



All ZCH events, classes and programs are offered to provide people of all ages with tools to live and enjoy a healthy lifestyle. For more information about offerings listed in this brochure, to register, or for future events, please call our Community Relations Department at 616.748.2834 or visit us online at [www.zch.org](http://www.zch.org).

#### **LOCATION**

Classes are held in the conference rooms on the first floor of the DeWitt Building adjacent to ZCH unless otherwise noted.

#### **CANCELLATION PROCEDURES**

Classes and events are generally cancelled in inclement weather. Please visit [www.zch.org](http://www.zch.org) for more information about our cancellation procedures or call 616.748.2834 to verify whether a class or event is cancelled. Participants are always encouraged to use their judgement to assess road conditions and travel safety.

#### **OTHER INFORMATION**

Please visit [www.zch.org](http://www.zch.org) for registration, payment and refund procedures.

Register and pay online at [www.zch.org](http://www.zch.org). Registration is required unless noted.

## Events

### LIVE WELL – SENIOR SEMINAR SERIES

Join us for Live Well, a series of educational seminars for older adults covering a wide range of senior health-related topics. Participants will learn about and discuss issues such as arthritis/pain management, depression, alternative medicine, sleep apnea and other disorders.

**Fee:** Free

#### “Eating for Better Health”

Day	Date	Time
Wed	Jan 27	9:00 – 11:00 am

#### “Arthritis of the Spine”

Day	Date	Time
Wed	Feb 24	9:00 - 11:00 am

#### “Connecting People and Nature – Your Health Depends On It”

Day	Date	Time
Wed	Mar 24	9:00 - 11:00 am

## Baby & Beyond

### CHILDBIRTH FOR NEW PARENTS

Expectant mothers in the third trimester and their labor coaches will learn about the stages of labor, relaxation techniques, breathing patterns and comfort measures. Please bring two pillows and a large towel. Dress comfortably as some activities take place on the floor. Classes are taught by certified childbirth education instructors.

**Fee:** \$55 per couple

Day	Date	Time
Mon	Jan 18 – Feb 8	7:00 – 9:30 pm
Mon	Mar 8 – 29	7:00 – 9:30 pm
<b>Weekend</b>		
Sat	Jan 9	8:30 am – 4:00 pm
Sat	Mar 20	8:30 am – 4:00 pm

### BABY BASICS: INFANT CARE AND MASSAGE **NEW!**

Learn the basics of caring for your new baby. This class includes bathing your newborn, newborn appearance and characteristics, when to call the doctor and basic massage techniques that will comfort and help calm your baby.

**Fee:** \$20 per person or couple

Day	Date	Time
Mon	Feb 15	6:30 – 8:30 pm

### INFANT/CHILD CPR AND CAR SEAT SAFETY

This important class will provide information on two vital safety issues for your infant or child. You will learn the ABCs (Airway, Breathing & Circulation) of CPR along with choking prevention techniques. Participants will have hands-on experience using infant mannequins and will learn about keeping children safe while riding in motor vehicles. Car seats, seat belts, rules and requirements of child passenger safety will be discussed. This is a non-certification class. A great class for grandparents, too. For information about classes providing American Heart Association certification, please see the “CPR & First Aid” section.

**Fee:** \$20 per person, \$25 per couple

Day	Date	Time
Mon	Feb 22	6:30 – 8:30 pm <b>NEW!</b>

### INTRODUCTION TO BREASTFEEDING

Expectant mothers and fathers in the third trimester of pregnancy will learn about breastfeeding positions, techniques, nutrition, common problems and helpful solutions. Classes are taught by Certified Breastfeeding Instructors.

**Fee:** \$20 per person or couple

Day	Date	Time
Thu	Jan 21	6:30 – 8:30 pm
Thu	Mar 11	10:00 am – 12:00 pm

### INTRODUCTION TO INFANT SIGN LANGUAGE

Have you ever wondered what your baby is trying to tell you? Infant sign language enables parent and baby to have a two-way conversation! Benefits include reduced frustration, and an increased understanding of your infant’s needs. Flash cards and a children’s book with which to read and sign are provided for you to take home to your baby. Signing can begin after the age of six months. This class is designed for parents, grandparents and caregivers and is for adults only.

