one of the latest, most cutting edge procedures for treating osteoarthritis of the knee. St. John's Hospital is proud to be the first hospital in central Illinois to make this innovative procedure available to our patients.

We hope you'll enjoy this issue of *Healthy You* and that 2014 brings you much health and happiness!

E.J. KUIPER | *Interim President and CEO, St. John's Hospital*



93-YEAR-OLD TAKES ADVANTAGE OF NEW LEASE ON LIFE

A little more than a year ago, Mary Raffety was preparing to say goodbye to her mother, Helen Roller. Emergency department physicians told her Helen had heart disease, and the only thing to do was to put her in hospice care.

Thanks to doctors at Prairie Heart Institute at St. John's Hospital in Springfield, Helen, 93, of Carlinville, is more than just alive; she lives life. She cooks, bakes, sews, knits, reads daily and even drives.

Mary and Helen both remember the day when Helen was extremely tired and short of breath. On their way to visit Helen's great-grandson in Champaign, they stopped at a rest stop and, after a short distance, Helen could go no further.

Her primary care doctor in Carlinville ordered an electrocardiogram (EKG), which showed severe changes in her heart, and she was admitted to the hospital. She was diagnosed with aortic stenosis, a narrowing of the aortic valve opening that restricts normal blood flow to the entire body.

"I was short of breath and it felt like something was pressing down on my chest," Helen says.

In October 2012, Helen suffered a heart attack and was taken to the hospital once again. "She blacked out and was non-responsive," says Mary, who spent 40 years as a nurse. "I've seen a lot of people (who are very ill) and I thought she was gone."

Cardiologists with Prairie Heart Institute at St. John's Hospital determined she was at extremely high risk for complications during surgery, and suggested stenting, a non-surgical procedure to open blocked arteries. Yet, Helen continued to have difficulty with congestive heart failure and blacking out and returned to the hospital multiple times.

Charlene Swallow, a nurse practitioner with Prairie Heart Institute, remembers meeting Helen for the first time. "I knew she had the will to fight from the moment I met her," she says. "When I received a message she was back in the hospital I immediately contacted her daughter, who informed me Helen had been placed in hospice."

Charlene discussed the situation with cardiologist John Gill, MD, and then talked with Mary about having Helen transferred to St. John's Hospital in Springfield. When she

arrived, Dr. Gill evaluated her, and agreed that she was "a fighter."

On November 30, 2012, Helen had Balloon Aortic Valvuloplasty (BAV), a procedure using a balloon catheter to repair a stenotic aortic valve.

"The BAV allowed us time to complete the tests we needed to determine if Mrs. Roller was a candidate for transcatheter aortic valve replacement (TAVR)," says Dr. Gill. "This fairly new procedure is a less-invasive option for high-risk patients."

Helen did well after BAV and was even able to help cook Christmas dinner. However the tests revealed a completely blocked right coronary artery, and a left coronary artery that was partially blocked. Helen was indeed a candidate for TAVR, and she was ready and willing to have it.

"They interviewed me and asked me a lot of questions," she says. "They asked why I would consider having the procedure and what my plans were. I told them I didn't have time for a wheelchair; I had things to do and places to go."

Helen had the TAVR procedure in January 2013. Although Mary says she was a little "shaky" for a while afterward, she was out of the intensive care unit in just a few days and then at the home of Mary and her husband, Darrell, after just a week. And after only a month, Helen was back in her own home with just a monitoring program that reminds her when to take her medicine.

"When I saw her in clinic at her one month follow-up, her daughter told me she was acting like she was 10 years younger," says Charlene. "She had already finished two military quilts."

And, her heart muscle function had returned to normal.

Participating in St. John's Hospital's 100th patient celebration in November 2013, Helen looked and felt great. At the event, Prairie Heart Institute cardiologist Gregory Mishkel, MD, met Helen and asked if she was a family member of a patient.

"She responded that she was, in fact, a patient," Dr. Mishkel recalls, "and told me that she came to the TAVR program after hospice had been advised. She said, 'I guess I showed them.'" ♦



WORKING TOWARD A HEART-HEALTHY YOU

It's the beginning of another new year and we've made promises to ourselves to improve our heart health. So which will it be? Lose weight? Exercise? Eat healthy? Get regular screenings and checkups? Quit smoking?

