

Health and Wellness Classes



Trusted Health Education For Every Family Member...Close To Home

Health Works Classes

Caring for Kids - Babysitting

Boys and girls ages 11 and up learn babysitting skills. Bring a sack lunch.

January 23 (Sat) \$40 9 a.m. to 2:30 p.m.

Childbirth Education

Learn about pain management, relaxation and breathing techniques, positions for labor and birth and special procedures (including cesarean birth).

January 30 (Sat) or March 27 (Sat) \$77/couple
9 a.m. to 3:30 p.m.

CPR For Teens

Learn child and infant CPR and how to help a choking victim. This is taught in a fun, relaxed atmosphere. Ages 11 and up. No course completion card is issued. Receive a \$5 discount if also enrolled in Caring for Kids.

February 6 (Sat) \$20 9 a.m. to 11:30 a.m.

Growing Up Girls

Discussions will include the emotional and physical changes that girls ages 9 – 12 experience.
March 6 (Sat) \$30/daughter & mother
9:30 a.m. to 11:30 a.m.

Home on Your Own – for Kids

For children ages 8-11 who may be home for a few hours without an adult. The focus is on making wise and safe choices on first aid, fire safety and emergency situations.

March 20 (Sat) \$25 9 a.m. to 11:30 a.m.

1-2-3 Magic: Discipline That Works

This technique uses simple principles that assist parents in training and disciplining their children between the ages of 2 and 12.

April 15 (Thurs) \$28/person or \$50/couple
6 p.m. to 9 p.m.

To register, visit www.deancare.com/healthworks or call 608-827-4424.

***Dean Health Plan members and Stoughton Hospital employees receive a 10% discount!*

Wellness Wednesdays

Commit To Be Fit

Discover the benefits of participating in a regular exercise program and discuss ways to be more physically active. We will also provide community resource information on opportunities for exercise. Learn the recommended steps/day as well as pedometer information & guidelines.

January 13th, 2010 5:30 p.m.

Know Your Numbers-Cut your Disease Risk

This class offers information to identify and control risk factors such as blood pressure, cholesterol, blood glucose, BMI and weight management, and physical inactivity. This class will also provide general guidelines for cancer, stroke and diabetes prevention. Make a positive step forward in your health this month!

February 10th, 2010 5:30 p.m.

Snacking Smart: Think Out of the Bag

Eating more frequent smaller meals has been shown to help reduce calorie intake. But choosing the right foods, portion control and avoiding eating when you are not hungry is also important. The basics of snacking are presented.

March 10th, 2010 5:30 p.m.

These classes are free but registration is required. Please RSVP to Sonja at 608-873-2356. All classes are held in the Bryant Health Education Center - lower level.



Trusted care. Close to home.

900 Ridge St.
Stoughton, WI 53589

www.stoughtonhospital.com