



WELLSPAN

CENTER FOR MIND/BODY HEALTH & MORE

For the journey that is life.

September through December 2009

Services & Classes

Meet the most important person in your life.....you.

When was the last time you took a moment from your hectic day to slow your pace and breathe? Here we are again at the beginning of the busiest time of year. Kids are returning to school, holiday plans and preparations are underway, and through it all you attempt to maintain the balance and every day juggling called "your life."

It is important to put aside time for yourself to maintain and perhaps even improve your personal health and well-being. Stress can leave you with feelings of discomfort, lack of personal satisfaction, drained of energy, fatigued, with a tendency to over- or under-eat. Whether you are experiencing any of these feelings or simply desire to improve your health and fitness levels, the Center for Mind/Body Health offers many opportunities to overcome these challenges and accomplish your goals. The Center for Mind/Body Health offers complementary medicine services that are safe, relaxing and proven to be effective. These services include massage therapy, yoga, pilates, T'ai Chi Chih, acupuncture, Reiki, stress reduction classes and nutrition consultations. Take time for yourself to meet life's stressful challenges and enjoy "you" during the seasonal transition from summer into fall. Experience the diverse and beneficial services offered by the Center for Mind/Body Health.

Movement Therapies Class Schedule

Returning students take 10% off your class!

T'ai Chi Chih - Joy Through Movement

Monday, Sept. 14 to Nov. 2 •
9 to 10:30 a.m.

Monday, Nov. 16 to Dec. 28 •
9 to 10:30 a.m.

T'ai Chi Chih is a series of relaxing, gentle, slow movements designed to stimulate, circulate and balance the chi. Its general benefits may include tension and stress relief, reduction of joint and muscle pain including those of the arthritic symptoms, weight control, an increase of energy, and improvements in balance, flexibility and coordination.

Instructor: Barb Hines

Location: Woman and Parent Education
1101 South Edgar St.

Cost: \$85/8-week session

Registration is required; please call
851-5590.

WellSpan Center for Mind/Body Health

Class sizes are limited; reservations are accepted on a first-come, first-served basis. For a complete listing of free workshops, please see the Mind-Body-Spirit listings of the Health & Wellness Calendar. For information or to register for the classes in this section, please call the WellSpan Center for Mind/Body Health at 851-5590. Class registration/payment can be mailed to the Center for Mind/Body Health, 140 Pine Grove Commons, York, PA 17403.



Beginner's Hatha Yoga

Session I

Tuesday, Sept. 15 to Nov. 3 •
5:30 to 6:30 p.m.

Instructor: Dawn Shue

Location: WellSpan Human Resource
Center
1135 South Edgar St.

Cost: \$65/8-week session
Registration is required; please
call 851-5590.

Session II

A continuation of Session I including new
postures and pranayama techniques

Tuesday, Nov. 17 to Dec. 22 •
5:30 to 6:30 p.m.

Instructor: Dawn Shue

Location: WellSpan Human Resource
Center
1135 South Edgar St.

Cost: \$50/6-week session

Registration is required; please call
851-5590.

Mat Pilates

Monday, Sept. 21 to Nov. 2 •
6:45 to 7:30 p.m. (No class Oct 19th)

Mat Pilates yields numerous benefits,
including increased lung capacity and
circulation through deep, healthy
breathing, strength and flexibility,
particularly of the abdomen and back
muscles, and coordination—both muscular
and mental.

Instructor: Monica Newcomb

Location: WellSpan Human Resource
Center
1135 South Edgar St.

Cost: \$35

Registration is required; please call
851-5590.

Refund information:

- Cancellation more than one week prior to start of class: full refund
- Less than one week prior to start of class: full refund less \$15 processing fee
- After first class date: 75% of fee
- No refunds after second class date

Lunchtime Yoga

Wednesday, Sept 30 to Nov 18 (no class
Nov. 4) • Noon to 1 p.m.

Refresh, rejuvenate, and get your exercise
in at lunch time with this hour-long
session of stretching, strengthening and
deep, restorative relaxation!

Instructor: Jennifer Yost

Cost: Seven week session \$60

Location: Women & Parent Education
1101 South Edgar St.

Registration is required; please call
851-5590.

Mind/Body Medicine Classes

Healthy Eating: Anti-inflammatory Foods

Wednesday, Sept. 16 • 6:30 to 8 p.m.

Chronic inflammatory response has been
connected with many diseases, including
heart disease, arthritis and cancer. Learn
how to ease inflammation and reduce risk
of disease by choosing the right foods.
Healthy snacks provided.

