

Inova HealthSource CALENDAR



CHILDBIRTH

Childbirth Preparation

A four-week course that provides you and your support person with information on pregnancy, labor, birth, relaxation techniques and the early post-partum period. Other discussion topics include medication, anesthesia and Cesarean birth. Class offered at Inova Alexandria Hospital.

SESSIONS 4 FEE \$150/TWO ADULTS

Childbirth Express

Ideal for the busy couple, this condensed six-hour course covers pregnancy, labor, birth, medications, anesthesia and the role of the support person. Learn basic tips for managing labor to practice on your own. Class offered at Inova Alexandria Hospital.

SESSION 1 FEE \$150/TWO ADULTS

Childbirth Refresher

This class is designed for moms who are preparing for a subsequent birth and their partners. This class reviews the labor process, coping techniques, hospital procedures and medications. Please register by the fifth month of pregnancy and take class no later than the eighth month. Class offered at Inova Alexandria Hospital.

SESSION 1 FEE \$60/TWO ADULTS

Maternity Tours

See where you and your baby will stay during this visit to Labor, Delivery and Recovery, the Nursery, and Postpartum Unit; offered for adults only. Tours of the OR and NICU are available separately. Tours conducted in English. Spanish: Se ofrecen visitas al área de maternidad en español en el Hospital de Alexandria. We also invite you to take advantage of our convenient virtual tours, available in English and Spanish, by visiting inova.org/childbirthclass. Tour registration allows a total of two adults to attend.

Prenatal Fitness

A total body workout designed specially for moms-to-be! Low-impact aerobics, stretching and muscle strengthening covered. Bond with other expecting mothers while keeping fit through your pregnancy! Class participants are required to provide a note from their doctor approving their participation in class. Classes held at Inova Alexandria Hospital Mondays and Wednesdays from 6:15-7:15pm. Spring session begins 4/26/10.

SESSIONS 20 FEE \$135

Prenatal Yoga

Learn safe and gentle breathing techniques and stretches. Nurture yourself and your baby while maintaining and improving flexibility and muscle strength as you prepare for childbirth. Class participants are required to provide a note from their doctor approving their participation in class. Classes offered Fridays, 7-8:15pm at R Place, and Sundays, 11:45am-1pm at Inova Alexandria Hospital. Spring session begins 4/26/10.

SESSIONS 10 FEE \$130

Baby Care

One-session class for expectant or adopting parents. Information on what to expect from baby, feeding, bathing, diapering, sleeping, crying and safety. Class offered at Inova Alexandria Hospital.

SESSION 1 FEE \$60/TWO ADULTS

Breastfeeding for Success

Prepare for a successful, rewarding breastfeeding experience. Topics include latching, positioning, supply and problem solving. Coaches encouraged to attend.

SESSION 1 FEE \$60/TWO ADULTS

Sibling Preparation

An interactive class for children ages three to seven who are expecting a new brother or sister. Class offered at Inova Alexandria Hospital. Registration allows one child and one adult to attend.

SESSION 1 FEE \$30/ADULT-CHILD PAIR

Grandparenting

Learn about important parenting updates and safety practices. This class also discusses ways to support the new family, even from a distance. Class offered at Inova Alexandria Hospital. One adult permitted per registration.

FEE \$40/PERSON

New Moms Group

Drop in to the New Moms Group when you are ready to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. Pre-registration is not required. Babies welcome! Groups held at both Inova Alexandria Hospital and at Franconia Alliance Church (Springfield). For more information, call **703-750-8800**.

FEE \$5/MOTHER-BABY PAIR

We encourage expectant parents to register for classes early with the goal of completing all childbirth education by the eighth month of pregnancy. Moms and partners are encouraged to bring snacks and drinks for their enjoyment during class.





FITNESS

Shape Up

Get moving with fun moves and music sure to help you shape up! Low impact aerobics, perfect for beginners. Class held at Inova Alexandria Hospital, Tuesdays and Thursdays from 6:30-7:30pm. Spring session begins 4/27/10.

SESSIONS 20 FEE \$135

Line Dance 101

Learn to Line Dance and get a great cardio workout in the process! No partner required, no experience needed! Classes held at Prince of Peace Lutheran Church, Thursdays from 6:25-7:25pm. Spring session begins 4/29/10.

SESSIONS 10 FEE \$125

Line Dance 201

Increase your Line Dance abilities in this fun class! Perfect for participants ready to move beyond the beginner level. Classes held at Prince of Peace Lutheran Church, Thursdays from 7:30-8:30pm. Spring session begins 4/29/10.