**Fee:** \$20 per person or couple

Day	Date	Time
Tue	Mar 16	6:30 – 8:00 pm

### MOMMY’S HAVING A BABY!

Children ages two to six will learn about having a new baby brother or sister in their family. Class activities include a story, learning to hold a newborn and touring the Family Birth Center. Each child receives a “goody bag,” too! Space is limited. Register soon.

**Fee:** \$2 per family

Day	Date	Time
Tue	Jan 19	6:30 – 7:30 pm
Thu	Feb 11	10:00 - 11:00 am
Thu	Mar 18	6:30 - 7:30 pm

## Prevention

### BETTER BREATHERS CLUB

Join us for the Better Breathers Club, a free support and educational group for adults with chronic obstructive pulmonary diseases such as asthma, chronic bronchitis and emphysema.

**Fee:** Free

Day	Date	Time
Tue	Feb 9	7:00 – 9:00 pm
Tue	Mar 9	7:00 – 9:00 pm

### DIABETES SUPPORT GROUP

Join us for the Diabetes Support Group, a self-help group that can provide educational, social and emotional support for people and family members affected by diabetes.

**Fee:** Free

Meets the second Tuesday of each month from 7:00 – 8:00 pm

### TOBACCO FREE FOR GOOD

Learn how good it feels to be tobacco free! This free program will help you find the tools you need to become, and stay, tobacco free. Triggers, withdrawals symptoms, set-back prevention and medications are among the topics discussed. In addition to the classes offered at Zeeland Community Hospital, other classes are available throughout the Grand Rapids area.

*New Location (for Feb 3 – Mar 3 classes only): Grand Valley State University – ACES Center, Water Tower Place - 10383 B 42nd Ave., Allendale, MI 49401*

**Fee:** Free

Day	Date	Time
Tue	Jan 12 – Feb 16	6:00 – 8:00 pm
Wed	Feb 3 - Mar 3	7:00 - 9:00 pm



## Fit & Healthy

### BODY BALANCE

Strengthen and define muscles, improve your posture and create a lean streamlined shape in this class which uses hand weights, resistance bands, resist-a-balls and other equipment to focus on the body's core muscles.

*This class is for individuals who have an intermediate fitness level and above. Classes take place at Zeeland Community Recreation, 320 East Main Avenue, Zeeland. For directions, please visit [www.zch.org](http://www.zch.org).*

**Fee:** \$35

Day	Date	Time
Tue & Thu	Jan 5 – Feb 25	5:00 – 6:00 pm

### EASY DOES IT!

An exercise class designed for heart health, strength, balance and flexibility. Instruction is provided on a wide variety of movements and can be modified to fit your activity level. All exercises are performed standing or seated. This class is ideal for Seniors, beginners and those wanting a low-impact exercise class.

*Classes take place at Zeeland Community Recreation Center, 320 East Main Avenue, Zeeland. For directions, please visit [www.zch.org](http://www.zch.org).*

**Fee:** \$18

Day	Date	Time
Thu	Jan 7 – Feb 25	3:45 – 4:45 pm

### HEALTHY WEIGHS TO LIVE

Get the tools you need to lead a healthy lifestyle, shed those extra pounds and get more active. This 13-week weight management program consists of weekly nutrition and physical activity classes.

Participants will:

- Set personal goals
- Focus on effective weight management strategies
- Customize weight management strategies to meet their individual needs

The program also includes individual physical assessments, including weight and body composition analysis. Unlike other weight management programs, Healthy Weighs to Live is taught by a registered dietitian and certified fitness specialist. Space is limited – sign up today!