"The truth is," says Marc Shelton, MD, president of Prairie Cardiovascular and governor of the Illinois chapter of the American College of Cardiology, "you need to make certain you have all these areas in check to reach optimal heart health."

Losing Weight. There are many physician-approved weight loss programs available, so ask your doctor which one he or she recommends for you. If you want to do it on your own without joining a group or program, or you want to add another dimension to a program, check out our smartphone and desktop app. It will take you through the process of finding out how much you need to lose, and how many daily calories you need to take in to be successful in reaching your goal. You'll find it at prairieapp.com.

Exercise. Just 30 minutes out of your day can make a difference when it comes to improving your heart health and you don't have to do it all at once. If you're one who finds exercising a chore, try it in 10-minute intervals. As long as you do aerobic exercise (walking, running, biking, dancing or step aerobics, for example), your heart will benefit.

Eating Healthy. "At the risk of sounding like your mother," says Dr. Shelton, "eat more fruits and vegetables. Not only are they low in calories and high in dietary fiber, they are great sources of vitamins and minerals and help prevent cardiovascular disease." If you eat more fruit, Dr. Shelton says, you just might eat less food with unhealthy fats

and cholesterol. And don't forget to add whole grains to your diet to help regulate blood pressure and heart health.

Get Regular Screenings. Regular checkups with your primary care physician should ensure you have the proper screenings to keep your heart in check. But don't be shy about asking your doctor about screenings for cholesterol, blood pressure, blood glucose, weight and body mass index—key measures for cardiovascular wellness. For more information, visit the American Heart Association website and download the heart healthy screenings quick reference chart. Log on to www.prairieheart.com and search Heart Healthy Screenings.

Quit Smoking. You've heard it for years. Smoking is bad for your health, including your heart health. Among other chronic disorders, cigarette smoking is a major cause of coronary heart disease, which can lead to a heart attack. Talk to your doctor about help in kicking the habit, or join the Stop Smoking...Start Living class at St. John's Hospital. For more information or to schedule an appointment, call (217) 544-LIVE (5483).

"Doing all these things is not easy," says Dr. Shelton. "It starts with the right mindset and the drive to be a healthier person. If you need help, talk with your doctor. He or she can help you determine your heart risks and how you can improve them."

Consider taking the short heart risk assessment online before you make an appointment with your physician. The results will help you know what questions to ask. ♦

20-MINUTE CHICKEN CREOLE

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

- non-stick cooking spray as needed
- 4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips*
- 1 can (14 oz) tomatoes, cut up**
- 1 cup chili sauce, low-sodium
- 1½ cups green peppers, chopped (1 large)
- 1½ cups celery, chopped
- ¼ cup onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh basil or 1 tsp dried
- 1 Tbsp fresh parsley or 1 tsp dried
- ¼ tsp crushed red pepper
- ¼ tsp salt

1. Spray a deep skillet with non-stick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

Yield: 4 servings • Serving size: 1½ cups

Nutritional Information, each serving provides:

Calories: 274

Total fat: 5g

Saturated fat: 1g

Cholesterol: 73mg

Sodium: 383mg

Fiber: 4g

Protein: 30g

Carbohydrate: 30g

*For convenience, you can use uncooked boneless, skinless chicken breasts.

**To cut back on sodium, try low-sodium canned tomatoes.

FOR MORE HEART HEALTHY RECIPES VISIT:

www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html

KEEPING YOUR RESOLUTION TO BE HEALTHY

Would it surprise you to know that the top New Year's resolutions we make each year are the most commonly broken ones as well? Let's face it. We've all had good intentions, but most of us have not carried through as planned.

Not surprisingly, top on the list of resolutions are losing weight, exercising more and eating healthier.

"Unfortunately, these kinds of resolutions seem to be the most difficult to keep, says Colleen Stauffer, RD, clinical nutrition manager at St. John's Hospital. "Many people set out with these goals in mind without a plan, leaving them unsure of why they are not achieving them." Stauffer makes these suggestions:

Plan ahead. If you can cook nutritious meals on the weekends and freeze them for the following week, you're less likely to go for fast food or unhealthy alternatives.

It's all about portion control. Half of your plate should be fruits and vegetables and the other half should be equal portions of starch and meat. If you're dining out, ask for a to-go box and take the excess off of your plate before you start eating.