SESSIONS 10 FEE \$125

Body Toning

Shape and tone your body in this group strength training class. Please bring weights to class (5-10lbs). Classes held at Inova Alexandria Hospital, Tuesdays and Thursdays from 5:30-6:30pm. Spring session begins 4/27/10.

SESSIONS 20 FEE \$135

Mat Pilates

A core strengthening class designed to improve body awareness, breathing, control, movement and flexibility. Appropriate for all fitness levels — participants should be comfortable working on a mat on the floor. Classes held at R Place, Wednesdays from 4:30-5:30pm. Spring session begins 4/28/10

SESSIONS 10 FEE \$120

Mat Fusion

Strengthen muscles that support your back and tighten your abdominals using a combination of gentle yoga, pilates and good old-fashioned abdominal strengthening moves. Participants should be comfortable working on a mat on the floor. Class held at Franconia Alliance Church, Tuesdays from 9:55-10:30am. Spring session begins 4/27/10.

SESSIONS 10 FEE \$85

Balancing Act

Improve your balance, strength and flexibility. Class held at Franconia Alliance Church, Thursdays from 9:55-10:30am. Spring session begins 4/29/10.

SESSIONS 10 FEE \$85

Beginner Tai Chi

Learn the ancient art of tai chi in this introductory class. Practice slow, fluid movements that promote relaxation, balance, strength and flexibility and enhance overall sense of well-being. Classes held at Immanuel Church on the Hill, Mondays from 1:30-2:30pm. Spring session begins 4/26/10.

SESSIONS 10 FEE \$120

Yoga

Practice total-body strengthening and stretching while enhancing your mind-body connection through breath control. This class is ideal for participants with previous yoga experience ready for a moderately paced class and looking to try new things! Classes held Mondays at Inova Mount Vernon Hospital from 5:30-6:45pm, Mondays at Immanuel Church on the Hill from 7:30-8:45pm, Tuesdays at Inova HealthPlex from 6-7:15pm, Wednesdays at R Place from 5:40-6:30pm, or Fridays at R Place from 5:30-6:45pm. Spring session begins the week of 4/26/10.

SESSIONS 10 FEE \$125 (50-MINUTE CLASS FEE \$120)

Beginner Yoga

Perfect for those new to yoga, or those looking for a slower-paced class. Learn yoga basics such as proper alignment, movement, and breathing techniques while stretching and strengthening your total body. This class also promotes balance and stress relief. Classes held Mondays at Immanuel Church

on the Hill from 6-7:15pm, Tuesdays at Inova HealthPlex from 7:30-8:45pm, Wednesdays at Immanuel Church on the Hill from noon to 1 pm. Spring session begins the week of 4/26/10.

SESSIONS 10 FEE \$125 (60-MINUTE CLASS FEE \$120)

Qi-Gong

Learn simple movements to cultivate chi (life force energy) to help you relax your body and mind, heighten your sense of well-being, reduce stress, support your immune system and attain your greatest potential for health and happiness. Classes held at Immanuel Church on the Hill, Mondays from 11am-noon. Spring session begins 4/26/10.

