

Lourdes Live Well Club

2012 Program Calendar

Free! Health & Wellness Programs
for a Better You!

REGISTRATION IS REQUIRED - CALL 1-888-LOURDES

FEBRUARY

Cardiovascular Disease— Are You At Risk?

Thursday, February 16, 5:30-6:30pm
With Jason Smith, D.O.

Join the campaign to fight heart disease. Learn about risk factors for cardiovascular disease and healthy lifestyle tips for prevention.

Acupuncture for Sports Injuries & Pain Management

Thursday, February 23, 7:00-8:00pm
With Lydia Reese, M.S., L. Ac.

An interactive discussion that will explain how acupuncture can benefit sports injuries at any stage.

MARCH

Acupuncture for Pain Management

Tuesday, March 6, 7:00-8:00pm
With Sheri McLellan-Krauss, Lic. Ac., M.Ac.

Learn why acupuncture is an effective modality to relieve pain.

What about Knee & Hip Replacement for Arthritis?

Thursday, March 8, 5:30-6:30pm
With Efrain Paz, D.O.

What to expect with the surgical option for the treatment of severe arthritis.

Non-Surgical Management of Knee Osteoarthritis

Thursday, March 15, 5:30-6:30pm
With Sean McMillan, D.O.

Learn about options to manage arthritis without surgery.

Acupuncture for Spring Allergies

Thursday, March 15, 7:00-8:00pm
With Lydia Reese, M.S., L. Ac.

Natural remedies will complement your medical plan or possibly replace some of the medications you use to beat allergies.

APRIL

Cosmetic Acupuncture

Monday, April 9, 7:00-8:00pm
With Sheri McLellan-Krauss, Lic. Ac., M.Ac.

Learn how acupuncture can effectively reduce the signs of aging & improve hormonal balance.

Manage Stress with Progressive Relaxation

Tuesday, April 10, 5:00-6:00pm
With Frank Pileggi, Ph.D., RHP

A complete body relaxation exercise that can be practiced daily.

Neurotransmitters

Wednesday, April 25, 6:30-8:00pm
With Ronald Ciccone, MD

Learn how an imbalance in chemicals found in the space between nerve fibers (neurotransmitters) can cause anxiety, depression, ADHD, and weight gain.

Advanced Directives and Living Wills

Thursday, April 26, 5:30-6:30pm
With Marie Morrissey

Learn the practical aspects of planning for your future healthcare needs so that in an emergency, your directions will be followed.

*Held at the Little Portion of Lourdes Wellness Center,
1049 Haddon Avenue, Collingswood, NJ 08108.
2nd floor, stair access only.

Acupuncture for Everyone

Thursday, April 26, 7:00-8:00pm
With Lydia Reese, M.S., L. Ac.

Learn how this ancient Chinese therapy can benefit and balance many areas of health.

Acupuncture for Women's Health

Monday, April 30, 7:00-8:00pm
With Sheri McLellan-Krauss, Lic. Ac., M.Ac.

Learn how acupuncture can safely improve many health issues in women.

MAY

Art Journaling® for Wellness

Wednesday, May 9, 1:00-3:00pm

With Marianne Hieb, RSM, MFA, D.Min

Learn simple Art Journaling® exercises to explore opportunities for living well and moving in the direction of our hopes and inspirations.

Intro to Memoir Writing

Tuesday, May 15, 1:00-3:00pm

With Valerie Dolphin, BS, M. Ed.

Come learn how to put your own personal story on the page.

* Held in the Canticle of the Creatures Meditation Garden,
Adjacent to The Little Portion of Lourdes Wellness Center at
1049 Haddon Avenue, Collingswood, NJ 08108. Weather permitting.

JUNE

Annual Foot Screening

Monday, June 4, 10:00am-12:00pm

With Mandi F. Stranix, D.P.M.

Help avoid serious foot problems and/or abnormalities by participating in routine foot screenings.

*Please call for scheduled appointment time.

Healthy Tips for Healthy Bones

Tuesday, June 12, 1:00-2:00pm

With Kathryn Friedman, BS, CHHC

Lower your risk for fractures by obtaining realistic tips to improve bone density.

JULY

Fitness Fun for Everyone!

Monday, July 9, 4:00-5:00pm

With Tina Bortner, BA, ACE

Exercise at your own fitness level to improve heart health, mood, balance and strength. Class includes low impact cardio dance, resistance training and floor exercises.

AUGUST

Stretch to Revitalize

Monday, August 6, 9:00-9:30am

With Tina Bortner, BA, ACE

Stretching daily will improve flexibility & range of motion, while promoting relaxation. Calm your spirit in a peaceful, outdoor environment that will rejuvenate your soul.

