

WELLNESS^{FOR} LIFE

OPTIMIZING YOUR HEALTH

Winter/Spring 2020

Programs are held at the John and Marnie Demmer Wellness Pavilion and Dialysis Center, 820 Arlington Avenue, in Petoskey, unless otherwise noted.

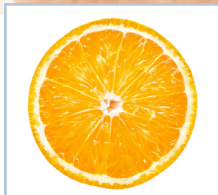
Scholarships available for seminars and classes.
For questions, or to register for these offerings, call 800.248.6777.



COMMUNITY HEALTH CLASSES | EVENTS | FITNESS PROGRAMS | SUPPORT GROUPS

 **McLaren**
NORTHERN MICHIGAN

DOING WHAT'S BEST.®



AQUATICS

*The following classes are held in the Ben and Carolyn Benjamin Aquatic Rehabilitation Area of the John and Marnie Demmer Wellness Pavilion and Dialysis Center.
Cost: 8-class punch card for \$50 or
16-class punch card for \$100.*

CIRCUIT

Monday & Wednesday, 9 - 10 a.m.
Friday, 10 - 11 a.m.

CIRCUIT/STRENGTH

Monday & Wednesday, 4:30 - 5:30 p.m.

FLOW

Monday & Wednesday, 10 - 11 a.m.

HIGH INTENSITY INTERVAL TRAINING

Tuesday, 5:15 - 6:15 p.m.

HYDRO ENDURANCE

Monday & Wednesday, 5:30 - 6:30 p.m.

LIQUID YOGA

Thursday, 4:30 - 5:30 p.m.

LOW IMPACT

Tuesday & Thursday, 10 - 11 a.m.

OPEN SWIM

Monday - Friday, 11:30 a.m. - 12:30 p.m.

STRETCH, STRENGTH, BALANCE

Tuesday, Thursday & Friday, 9 - 10 a.m.

SWIMBA

Thursday, 5:30 - 6:30 p.m.

DIABETES EDUCATION

The Diabetes and Nutritional Counseling Center provides educational services for patients living with or at risk for diabetes. Fees do apply for these services, however, insurance may cover the cost. Call 231.487.7158.

ANNUAL EDUCATION AND UPDATE

Designed for individuals who are not new to diabetes, but would benefit from a review and goal-setting session.

COMPREHENSIVE SELF-MANAGEMENT EDUCATION

Designed for individuals newly diagnosed with diabetes, or who have never been educated on this topic.

MEDICAL NUTRITION THERAPY

Providing additional guidance on food choices for treatment of pre-diabetes and diabetes.



NORTHERN MICHIGAN

800.248.6777 | mclaren.org/northernclasses

MEDICATION & SHARPS DROP-OFFS

McLaren Northern Michigan

Cheboygan Campus

748 S. Main Street

(Circle drive by Emergency Department)

Sharps: **February 8 & April 15** | 9 a.m. - 1 p.m.

Medication: **April 15** | 9 a.m. - 1 p.m.

McLaren Northern Michigan

Petoskey Campus

416 Connable Avenue

(Circle drive across from Johan's)

Sharps: **February 8 & April 11** | 9 a.m. - 1 p.m.

Medication: **April 22** | 7 a.m. - 4 p.m.

EXERCISE

The following classes are held in the Pier and Renee Borra Wellness Studio of the John and Marnie Demmer Wellness Pavilion and Dialysis Center, unless noted otherwise.

JAZZERCISE

Cost: \$15 walk-in rate. Monthly rate available.

Monday, 5:30 - 6:30 p.m.

Wednesday, 4:15 - 5:15 p.m.

MEDICAL FITNESS

Cost: \$25 for initial assessment;

\$5 per workout session.

Medically supervised workouts available in Petoskey and Cheboygan.

Petoskey: Monday - Friday, 8 a.m. - 3 p.m.

Cheboygan: Monday, Wednesday, Friday, 8 a.m. - 3 p.m.

STRENGTH TRAINING PROGRAM

Cost: 14-class punch card for \$100

or drop-in fee of \$10 per class at the door.

50+ Beginner Level: Tuesday & Thursday, 9 - 9:50 a.m.

50+ Advanced Level: Tuesday & Thursday, 8 - 8:50 a.m.

Women Only: Tuesday & Thursday, 5:30 - 6:20 p.m.

STRETCH, STRENGTH, BALANCE

Cost: 7-class punch card for \$50,

14-class punch card for \$100,

or drop-in fee of \$10 per class at the door.

Tuesday & Thursday, 1:30 - 2:30 p.m.

TAI CHI

Cost: \$60 for a 6-class series.

Tuesday & Thursday, 11 a.m. - 12:30 p.m.

Beginning Jan. 9

TEEN CIRCUIT TRAINING

Cost: 20-session punch card for \$100, or

drop-in fee of \$7 per class at the door.

Conditioning for youth, grades 9-12.

Tuesday & Thursday, 3:30 - 4:30 p.m.

Questions call: 800.248.6777

McLaren Northern Michigan

Gaylord Specialty Clinic

918 North Center Avenue

Sharps: February 10 & April 13 | 9 a.m. - 1 p.m.

SHARPS need to be in an approved hard impermeable plastic container. Sharps drop-offs are for needles only.

MEDICATION DROP-OFFS COLLECT: Medications, sharps, cell phones, shoes, eyeglasses, hearing aids.