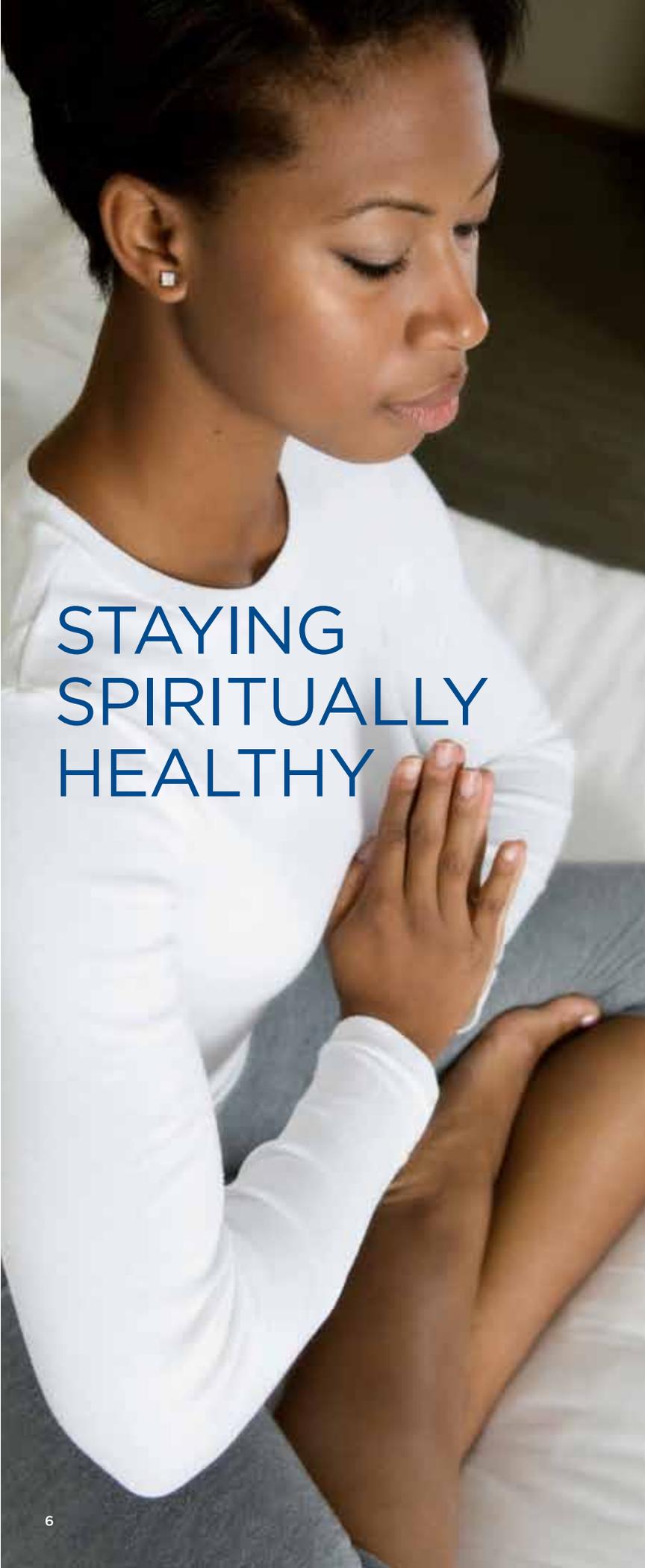
Set attainable goals. Take it slow. Setting lofty goals in the beginning, whether it's to lose weight or exercise, is the easiest way to fail. Being realistic and easy on yourself will help you avoid burn out.

Keep a log. Make yourself accountable. Writing down everything you eat and drink will keep you honest. If you're trying to lose weight, making certain you count every calorie or point is key. Logging also reminds you if you have enough of the right foods and drink enough water daily to keep your body hydrated.

Find a buddy. We all need a support system. Ask a friend or relative to join in your quest to be healthier. Have weekly weigh-ins (you don't have to share total weight; only pounds lost), walk, jog or go to the gym together, share nutritious recipes and swap pre-cooked, frozen meals or even go to the grocery store together.