Speaker: Dale Green, MS, RD, LDN

Location: WellSpan Women's Center
35 Monument Rd.
(Apple Hill Health Campus)

Cost: \$15

Registration is required; please call
851-5590.

Learn Reiki Level I

Sunday, Sept. 27 • 9 a.m. to 4 p.m.

Reiki (ray-key) is a gentle touch therapy
that anyone can learn for use on self and
others. Reiki promotes relaxation and
healing and can help with chronic illness
systems and pain.

Instructor: Vanessa Bradley, Reiki Master,
Teacher and Practitioner

Location: Center for Mind/Body Health
140 Pine Grove Commons

Cost: \$140

Registration is required; please call
851-5590.

Stress Reduction For Life Challenging Illness

Wednesdays, Sept. 30 to Nov. 18 •
6:30 to 8:30 p.m.

Discover how to improve your health,
strengthen your immune system and
promote healing using relaxation
techniques, stress reduction, nutrition and
movement.

Speaker: Edward Q. Rogers, M.D.
Center for Mind/Body Health

Location: WellSpan Office Center
45 Monument Rd.
(Apple Hill Health Campus)

Cost: Insurance may cover some or
all of this 8-week program.

Registration is required; please call
851-5590.

Reiki Level II

Sunday, Oct. 25 • 9 a.m. to 3 p.m.

Take the next step on your Reiki journey!
You'll learn three Reiki symbols and the
distant healing technique, send and
receive healing energy and learn practices
to deepen your interaction with energy.
Class manual and certificate provided.
Prerequisite – Learn Reiki

Location: Vanessa Bradley, Reiki Master,
teacher and practitioner

Location: Center for Mind/Body Health
140 Pine Grove Commons

Cost: \$210

Registration is required; please call
851-5590.



Childbirth Preparation Class Offerings

York Hospital Childbirth Education Classes

The Parent Education Program at York Hospital helps to prepare couples for childbirth and parenthood. It encourages families to become involved in this memorable experience by reaching beyond childbirth to help prepare for family adjustments. Programs are taught by experienced registered nurses in the York Hospital Mother-Infant Center. Each has specific training in parent education.

Please call Women and Parent Education at 851-2241, Monday through Friday, 8 a.m. through 4 p.m. for more information.

Early Pregnancy Class – You will be registered for this free class when we receive your registration form between your eighth and 12th week of pregnancy.

Prepared Childbirth Series – This four-session series covers labor and birth options, relaxation and breathing techniques and Cesarean delivery. A Baby Care Class also is included. Cost: \$65 per couple.

Condensed Childbirth Class – This five-hour class covers birthing methods and options. Participants also will be scheduled for a Baby Care Class. Cost: \$40 per couple, offered on a limited basis.



Special Tours and Classes

York Hospital Mother-Infant Center Tour

– Free to adults only.

Refresher Class

– Offered Friday evenings. Cost: \$15 per couple.

Big Brother/Big Sister Series

– This series, for children four years and older, helps siblings prepare for the addition of a baby to the family and is offered Sunday afternoons. It includes three classes for the family, a refresher class for parents and a family tour of the York Hospital Mother-Infant Center. Cost: \$45 per family.

Gentle Touch Infant Massage

– For babies ages four weeks to six months. Includes three one-hour sessions. Cost: \$30 per family.

Family Class Tour

– An age-appropriate, two-hour session and tour offered on a Sunday for families with children under four years of age or who choose not to take the Big Brother/Big Sister series. Cost: \$15 per family.

Infant CPR Class

Cost: \$15 per person.

Breastfeeding Class

– A two-hour session. Cost: \$10 per couple.

Grandparents' Class

– A two-hour class for “expectant grandparents” that includes a tour of the York Hospital Mother-Infant Center. Cost: \$8 per person.

Diabetes Self-Management Program

The diabetes self-management program offers four classes to help people with diabetes and family members understand the disease. Initially, each individual meets with a diabetes nurse educator to assess current knowledge related to diabetes as well as skills. After the initial appointment, participants enroll in the program, which consists of four classes:

Class 1: Diabetes Facts, Medication and Monitoring

Class 2: Nutrition and Meal Planning, Carbohydrate Counting, Exchange System and Label Reading

Class 3: Strategies for Using Fat, Fiber, Alcohol, Restaurant Eating and Exercise

Class 4: Coping with Diabetes, Complications, Sick Day Information, Travel Tips and Resources

After completing the class series, participants meet individually with a dietitian to assist in developing individual meal plans and health goals.