MORE RESOURCES

ALTERG® ANTI-GRAVITY TREADMILL

Technology that allows participants to walk or run at a fraction of their body weight . . . up to 80%!

Cost: \$50 for 10 sessions

Available Monday - Friday

Call 231.487.7486 to schedule.

CANCER SURVIVORSHIP & WELLNESS

Four-week series for adults with cancer. Topics will focus on living well with a cancer diagnosis and skills to promote physical and emotional health.

Call Jeanne Melton to register at 231.487.3205.

Tuesdays, March 3, 10, 17 & 24, 2 - 4 p.m.

Tuesdays, June 2, 9, 16 & 23, 2 - 4 p.m.

FREEDOM FROM SMOKING®

7-week, 8-session course offered in Petoskey, at Karmanos Cancer Institute, through the American Lung Association. This program uses proven activities and tools to help you understand your relationship with tobacco and how to say good-bye to smoking for good. **Cost: \$50.**

Registration required by calling 231.487.3205.

Tuesdays beginning April 7, 2 - 4 p.m.

HEALTH SCREENINGS & EDUCATION

Walk in for blood pressure, pulse, body mass index, cholesterol, and glucose (sugar) screening. Fasting and registration not required. Located in the Thomas C. Mroczkowski Reading and Relaxation Room of the John and Marnie Demmer Wellness Pavilion and Dialysis Center. **Cost: \$15.**

3rd Tuesday of each month, 8 - 10 a.m.

HEART AND HEALING ARTS PROGRAM

Promoting mind, body, and spirit wellness.

Topics vary. No registration required. Free.

1st and 3rd Thursday, 7 - 8 p.m.

THERAPY SCREENINGS

15-minute screening to see if physical, occupational, or speech therapy can assist with your injury, illness, or pain. Offered in Petoskey, Cheboygan, and Gaylord.

Free. Call 231.487.7486 to schedule.

FREE SUPPORT/EDUCATION GROUPS

ALZHEIMER'S AWARENESS "THE JOURNEY"

An educational opportunity for those with Alzheimer's and Dementia.
Contact Hilde at 231.622.5017 with questions.
1st Wednesday, 4 p.m.

AUTISM FAMILY

Contact Mike at 231.330.5757, or visit www.northernmichiganautism.org for more information.

BETTER BREATHERS CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP)

Call 800.748.0103 Ext. 2860 for details.
**3rd Tuesday at McLaren Home Medical Equipment
Retail Store in Gaylord, 2 p.m.**
**3rd Wednesday at McLaren Northern Michigan
Cheboygan Campus, 2 p.m.**
**3rd Friday at Demmer Wellness Pavilion &
Dialysis Center in Petoskey, 2 p.m.**

CANCER CAREGIVER

Connect with others who are caring for a loved one with cancer.
2nd and 4th Thursdays, 6 - 7:30 p.m.

CANCER PATIENT

Join and talk to others living with cancer.
2nd and 4th Thursdays, 6 - 7:30 p.m.

THE COMPASSIONATE FRIENDS, SAFE HARBOR CHAPTER

Support for those grieving the death of a child.
Held at First Presbyterian Church, Petoskey.
Call 231.675.7082 for details.
3rd Monday, 7 - 8:30 p.m.

CHRONIC PAIN

Supporting those who suffer from chronic pain and their loved ones.
Harborside Spine and Sports Center.
Call 231.348.3283 for details.
1st Thursday, 6:30 - 8 p.m.

DIABETES

Learn more about diabetes, marketed products, and self-care tips.
2nd Monday, 7 - 8 p.m.

GRIEF AND LOSS

Contact David at 231.818.3019 in Petoskey, or 231.627.2031 ext. 2161 in Cheboygan.
**Every Thursday in Petoskey at the Hiland Cottage
11 a.m. - 12:30 p.m. & 1 - 2:30 p.m.**
**1st Tuesday in Petoskey at Independence Village
1:30 - 3 p.m.**
**3rd Thursday in Petoskey at the Hiland Cottage
5 - 6:30 p.m.**
**1st Thursday in Cheboygan at the Hospice House
6 - 8 p.m.**
**3rd Tuesday in Cheboygan at Grebe Village
1 - 2 p.m.**

HEART HEALTHY LIVING

A community resource open to anyone interested in learning about all aspects of cardiovascular disease risk factors in a group setting.
4th Tuesday, 6 - 7 p.m.

HOPE WARRIORS

Cancer discussion group for patients and family members. Contact Juanita at 231.537.2277 for details.
**2nd Tuesday, Salvation Army Conference Center
in Cheboygan, 7 p.m.**

JUST FOR US

A support network to help women through cancer diagnosis, treatment, and survivorship.
1st Tuesday, 6 - 8:30 p.m.

MULTIPLE SCLEROSIS

Contact MaryAnn at 231.439.0973 for details.
3rd Wednesday, 6:30 - 8 p.m.
(No meeting in Jan. or Feb.)

PEDIATRIC CANCER

A group for parents/family members touched by childhood cancer. Sharing experiences of hope to help each other.
1st Wednesday, 7 p.m.

STROKE AND BRAIN INJURY

2nd Tuesday, 6 - 7:30 p.m.

SURVIVORS OF SUICIDE LOSS

Call 231.487.4825 for details.
2nd Tuesday, 6:30 - 8 p.m. - alternating locations
Odd months: Boyne Area Senior Center in Boyne City
Even months: Hiland Cottage in Petoskey