"It's not too late to start over if you've already gotten off track," Stauffer says. "Every day is a new day and a new opportunity to challenge yourself. Don't give up!" ♦





STAYING SPIRITUALLY HEALTHY

We often hear how important it is to eat right and exercise to maintain health physically and mentally, but what sometimes doesn't get addressed is our spiritual health. Making certain our spirituality is nurtured is important to achieve the whole healthy package of mind, body and spirit.

"Spirituality doesn't have to mean religion," says Sr. Monica Laws, OSF, Vice President, Mission Integration for Hospital Sisters Health System. "While it certainly can refer to your relationship with your God, it can also mean having a good relationship with yourself."

"If you know yourself, believe in yourself and value your existence, you will be a happier, healthier person," says Sr. Monica.

Tips for Improving Your Spiritual Health

Writing. We often are so busy in the course of the day we don't have time to think about the positives and blessings each day brings. Starting a journal could be a great way to reflect on the good things in life. Each night, try to focus on what went well and write it down. You can include details about why it was important to you and how it made you feel, and then reread it on days when you need a spiritual boost. Knowing yourself and logging your feelings is great therapy!

Breathing. Taking time during the day just to pause can also improve your spiritual health. Waiting in the checkout line or for a meeting to begin can be useful spiritual time. Wherever you choose to take a moment, breathe deeply and simply be in that moment, free from all the distractions and clutter. Yoga and meditation also are great ways to relax and get in touch with yourself.

Reading. Exercise your mind by learning new things. Browse the bookstore for self-help books or selections that offer new topics of study not only to exercise your mind, but also improve your intelligence.

Laughing. Life is full of amusing things! Find something funny to laugh about or think about something funny from the past and laugh about it again. Get in your car, roll the windows down and sing to the radio at the top of your lungs. That will make you (and probably others) laugh.

Loving. If you give a smile, you'll more than likely get one back, and that's a good feeling. There's nothing like a clingy hug from a child, a bear-hug from a friend or a wet "kiss" from a pet to reinforce that you love and are loved. It's important for us all to know we love and are loved. Try counting all the people in your life who are important to you to remind yourself you are valued and blessed.

Praying. Taking time to pray daily—whether it's when you get up in the morning or before you go to bed each night—will help you find peace. Praying with others with similar beliefs—in a church setting or with a small group—will help you grow in your spirituality.

To learn about the mind-body medicine classes available at the Center for Living at St. John's Hospital, call 217-544-LIVE (5483) or go to prairieheart.com/cfl. ♦

“KOHL’S GOTTA DANCE” GETS KIDS MOVING



In 2013, St. John’s Children’s Hospital and Kohl’s Cares for Kids partnered to provide a community program called “Kohl’s Gotta Dance.” As a result, 120 Springfield-area pre-teen and early teen children started moving to the rhythm of hip hop, modern dance and Irish dance music as they participated in one of four free dance classes offered weekly.

While having fun, these children also exercised—a factor in addressing and preventing childhood obesity—one of the top three needs identified in St. John’s community health needs assessment. Students with both physical and mental disabilities are welcome to join the classes.

2014 registration is now open for classes beginning in February and March. Classes are hip hop, modern and Irish dance and are open to students in grades 5 - 8. For more information, please visit www.sjchildrens.org/gottadance or call (217) 814-4308. ♦



KEEP UP WITH ST. JOHN’S HOSPITAL ON FACEBOOK

“Like” us today at facebook.com/StJohnsSpringfield

ST. JOHN’S IS ONE OF 50 TOP HEART HOSPITALS IN NATION

For the fifth time, St. John’s Hospital has been named one of the 50 Top Cardiovascular Hospitals in the nation. That’s excellent news for the residents of Springfield and surrounding areas.

The ranking is determined by Truven Health Analytics. Hospitals are evaluated on performance in eight key areas which include mortality, complications, readmission rates and cost.