SESSIONS 10 FEE \$120

Intermediate/Advanced Tai Chi

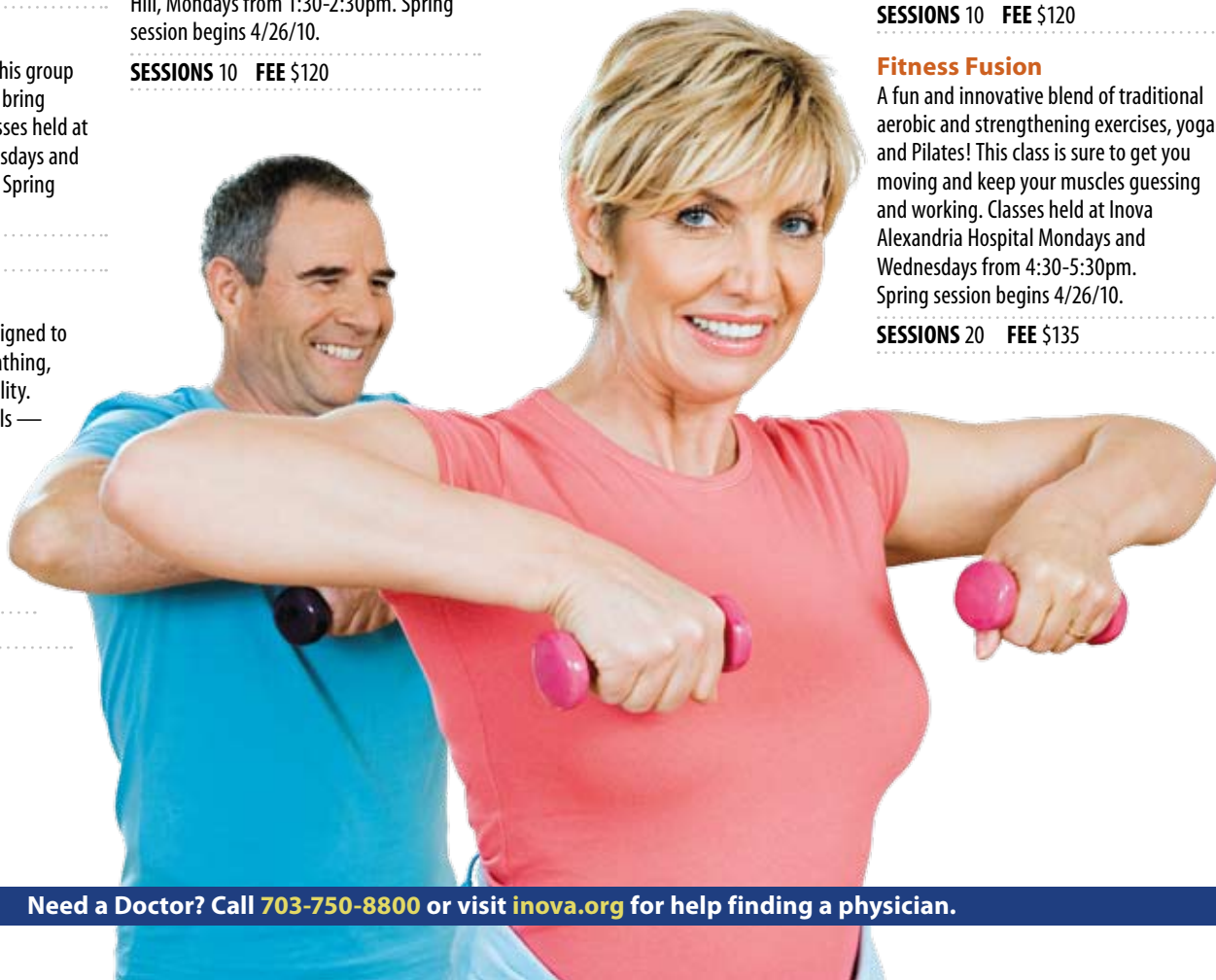
Knowledge of Tai Chi basics is required for this class. Refine your Tai Chi practice while enhancing balance, strength and flexibility. Classes held at Immanuel Church on the Hill, Mondays from 12:15-1:15pm. Spring session begins 4/26/10.

SESSIONS 10 FEE \$120

Fitness Fusion

A fun and innovative blend of traditional aerobic and strengthening exercises, yoga and Pilates! This class is sure to get you moving and keep your muscles guessing and working. Classes held at Inova Alexandria Hospital Mondays and Wednesdays from 4:30-5:30pm. Spring session begins 4/26/10.

SESSIONS 20 FEE \$135





FITNESS

Pilates/Yoga Fusion

This class combines the best of both yoga and pilates! Strengthen and stretch your body with an emphasis on core strength, balance, and enhancing the mind-body connection. Classes held Mondays at Inova Mount Vernon Hospital from 7-8:15pm. Spring session begins the week of 4/26/10.

SESSIONS 10 FEE \$125

Jazzercise Lite!

This fabulous, low-impact class is a mix of dance and strengthening movements set to fun music that is sure to make your workout fly by. This class is great for all — whether you are new to exercise, looking for a lower impact class, a senior, pregnant...all are welcome, all will benefit! Classes held Fridays at Inova Mount Vernon Hospital from 10-10:45am. Spring session begins 4/30/10.

SESSIONS 10 FEE \$105

Senior Circuit

An intermediate to advanced strength training class designed specially for the young at heart. Use lighter weights and exercise bands to strengthen the major muscle groups. Classes held Wednesdays and Fridays at Immanuel Church on the Hill from 9:25-10am or 11:10-11:45am. Spring session begins 4/28/10.

SESSIONS 20 FEE \$105

Strength Training for Seniors

This total body workout is designed to strengthen your muscles and keep your bones healthy. Perfect for those just starting out with strength training and more advanced exercisers alike! Class held at Franconia Alliance Church, Tuesdays and Thursdays from 9-9:50am. Spring session begins 4/27/10.

