





# GENERAL WELLNESS

## CPR Classes

We offer a variety of classes to fit the needs of any individual's level of experience. Our CPR and First-Aid instructors are trained and certified by the American Heart Association.

**LED BY:** KSB Corporate Health Services

**REGISTER:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5835

## Heartsaver CPR/AED

For anyone looking to become CPR certified

**COURSE DURATION:** 2 Hours

**MEETS:** October 7

**COST:** \$25/person

## Pediatric CPR/AED & First Aid

Certification course for Daycare Providers, Teachers and Coaches

**COURSE DURATION:** 6 Hours

**MEETS:** September 5, and November 14

**COST:** \$75/person

## BLS Healthcare Provider

For any healthcare provider

**COURSE DURATION:** 4 Hours

**MEETS:** August 8, December 12

**COST:** \$50/person

## Cholesterol Screenings

**OFFERED:** August 22, October 24  
8:00 - 9:30 AM

**LOCATION:** KSB Lovett Center

**OFFERED:** September 26, and November 21

8:00 - 9:30 AM

**LOCATION:** Lee County Health Department

**COST:** \$25

8 - 10 hour fasting required

## Blood Pressure Checks

**OFFERED:** Fridays

**TIME:** 11:30 am - 1:00 pm

**LOCATION:** Dixon County Market

**COST:** Free

# SUPPORT GROUPS



## Caregiver Support Group: Alzheimer's & Dementia

Are you facing the challenges of caring for a loved one with dementia? This ongoing support group provides emotional, educational and social support for family and friends of individuals with dementia.

**MEETS:** First & Third Thursday of each month

**TIME:** 5:00 - 6:30 pm

**LOCATION:** KSB Lovett Center

**COST:** Free

**LED BY:** KSB Behavioral Health

## Parkinson Disease Support Group

**MEETS:** Second Thursday of each month

August 8, September 12, October 10, November 14, December 12

**TIME:** 1:00 - 2:30 pm

**LOCATION:** KSB Town Square Centre - 2nd Floor Conference Room

**COST:** Free

**LED BY:** Anne Hilliard



# HEALTH & WELLBEING EDUCATION

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## **Women's Health Matters**

We all know that a healthy mind and body are the key to a happy woman. Our women's health series features local experts who will help you live, work, and play healthier!

### **Helping Your Migraine Fight**

with Dr. Waseem Ahmad

**MEETS:** August 22

**TIME:** 5:30 - 7:00 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

### **Mammograms and Bone Density Screenings**

**MEETS:** September 26

**TIME:** 5:30 - 7:00 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

**RSVP:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5836

## **Hands, Shoulders, Knees & Toes Orthopedic Health Series**

### **Sports Injury Recovery**

with Dr. Thomas Hernandez

**MEETS:** August 13

**TIME:** 5:30 - 7:30 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

### **How Feet Affect Your Hips & Knees**

with KSB Foot & Ankle Center

**MEETS:** October 8

**TIME:** 5:30 - 7:30 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

### **Fracture Care:**

#### **Shoulders, Hips and Wrists**

**MEETS:** December 10

**TIME:** 5:30 - 7:30 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

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## Immunizations: What Parents Need to Know

Join us for a free informational event on childhood immunizations and topics that include vaccination schedules and school requirements, allergies, post-immunization care, and discussion on the recent truths and myths shared by the media.

Featuring Dr. Natasha Noel, and Melissa Feit, BSN, RN of the Lee County Health Department

**MEETS:** August 12

**TIME:** 6:00 - 7:00 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

**RSVP:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5990

## Stroke Management and Treatment

with Dr. Waseem Ahmad

**MEETS:** September 10

**TIME:** 6:00 - 7:00 pm

**LOCATION:** Dixon Elks Lodge

**COST:** Free, dinner provided

## Diabetes Self Management

Join Lifescape Community Services and KSB Community Wellness for a free six-week workshop on Diabetes self-management. Learn practical skills and techniques to manage your diabetes and build self-confidence.

**MEETS:** Every Tuesday from August 6th to September 10th

**TIME:** 1:00 - 3:30 pm

**LOCATION:** KSB Lovett Center

**COST:** Free

**RSVP:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5990



# HEALTH & WELLBEING EDUCATION (CONTINUED)

## Learning to Live Well Lecture Series

### Eating Healthy on the Go

with Dietitian, Gina Aikens

**MEETS:** August 13

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

### Resistance Training for Older Adults

with Jeff Kimpel

**MEETS:** August 22

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

### The Ketogenic Diet

with Dietitian, Gina Aikens

**MEETS:** September 12

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

### The Importance of Annual Eye Exams

with Dr. Peter Popovich

**MEETS:** September 23

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

### Intuitive Eating: The Non-Diet Approach to Healthy Eating

with Dietitian, Gina Aikens

**MEETS:** October 15

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

### Allergies

with Dr. Sherwin Ritz

**MEETS:** October 17

**TIME:** 12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** Free, lunch provided

**RSVP:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5836

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## **KSB Breakfast Club**

Enjoy food and fellowship while learning about health related topics and KSB services. The KSB Breakfast Club meets every other month on the 4th Friday.

**MEETS:** Friday, September 20

**TIME:** 8:00 am - 9:00 pm

**LED BY:** Aaqil Khan, discussing KSB's new virtual care services

**LOCATION:** KSB Private Dining Room

**COST:** \$3/person

**MEETS:** Friday, November 22

**TIME:** 8:00 am - 9:00 pm

**LOCATION:** KSB Private Dining Room

**COST:** \$3/person

## **Wits Fitness - Brain Exercise Class**

You're never too old to start training your brain! This class will teach you how to exercise your brain to maintain and enhance cognitive function and memory.