* Held in the Canticle of the Creatures Meditation Garden,
Adjacent to The Little Portion of Lourdes Wellness Center at
1049 Haddon Avenue, Collingswood, NJ 08108. Weather permitting.

Achilles Heel Screening

Tuesday, August 14, 10:00am-12:00pm

With Tina Bortner, BA, ACE

This screening is an aid to doctors in the diagnosis of osteoporosis. Through bone ultrasonometry, your risk for bone fracture will be determined.

*Please call for scheduled appointment time.

SEPTEMBER

Prostate Cancer Screening

Monday, September 10, 10:00am-12:00pm

With Delaware Valley Urology, LLC

Early detection is the best line of defense! Celebrate Prostate Cancer Awareness Month by participating in routine screenings.

* Please call for scheduled appointment time.

OCTOBER

Christian Meditation: Total Wellenss

Tuesday, October 2, 1:00-2:00pm

With Ruthann O'Mara, SSJ, MA

Become aware of God's presence by experiencing a meditative journey to relax and rejuvenate the mind and body.

*Held at the Little Portion of Lourdes Wellness Center,
1049 Haddon Avenue, Collingswood, NJ 08108.
2nd floor, stair access only.

Diabetes Education

Tuesday, October 16, 5:30-6:30pm

With Parveen K. Verma, D.O., F.A.C.E.

& Cathy Wright, MSAC, LAC, BSN, RN, CDE

To prepare for November, American Diabetes Month, get information on risk factors, prevention and maintenance. Learn which food choices will put you at a lower risk for diabetes and will help improve overall health.

All programs are held at The Station House Building, 900 Haddon Avenue, Collingswood, unless otherwise noted.



Go Green! Receive our next program calendar electronically.

Join our ongoing conservation efforts by emailing Tina Bortner at bortnerc@lourdesnet.org to request electronic mail.

Live Well Club 2012 Program Calendar (856) 869-3136

Sponsored by Our Lady of Lourdes Health System, A Ministry of the Franciscan Sisters of Allegany, NY

Member Benefits

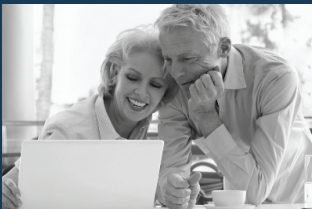
- Free *Health Talk* Newsletter with articles on health-related topics
- Educational Programs & Screenings
- 1-888-LOURDES Class Registration & Physician Referral Line

Lourdes Live Well Club
was formerly known as Lourdes 50 Plus Club.

Why the name change?

The **Live Well Club** is about healthy aging for a lifetime and that starts at any age. In fact, it starts today. If you are 50 Plus, join us on our mission to Live Well for a lifetime!

Visit us
online
anytime:



www.LourdesWellnessCenter.org
and www.LourdesNet.org

Contact Us

Live Well Club (Formerly 50 Plus Club)
(856) 869-3136

Lourdes Class Registration & Physician Referral Line
1-888-LOURDES

Lourdes Wellness Center
900 Haddon Avenue, Collingswood, NJ 08108 - (856) 869-3125

Important memo regarding Lourdes Mallwalker Club:

Effective January 1, 2012, Lourdes Health System will no longer be sponsoring this program at Moorestown Mall. Although the program is ending, the message to stay active remains. Be sure to visit www.LourdesWellnessCenter.org for information on services and programs to enhance your well-being and personal growth.



The Lourdes Helping Hands Program
Looking for volunteer opportunities?
If you have a few hours each month to provide transportation services to the elderly in your community, please call the Helping Hands line at (856) 757-3270.

Ongoing Programs

Free Blood Pressure and Glucose Screenings

Knowing your numbers can aid in the prevention of chronic conditions and disease.

2nd Wednesday of every month, 9:00-11:00am
Our Lady of Lourdes Medical Center, Camden
(located in the lobby across from the gift shop)

Celebrate & Appreciate the Four Seasons!

Enjoy Mother Nature in a peaceful and therapeutic setting -
The Canticle of the Creatures Meditation Garden of Peace, Healing and Wholeness at 1049 Haddon Ave, Collingswood. The community is invited to visit this special place throughout the year. Your presence here deepens the prayer for pardon and the hope for peace.



American Red Cross Blood Drives
Held throughout the year, donors always welcome!

To schedule your donation, please contact
Tina Bortner at (856) 869-3133 or
bortnerc@lourdesnet.org