SESSIONS 20 FEE \$130

Seniorcise

This low-impact aerobics class with light strength training movements will help increase overall fitness. Classes held Wednesdays and Fridays at Immanuel Church on the Hill from 10:05-11:05am. Spring session begins 4/28/10.

SESSIONS 20 FEE \$135

Senior Sweat Shop

A higher intensity but low-impact aerobics class with light strength training movements to increase overall fitness. Classes held Wednesdays and Fridays at Immanuel Church on the Hill from 8:20-9:20am. Spring session begins 4/28/10.

SESSIONS 20 FEE \$135

Stretch & Tone for Seniors

This class will help you to increase flexibility and muscle strength through basic stretches and strengthening

exercises. Class held at Franconia Alliance Church, Tuesdays and Thursdays from 10:35-11:35am. Spring session begins 4/27/10.

SESSIONS 20 FEE \$135

Yoga for Seniors

This gentle class specially designed for the young at heart teaches how yoga can be applied in daily life to alleviate aches, stiffness and stress. Yoga postures can be adapted to those most comfortable working in a chair. Classes held at Peace Lutheran Church, Tuesdays from 9:30-10:45am. Spring session begins 4/27/10.

SESSIONS 10 FEE \$115

Chair Fitness for Seniors

This class is appropriate for anyone interested in fitness but in need of a seated option. All exercises can be done seated, though standing variations will be offered. Exercises performed in this class can help improve body strength, flexibility and range of motion. Perfect for beginners or more experienced exercisers alike. Classes held at Immanuel Church on the Hill, Wednesdays and Fridays from 1:05-1:35pm. Spring session classes begin 4/28/10.

SESSIONS 10 FEE \$105

LOCATIONS

Inova Alexandria Hospital
4320 Seminary Road, Alexandria, VA

Inova Mount Vernon Hospital
2501 Parker's Lane, Alexandria, VA

Inova HealthPlex
6355 Walker Lane, Alexandria, VA

Immanuel Church on the Hill
3606 Seminary Road, Alexandria, VA

Franconia Alliance Church
6315 Beulah Street, Alexandria VA

Peace Lutheran Church
6362 Lincolnia Road, Alexandria, VA

Prince of Peace Lutheran Church
8304 Old Keene Mill Road,
Springfield, VA

R Place
8136 Old Keene Mill Road A-209,
Springfield, VA

Please note that the Inova HealthSource Weather Hotline is **703-698-2444**.

CPR AND FIRST AID

Infant CPR

This course is an introduction to CPR skills and choking relief skills for infants (birth to 12 months). At the end of class you may stay to view the First Aid for Children video — no skills practice. Participation course — no card issued. A 2.5-hour course. Please do not bring children to class. Class held at Inova Alexandria Hospital.

LENGTH 2.5 HOURS SESSION 1 FEE \$42/PERSON

CPR and First Aid

Inova HealthSource is a designated provider for the American Heart Association and offers excellent CPR and First Aid classes at a number of convenient Northern Virginia locations. Please call **703-750-8800** or visit inova.org/cprclass for dates, times and locations.



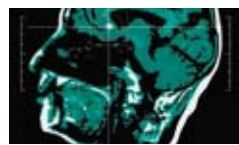
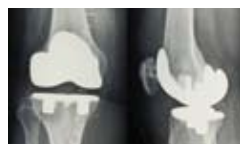
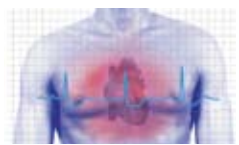
PERSONAL COACHING

Inova HealthSource proudly presents Personal Coaching programs!

Ready to tackle your weight, reach your fitness goals, strengthen your back, kick your tobacco habit to the curb or make healthful changes to your diet? One of our personal coaching programs is perfect for you! Each program is tailored to your needs and will help you achieve your goals. Visit inovahealthsource.com for more detailed information.



To register or for more information, visit inova.org/healthclasses or call **703-750-8800**.



ASK THE EXPERTS

KNEES, HIP, NECK AND SPORTS MEDICINE

Youth Baseball and Softball: Common Injuries and How to Avoid Them

Sameer Nagda, MD
Inova Mount Vernon Hospital
Wednesday, April 21, 7 p.m.
Wednesday, May 12, 7 p.m.

Advances in Treating Hip and Knee Pain

Peter Bruno, MD
Inova Fairfax Hospital
Wednesday, April 21, 6:30 p.m.

Common Shoulder Injuries and Treatment

David Novak, MD
Inova Fair Oaks Hospital
Tuesday, April 27, 7 p.m.