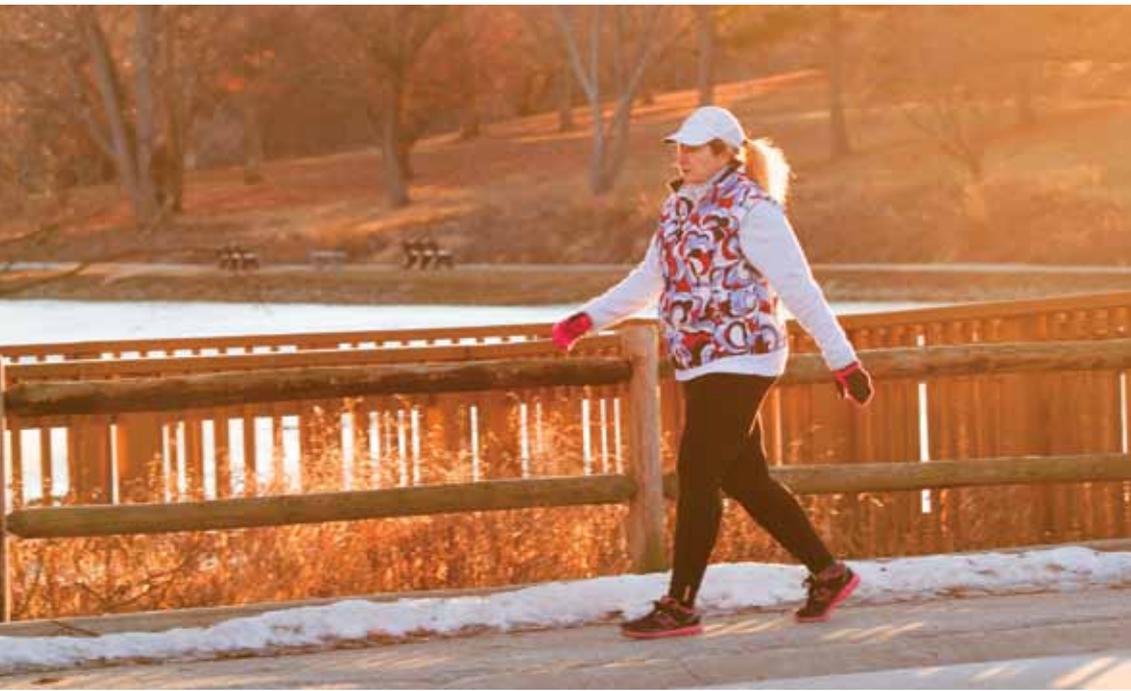
Hospitals do not apply for the award and those chosen do not pay to market this honor. The top ranking hospitals were announced in the November 4 edition of Modern Healthcare magazine.

“Prairie Heart Institute at St. John’s Hospital has long been the region’s cardiac care leader,” said Charles L. Lucore, MD, FACC, MBA, Vice President of Clinical Integration at St. John’s Hospital and Executive Director, Prairie Heart Institute. “This award, along with other recent recognitions for quality of care, confirms the Prairie Heart Institute is the place to be if you need heart care.”

Other recent awards for Prairie Heart Institute at St. John’s include:

- **50 Top Hospitals for Cardiovascular Care (Thomson Reuters, 2012)**
- **America’s 100 Best Hospitals for Overall Cardiac Services and Cardiac Surgery (HealthGrades, 2012)**
- **Top 50 Hospitals for Coronary Bypass Surgery (Society of Thoracic Surgeons, 2010) ♦**

BACK ON TRACK AFTER PARTIAL KNEE REPLACEMENT



Orthopedic surgeons at St. John's Hospital are the first in the region to offer MAKOpasty®, a new procedure using a surgeon-guided robotic arm to treat osteoarthritis (OA) of the knee. The procedure offers a new level of accuracy and precision in partial knee resurfacing to help patients with OA restore range of motion, reduce or eliminate joint pain and be able to return to normal life activities.

"Patients who have severe OA damage may need total knee replacement," says Gordon Allan, MD, orthopedic surgeon at the Orthopedic Center of Illinois, "but for those who only need partial replacement, this new procedure is ideal. It has changed the way patients rehabilitate and results in a more rapid recovery and shorter hospital stay than traditional total knee replacement surgery."

Cindy Gibbs, 56, is proof. The Springfield resident had MAKOpasty® surgery and was walking three miles after only three weeks.

Cindy was just 48 years old when she was diagnosed with OA in her knee. But at the urging of her daughter, she started running before she turned 50. She was training for a half-marathon when her knee began hurting, and for a year, it became continuously worse.

"I would wake up at night," Cindy says, "and I couldn't even walk through the

grocery store, the pain was so severe."