Participants are encouraged to take all four classes in order to get a complete overview of diabetes. Classes are taught by diabetes educators.

Please call 851-5341 to schedule an initial appointment. Many insurance plans cover the fee for these classes. Participants are encouraged to check their insurance coverage.

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Cost: \$210

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Center for Mind/ Body Services

Holistic Evaluations

Provider: Edward Q. Rogers, M.D.
Please call 851-5590 for an appointment.

Personal Nutrition Consultations and Counseling

Whether your goal is improving general nutrition, increasing energy, losing weight, increasing anti-aging agents or addressing specific health issues such as cancer or heart disease, a registered dietitian can help you formulate a nutrition plan unique to your needs.

Provider: Dale Green, RD
Cost: Insurance may cover – check with your plan
Initial consultation \$75,
follow-up \$40/half hour

Please call 851-5590 for an appointment.

Acupuncture and Chinese Medicine

Acupuncture is a form of traditional Asian medicine. It uses slender needles, which are inserted just beneath the skin's surface at specific points, depending on your symptoms. It is virtually painless, and is based on your body's flow of "chi" (natural energy). Acupuncture helps your body to stay in peak condition and maximizes your ability to heal and resist disease.

Providers: Hong Zhang, RAc
Cost: Initial evaluation and treatment \$120, follow-up \$65

Gift certificates can be purchased at the

Center for Mind/Body Health,
140 Pine Grove Commons,
York, PA 17403.

Call 851-5590 for more information.

Massage Therapy and Energy Work

Relaxation Massage

A style of massage that offers gentle techniques with the goal, or intention, of reducing stress and soothing muscular tension and to promoting overall wellness.

Costs: ½ hr \$40, 1 hr \$65, 1 ½ hr \$95

Therapeutic Massage

Styles of massage that differ from relaxation by focusing on therapeutic goals such as releasing muscle spasms, strengthening or stretching specific muscles affected by an injury and reducing pain. These more specific techniques can include trigger pointing and deep tissue work.

Costs: ½ hr \$45, 1 hr \$70, 1 ½ hr \$100

Massage Therapists:

Carrie Anderson, CMT; Jodie Blausen CMT; Adrienne Bukovsky, LMT, Michelle Courbis, CMT; Megan Delaney, CMT; Linda Giniewski, CMT; Moriah Hoffman, CMT; Terry Kelly, CMT; Karen Knuepfer, CMT; Becky Koltunovitch, CMT; Bill Maguire, LMT; John Rohrbaugh, CMT; Beth Smith, CMT; Dhani Thomas, CMT

Mindful Touch Therapy

Mindful Touch Therapy was originally created to be a safe and effective massage for individuals living with cancer, critical illness and other health circumstances where regular therapeutic massage may be contraindicated. Mindful Touch Therapy is a gentle, yet effective treatment that helps to relieve stress, improve health, manage pain and restore balance.

Provider: Karen Knuepfer, CMT
Cost: 1 hr \$65, 1 ½ hr \$85

Reiki

Reiki is a Japanese system of stress reduction and relaxation, which facilitates healing on all levels. Guided relaxation, guided imagery and guided breath work are included in the sessions when appropriate.

Provider: Jodie Blausen, Reiki Practitioner; Vanessa Bradley, Reiki Master and Michelle Courbis, Reiki Practitioner

Cost: 1 hr \$65

Neuromuscular Therapy

This comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. It is also used to locate and release spasms and hyper-contraction in the tissue, eliminate trigger points that cause pain, rebuild the strength of injured tissues, assist venous and lymphatic flow, and restore postural alignment, proper biomechanics, and flexibility to the tissues.

Provider: Bill Maguire, LMT
Cost: \$50 to \$100

Lavender Foot Scrub

Allow the benefits of lavender to help rejuvenate fatigued and over-worked feet.

Providers: Michelle Courbis, CMT; Megan Delaney, CMT; and Becky Koltunovitch, CMT

Cost: 50-minute session \$65
Please call 851-5590 for an appointment.

Stone Massage

Enjoy relaxation at its deepest level as you allow these age-old elements to help release the stress of your muscles. The heat from the stones will help to melt the tension in your muscles as the cold stones help to increase circulation.

Providers: Jodie Blausen, CMT; Becky Koltunovitch, CMT; Karen Knuepfer, CMT

Cost: 75 minute session \$85
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