**MEETS:** Second Monday of the month

August 12, September 9, October 14, November 11, and December 9

**TIME:** 1:00 - 2:30 pm

**LOCATION:** KSB Lovett Center

**COST:** Free

**LED BY:** University of Illinois Extension



# FITNESS

## Individual Fitness Counseling

Contact Community Wellness Coordinator and Exercise Physiologist, Aaron Fox for details.

**CONTACT:** afox@ksbhospital.com or (815) 285-5836

**LOCATION:** KSB Lovett Center

## Resistance Band Training

**MEETS:** Each Monday for six weeks, beginning September 16th

**TIME:** 11:00 - 11:45 am

**LOCATION:** KSB Lovett Center

**COST:** \$30 (\$5 per class)

**LED BY:** Jeff Kimpel, KSB Cardiac Rehab

## Interval Training

**MEETS:** Each Wednesday for six weeks, beginning September 18th

**TIME:** 5:00 - 5:45 pm

**LOCATION:** KSB Lovett Center

**COST:** \$30 (\$5 per class)

**LED BY:** Kelsey Farmer, KSB Cardiac Rehab

## Walk With A Doc

Join Dr. Laxman Iyer each Saturday morning, rain or shine, to take in the beautiful scenery of Lowell Park while getting exercise.

**MEETS:** Each Saturday, May 18 - October 26

**TIME:** 7:00 am

**LOCATION:** Lowell Park, Pinetum

**COST:** Free

**LED BY:** Dr. Laxman Iyer

**COST:** Free, please bring your helmet and bike

## KSB Bike Club

In order to encourage health and wellness in the children in our community, any child age 3 to 18 is invited to join the KSB Bike Club.

**MEETS:** Second Thursday of the month throughout the summer June 13, July 11, and August 8

**TIME:** 6:00 pm

**LOCATION:** Bike Path near Washington School



# MEDITATION/ MINDFULNESS



## Yoga

Find mental and physical restoration and relaxation with our weekly yoga sessions. Participants of all levels welcome.

**MEETS:** Each Wednesday

**TIME:** 6:00 - 7:00 am and  
12:00 - 1:00 pm

**LOCATION:** KSB Lovett Center

**COST:** \$5/class, or a punch card  
can be purchased for 5 classes

Bring your own mat or towel, and  
water bottle.

## Crystal Bowl Meditation

Vibrational sound healing is one of the oldest forms of healing known to man. Join in on this vibratory journey into a deep meditative state. Benefits include deep relaxation, improved sleep, increased energy flow, stress reduction, and much more.

**MEETS:** First Sunday of Each  
Month

**TIME:** 11:00 am - 12:00 pm

**LOCATION:** KSB Lovett Center

**LED BY:** Reiki Master,  
Margaret DeLaFuente

**COST:** \$20





# PARENTING

## Childbirth Education

At KSB Hospital, we believe pregnancy is a special time in the life of a woman - a time for pampering and loving care. It is also time for learning about childbirth and infant care. With that in mind, we promote childbirth education classes for the expectant mother and her family. Whether you're in the early months of pregnancy or still in the planning stages, KSB can help you learn all you need to know!

**MEETS:** Saturday, September 7

**TIME:** 9:00 am - 12:00 pm

**MEETS:** Tuesday, October 22

**TIME:** 6:00 pm - 9:00 pm

**MEETS:** Saturday, December 14

**TIME:** 9:00 am - 12:00 pm

**COST:** \$20/couple

**REGISTER:** Online at [ksbhospital.com/events](http://ksbhospital.com/events) or at (815) 285-5990



# NUTRITION



## Nutrition Counseling

Contact Dietitian, Gina Aikens for details.

**CONTACT:** [gaikens@ksbhospital.com](mailto:gaikens@ksbhospital.com) or (815) 285-5831

**LOCATION:** KSB Lovett Center

## Cooking Classes

Join the KSB Dietary classes for hands-on, interactive cooking classes and learn how to create healthy meals

### Cooking for One or Two

**MEETS:** Monday, October 14

**TIME:** 4:00 - 6:00 pm

**LOCATION:** KSB Private Dining Room

**COST:** \$20

**RSVP:** [ksbhospital.com/events](http://ksbhospital.com/events)

### Cooking with Grains and Root Vegetables

**MEETS:** Monday, November 11

**TIME:** 4:00 - 6:00 pm

**LOCATION:** KSB Private Dining Room

**COST:** \$20

**RSVP:** [ksbhospital.com/events](http://ksbhospital.com/events)



# BLOOD DRIVES

## American Red Cross Blood Drives

**MEETS:** August 20

**TIME:** 9:00 am - 6:00 pm

**LOCATION:** KSB Hospital  
Conference Room 1

**MEETS:** October 15

**TIME:** 9:00 am - 6:00 pm

**LOCATION:** KSB Hospital  
Conference Room 1

**MEETS:** December 18

**TIME:** 9:00 am - 6:00 pm

**LOCATION:** KSB Hospital  
Conference Room 1

**SIGN UP:** Online at [redcrossblood.org](http://redcrossblood.org)  
or by calling (815) 285-5836



## Questions?

Contact Community Wellness Coordinator, Aaron Fox  
[afox@ksbhospital.com](mailto:afox@ksbhospital.com)  
(815) 285-5836