A friend of Cindy's heard about a community seminar Dr. Allan was giving on MAKOpasty®, and they went. Afterward, Cindy told her rheumatologist about the procedure and he agreed she should consider that option. Cindy made an appointment with Dr. Allan and the rest is history.

Using the MAKOpasty® procedure, surgeons are able to preserve healthy bone and tissue with partial knee replacement. The robotic arm helps the surgeon selectively target the damaged part of the knee and precisely resurface only that portion. The implant then is secured in the joint to allow the knee to move smoothly.

Dr. Allan explains incisions made in the knee, femur and tibia are much smaller than those necessary with a total knee replacement. With MAKOpasty®, surgeons can more precisely place the implant which results in a more natural feeling knee. Another bonus is because healthy bone is preserved, patients who have had MAKOpasty® may be candidates for total knee replacement should they need additional surgery later in life.

Cindy's surgery was set for a Monday in May 2013, and the recovery was everything she expected and more. "They had me up

walking immediately," Cindy recalls, "and the next day, I was walking up and down stairs with a walker."

Cindy also went to group stretching classes that day and when she could walk up and down the hall with only the help of a walker she was discharged home. That was the afternoon of the day after surgery.

"Physical therapists and visiting nurses came to my home the first week after surgery," she says. "I was able to walk up and down the hall without a walker by the end of the week, but I used a cane if I went outside the house. A week later, the staples came out and I went to physical therapy. Then I started walking on my own."

During the third week, Cindy set out on her own, walking a three-mile trek to Starbucks and back from her home. She says it was slow going, but she knew she could do it. "My husband called me several times on my cell phone to check up on me," she laughs.

"Cindy was a great candidate because she was a younger patient, but her results are not uncommon, even for older patients."

—Dr. Gordon Allan

Within five weeks, Cindy was driving and back to work. At six weeks, she went back to the gym to work out—something she had been doing every day before the pain from the OA became too severe. She walked a 5K in October and another in November, and says she has no pain and complete range of motion.

"Cindy was a great candidate because she was a younger patient," says Dr. Allan, "but her results are not uncommon, even for older patients. MAKO was the right procedure for her, getting her back to her active lifestyle as soon as possible." ♦

AVOIDING WINTER'S HARM

If you believe the *Farmers' Almanac*, as many do, then it was right about a cold winter. The publication, which started in 1818, boasts an 80 percent accuracy rate when it comes to predicting the weather, and the magazine's map shows Illinois in the "Biting Cold and Snowy" section.

"We need to be prepared for bad weather," says John Fahey, MD, a family medicine physician with the HSHS Medical Group at Priority Care in Springfield." And part of that preparation is knowing how to handle outdoor activities like shoveling snow or sledding with the kids." The cold weather brings dangers from broken bones to heart attacks, but knowing how to keep safe is the key.

"Shoveling snow can be a great form of exercise when done in moderation, but it also can cause serious injury," Dr. Fahey says. "Each year, hospital emergency departments across the country see thousands of patients suffering heart attacks, and back and muscle injuries from shoveling snow or over-doing outside activities."

If you have a history of heart problems, or do not normally exercise, talk with your doctor before shoveling snow or playing vigorously in the cold. And, make sure you heed these tips:

- Warm up those muscles and stretch before starting any physical activity, including shoveling snow.
- Take frequent breaks and listen to your body. If you feel pain or your body is telling you to stop, do it!
- Wait a couple of hours after eating a heavy meal before starting any outdoor activity.
- Don't drink alcohol before or right after shoveling or outdoor physical activity. Alcohol increases the sensation of warmth and can cause you to underestimate how cold you really are.
- Drink plenty of water to stay hydrated.
- When shoveling snow, use a small shovel rather than a large one to force yourself to shovel smaller amounts of snow at a time. When possible, push, rather than lift the snow.
- Shovel only light, fresh snow.
- Dress in layers; wear a hat, scarf, gloves, wool socks and waterproof boots.
- Know the signs of a heart attack. See sidebar.
- Know the signs of hypothermia. See sidebar.