Osteoarthritis and the Latest Advances in Joint Replacement

William Hamilton, MD
Westin Hotel, National Harbor, Md.
Wednesday, April 28, 7 p.m.

Preventing and Treating Injuries in Student Athletes

Matthew Gavin, MD
Inova Loudoun Hospital - Lansdowne
Wednesday, May 5, 6:30 p.m.

Minimally Invasive Joint Replacements

John Albrigo, MD
Inova Alexandria Hospital
Monday, May 17, 7 p.m.

The Latest Options in Hip Replacement

Mark McMahon, MD
Inova Fair Oaks Hospital
Tuesday, May 18, 7 p.m.

Osteoarthritis and the Latest Advances in Joint Replacement

Kevin Fricka, MD
National Museum of the Marine Corps, Triangle, Va.
Wednesday, May 26, 7 p.m.
Ritz Carlton, Arlington, Va.
Wednesday, June 23, 7 p.m.

Advances in Arthroscopic Surgery of Joints

Keith Lawhorn, MD
Inova Fair Oaks Hospital
Tuesday, June 8, 7 p.m.

SPINE

New Treatment Options for Spinal Conditions

Corey Wallach, MD
Westin Hotel, National Harbor, Md.
Monday, April 12, 7 p.m.

Advances in Spinal Surgery

John Hamilton, MD
Inova Alexandria Hospital
Tuesday, May 4, 7 p.m.

Advances in Treating Back Pain

Charles Azzam, MD
Ali Ganjei, MD
Greg Fischer, MD
Inova Fairfax Hospital
Tuesday, May 18, 6:30 p.m.

Options for Treating Back and Neck Pain

Christopher Silveri, MD, Medical Director,
Inova Spine Institute at Inova Fair Oaks Hospital
Ali Ganjei, MD, Physical Medicine
Ziad Yafi, MD, Pain Management
Beena Nair, PT, DPT, Physical Therapy
Inova Fair Oaks Hospital
Tuesday, May 25, 7 p.m.

Latest Treatments and Techniques for Back Pain/Spine Problems

Shyam M. Shridharani, MD
National Museum of the Marine Corps,
Triangle, Va.
Wednesday, May 26, 7 p.m.

CARDIAC

What Women Should Know About Heart Health

Christine Bussey, MD
Inova Fairfax Hospital
Tuesday, April 13, 6:30 p.m.

Managing Cardiac Risk Factors

M. Rafiq Zaheer, MD
Inova Alexandria Hospital
Thursday, May 6, 7 p.m.

WOMEN'S HEALTH

Coping with Menopause

Jack P. Ayoub, MD
Inova Loudoun Hospital - Lansdowne
Thursday, May 6, 6:30 p.m.

Non-Surgical Treatment Options for Uterine Fibroids

Arina van Breda, MD
Inova Alexandria Hospital
Thursday, May 13, 7 p.m.

Non-Surgical Treatment Options for Uterine Fibroids

Calvin Neithamer, MD
Inova Fair Oaks Hospital
Thursday, May 13, 7 p.m.



OTHER

Stop Heartburn, Start Living

Behzad Kalaghchi, MD
Inova Fairfax Hospital
Wednesday, May 12, 6:30 p.m.

Options for Chronic Sinus Conditions

Ravi Swamy, MD
Inova Alexandria Hospital
Thursday, May 20, 7 p.m.

da Vinci Surgery for Prostate Cancer: Why It May Be Your Best Treatment Option

Gregory Schenk, MD
Inova Loudoun Hospital - Lansdowne
Thursday, June 3, 6:30 p.m.

Plastic Surgery for Breast and Body Contouring

Khosrow Matini, MD
Inova Mount Vernon Hospital
Thursday, June 17, 7 p.m.

Healthy Weight Management and Obesity Prevention for Kids

F.U.N. & S.N.A.P. Ages 7 - 15
Inova Fair Oaks Hospital
\$60 for 6-week Saturday program
Call **703-391-3783** for program dates and to register.

Weight-Loss Surgery

Osvaldo Anez, MD
Hazem A. Elariny, MD
Denis Halmi, MD
Amir Moazzez, MD
Daniel Tran, MD
Dates and Times Vary
Inova Fair Oaks Hospital, Center of Excellence for Weight Loss Surgery
Call **703-391-3783** or visit inova.org/weightloss to register.



All Ask the Expert lectures are FREE, but to help us serve you better, please call **703-750-8800** or visit inova.org/asktheexpert to register.