*To find out if this program is right for you, please call ZCH's Community Education Coordinator at 616.748.3651.*

**Fee:** \$240

Day	Date	Time
Mon	Jan 11 – Apr 5	5:30 - 8:00 pm

## CPR & First Aid

### AMERICAN HEART ASSOCIATION CLASSES

Certification through the American Heart Association is earned upon successful completion of these classes. Wear comfortable clothing. Some skills and activities require kneeling on the floor. All ZCH CPR and First Aid classes are American Heart Association classes.

### CPR FOR HEALTH CARE PROVIDER COURSE

In this two-year certification class, adult, child and infant CPR techniques are taught. This class is designed for physicians, nurses, nursing students, medical and dental staff, lifeguards and water safety instructors.

#### New Certification Class

**Fee:** \$45

Day	Date	Time
Tue	Mar 2 & 9	6:00 – 9:00 pm

#### Recertification Class

**Fee:** \$35

Day	Date	Time
Wed	Jan 13	6:00 – 9:00 pm

### HEARTSAVER

This certification class provides instruction on infant, child and adult CPR, and choking management for those who want basic CPR instruction. This course meets the needs for daycare providers who only need CPR certification. Note: Daycare providers may also be interested in our Heartsaver Bloodborne Pathogens class.

**Fee:** \$35

Day	Date	Time
Wed	Feb 10	6:00 – 9:00 pm

### HEARTSAVER BLOODBORNE PATHOGENS CLASS

This one-year certification class meets industry standards and daycare provider licensing requirements. Participants will learn what bloodborne pathogens are, how they enter the body, and how they are spread. Protection methods for preventing transmission, proper clean-up of blood and bodily fluids, and minimizing risks of exposure will be taught.

**Fee:** \$35

Day	Date	Time
Thu	Mar 4	6:00 – 7:30 pm

### PEDIATRIC MEDIC FIRST AID®

In these American Health Association classes, participants will learn CPR and first aid techniques for infants and children. Adult CPR and choking management will be demonstrated. These classes meet the CPR and first aid requirements for daycare providers. Note: Daycare providers may also be interested in our Heartsaver Bloodborne Pathogens class.

#### New certification class

For those not yet certified or whose certification has expired. A certificate good for one year is awarded upon successful completion.

**Fee:** \$45

Day	Date	Time
Tue	Jan 5 & 12	6:00 – 9:00 pm
Mon	Feb 15 & 22	6:00 – 9:00 pm

#### Re-certification class

For those already certified in Pediatric Medic First Aid®. A certificate valid for two years is awarded upon successful completion.

**Fee:** \$35

Day	Date	Time
Thu	Feb 18	6:00 – 9:00 pm

## Programs

### BUSINESS WELLNESS

Zeeland Community Hospital has joined forces with OnSite Wellness, LLC, to help West Michigan employers develop and maintain a healthy workforce. From small to large organizations, ZCH provides a range of wellness services including health screenings, consulting, individual coaching, and comprehensive on-site programs. Please call 616.748.8754 for more information.

### HEALTH TEAM MINISTRY

Several area churches participate in this program designed to improve the overall health of each congregation's members and the greater community. Volunteer teams have been trained to help congregation members access health resources, provide health education programs and coordinate health-related special events. Please call 616.772.5746 for more information. ZCH also works with The Bridge Ministry Center to increase awareness of the various kinds of peer pressures that affect a young person's health.

### LEARN FOR LIFE!

As a school health initiative, ZCH staff work with teachers, students and parents to provide the knowledge and skills necessary to make healthy lifestyle decisions at all stages of life. ZCH staff also consult with school staff and parents to create individualized health plans for students with specific health concerns. For information about Learn for Life!, please call 616.748.3651.

### ZCH SPEAKERS BUREAU

ZCH healthcare professionals are glad to share their expertise free of charge with community groups. Choose from over 50 professionals who are available to speak on a variety of healthcare topics, including a "Year in Review" of hospital happenings. For more information, call 616.748.2834.