"A lot of keeping safe in the winter is using good common sense," says Dr. Fahey. "You can have fun in the snow if you know when to take breaks, keep warm, know the warning signs and when it's time to stop for the day. And if your body is telling you to get help, don't hesitate call 9-1-1." ♦



Heart Attack Warning Signs

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain, and may include breaking out in a cold sweat, nausea or lightheadedness.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Hypothermia Warning Signs

"Hypothermia is when your body loses heat and the body's temperature becomes abnormally low," says Dr. Fahey. "Your normal body temperature is 98.6°; hypothermia occurs when it reaches 95°. This generally occurs after exposure to cold weather outside, but can occur indoors, if your home is not warm enough to protect you."

Warning signs can include the following:

- Shivering
- Lack of coordination, clumsiness or stumbling
- Slurred speech or mumbling
- Confusion
- Drowsiness or low energy level
- Weak pulse
- Slow, shallow breathing
- Loss of consciousness

If any of these symptoms occur, says Dr. Fahey, time is of the essence. Call 9-1-1 immediately, cover the person with blankets and put a hat or towel on their head. Elevate the feet slightly and keep them quiet until help arrives. ♦



SOLID ADVICE FOR STRESS

In *Pooh's Little Instruction Book*, inspired by the works of A.A. Milne, Winnie The Pooh offers: "Don't underestimate the value of doing nothing, of just going along, listening to all the things you can't hear, and not bothering."

It sounds as if Pooh had the best advice for relieving stress—to do nothing, go with the flow, find some quiet time and don't worry. Ah, if only it were that easy, right?

Stress can do some crazy things to our minds and bodies. Depending on our level of stress, our blood pressure can rise, our muscles can become tense, we can lose sleep, our heart rate can rise and more. Being stressed is more like being *distressed*.

But maybe Pooh's suggestions aren't so hard at all. "We all need to take time for ourselves when we become stressed and do more of what are probably some of our favorite things," says Andrea Howe, director of HSHS Medical Group Occupational Health. Howe offers these suggestions:

Exercise. At work, stand up and stretch, at least once an hour or take a walk down the hall, around the block, or up and down a flight or two of stairs. If you get so busy that you lose track of time, use your smartphone to remind you. Before or after work, try yoga or Pilates, weight lifting or dancing, biking or swimming. Exercise will make you sleep better and reduce your stress level. Be certain to talk with your doctor before starting any kind of exercise program.

Laugh. "Who doesn't like to laugh?" Howe says. "And laughter truly is sometimes the best medicine. Laughter relaxes your body and releases endorphins which promote an overall sense of well-being. Laughing can also bring temporary relief to pain."

Additionally, laughter improves your resistance to disease by decreasing stress hormones and increasing infection-fighting antibodies. It can protect you against a heart attack by improving blood flow and the function of the blood vessels.

Massage. Studies have proven massage reduces stress, pain and muscle tension. In fact, some research shows massage can reduce anxiety and headaches, as well as pain from fibromyalgia, temporomandibular joint pain (TMJ), sports injuries or strains and more. If you've never had a massage, and have health issues, check with your doctor about starting a massage therapy program. (The Center for Living at St. John's Hospital offers massage therapy. Call 217-544-LIVE (5483) to make an appointment.)

What else can you do to relieve stress? "Change the habits that are causing you stress," Howe says. "Get organized, prioritize, eat well, maintain a good posture, try some deep breathing and take Pooh's advice. The time to relax is when you don't have time for it." ♦

COMMUNITY EVENT LISTINGS

DAILY EVENTS	DATE	LOCATION	TIME	DETAILS
Baby Basics I - All About Baby	Wednesday, Mar 5	Bunn Auditorium	6:00-9:00pm	Register online or call (217) 744-2229
CPR - Heartsaver Pediatric First Aid	Saturday, Mar 8	Conference Room Q	8:00am-12:00pm	Cost: \$55; Register online
Childbirth Express Class	Saturday, Mar 8, Apr 5	Classroom C/D	8:30am-4:30pm	Cost: \$75; Register online or call (217) 744-2229
Baby Basics II - Parenthood	Wednesday, Mar 12	Classroom C/D	7:00-9:00pm	Register online or call (217) 744-2229
Eating a Local, Plant-based, Whole Food Diet: What's the Hype?	Wednesday, Mar 12	Center for Living	6:00-7:00pm	Cost: \$10; Register online
Lullaby University	Sunday, Mar 15	Bunn Auditorium	9:00am-4:00pm	Register online or call (217) 744-2229
Bariatric Informational Seminar	Monday, Mar 17, Apr 28	Dove Conference Center	5:00-7:00pm	For more information call (217) 545-9597
Dinner for Two: Breastfeeding Your Baby	Wednesday, Mar 19	Bunn Auditorium	6:00-9:00pm	Register online or call (217) 744-2229
Marvelous Multiples	Wednesday, Mar 19	Classroom A/B	6:00-8:30pm	Register online or call (217) 744-2229
Cesarean Section Class	Thursday, Mar 20	Classroom A/B	6:30-8:00pm	Register online or call (217) 744-2229
CPR - New Healthcare Provider	Saturday, Mar 22	Tea Room	8:00am-12:00pm	Cost: \$45; Register online
Spirituality in HealthCare Conference	Wednesday, Apr 2	Chiara Center	8:00am-4:15pm	Cost: \$75; Register online
Baby Basics I - All About Baby	Thursday, Apr 3	Bunn Auditorium	6:00-9:00pm	Register online or call (217) 744-2229
Dinner for Two: Breastfeeding Your Baby	Thursday, Apr 10	Bunn Auditorium	6:00-9:00pm	Register online or call (217) 744-2229
AWHONN Fetal Monitoring Fundamentals	Tuesday, Apr 15	Women & Children's Center	8:00am-4:00pm	Register online
Diet and Cancer Class	Wednesday, Apr 16	Center for Living	6:00-7:00pm	Cost: \$10; Register online
CPR-Renewal Healthcare Provider	Wednesday, Apr 23	Conference Room Q	6:00-9:00pm	Cost: \$40; Register online

WEEKLY EVENTS	DATE	LOCATION	TIME	DETAILS
First Steps Mom's Support Group	Wednesdays	Classroom A/B	12:00-1:30pm	Call (217) 744-2229 for information
New Moms: Dealing with Feelings	Every other Th & Fri	NICU Conference Room	12:00-1:00pm	Call (217) 744-2229 for information
Continuing Yoga	Thursdays Starting Mar 6 & April 3	Center for Living	5:30-6:45pm	Cost:\$60; Register online
Birth Center Tour	Tuesdays in Mar	Tea Room	5:30-6:30pm	Register online or call (217) 744-2229
Prenatal Yoga	Wednesdays Starting Apr 2	Center for Living	5:30-6:45pm	Cost: \$75; Register online
Yoga @ Lunch (All levels)	Thursdays Starting Apr 3	Center for Living	12:00-1:00pm	Cost: \$48; Register online
Tai Chi: Introductory	Mondays and Fridays Mar 10-28 & Apr 7-25	Center for Living	5:00-6:00pm	Cost: \$72; Register online
Group Yoga Therapy	Thursdays, Starting Mar 13	Center for Living	2:15-3:15pm	Cost: \$120; Register online by Mar 10
Harnessing the Power of the Positive	Tuesdays, Starting Mar 25	Center for Living	6:00-7:30pm	Cost: \$60; Register online
Viniyoga Yoga (All levels)	Tuesdays Starting Mar 25	Center for Living	5:30-6:30pm	Cost: \$72; Register online

MONTHLY EVENTS	DATE	LOCATION	TIME	DETAILS
Girls' Night Out	First Thursday of Mar First Tuesday of Apr	Dove Conference Center, Prairie Heart Institute	6:00-7:15pm	Cost: \$10 in advance; \$15 at the door; Register online
Meet the Doula Night	Third Thursday of month	Yellow Rose Conf. Room	6:30-7:30pm	Register online or call (217) 744-2229
Sibling Class	First Monday of Month	Classroom C/D	6:30-8:00pm	Call (217) 744-2229 to registe



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

St. John's Hospital
800 E. Carpenter Street
Springfield, IL 62769

Nonprofit Org.
U.S. Postage
PAID
Permit No. 542
Springfield, IL

st-johns.org

Inspired by an evidence-based approach
to healing and wellness that encompasses
the mind, body and spirit.

At St. John's Center For Living, our wellness services are designed to deliver proven, real-world results. Call 544-5483 for our classes that teach meditation and mind-body skills, or our yoga and massage therapy services.

At the Center For Living, we believe in holistic healing that delivers positive outcomes and proven results. We believe in inspired care.



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

We believe in inspired care.