

# 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 held at 2700 Prosperity Ave.

**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 held at 2700 Prosperity Ave.

**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 Fairfax 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 Fairfax. We also invite you to take advantage of our convenient virtual maternity tours, available in English and Spanish, by visiting [inova.org/childbirth](http://inova.org/childbirth). Tour registration allows for a total of two adults to attend. One parking fee reimbursement per registration.

### Cesarean Birth Preparation

What you and your family need to know about having a Cesarean birth. Class includes Cesarean preparation, the surgical procedure and anesthesia, the recovery period and a hospital tour that includes the OR when possible. Class held at Inova Fairfax Hospital.

**SESSION 1 FEE \$65/TWO ADULTS**

### 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 held at 2700 Prosperity Ave.

**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. Class held at 2700 Prosperity Ave.

**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 held at 2700 Prosperity Ave. Registration allows one child and one adult to attend.

**SESSION 1 FEE \$30/ADULT-CHILD PAIR**

### Twins, Triplets and More!

Join this class designed with the special needs of parents expecting multiples in mind. Class topics include adjusting to the news, finances, nutrition, surviving bed rest, identifying preterm labor, a special delivery, breastfeeding multiples, and helpful tips when caring for multiples. This class also includes information about Inova NICU services. Class held at 2700 Prosperity Ave.

**SESSION 1 FEE \$100/TWO ADULTS**

### Soothing Touch Infant Massage Class

In this three-week series, parents learn easy and effective massage techniques. Infant massage can promote bonding, relieve discomfort and stimulate your baby. Classes are taught by a Certified Infant Massage Instructor and structured for parents to attend with their pre-crawling babies. Please bring a baby doll or teddy bear to class for practice in case baby is sleeping. Class held at the Inova Fair Oaks Hospital campus. Registration allows up to two adults and one baby to attend.

**SESSIONS 3 FEE \$80/ADULT-BABY PAIR**

### New Moms Groups

Drop in to a new moms group when you are ready to meet new friends and talk about the joys and challenges of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. Pre-registration is not required. Babies welcome! Groups held weekly on Monday, Tuesday and Wednesday throughout the area. For more information, call **703-850-8800**.

**FEE \$5/MOTHER-BABY PAIR**

Inova HealthSource is proud to offer excellent health education classes across Northern Virginia. To view all available Childbirth Education classes, please visit [inova.org/childbirthclass](http://inova.org/childbirthclass). You can also call **703-750-8800** for more information.

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.





## CHILDBIRTH

### Step and Stroll

This fun class is specially designed for mothers and their stroller-aged children! The hour flies by with a total body workout — aerobic, strength and flexibility training in 60 short minutes! Get fit, gain energy and have fun while spending time with your little one and other new moms. Classes are held at Fairfax Corner Thursdays from 8:45-9:45am and Saturdays from 8:45-9:45am. Spring session begins the week of 4/26/10.

**SESSIONS 10 FEE \$130**

### Massage for New Parents

This class, led by a certified massage therapist, is designed for new parents. Partners learn how massage can enhance relaxation, create a sense of calm and support your new family's wellness. Babies are welcome in class. During class, partners will have the opportunity to practice massage techniques on each other. Infant massage will not be covered. Classes are held at 2700 Prosperity Avenue, Saturday, May 8 from 1-2:30pm or Saturday, June 26 from 1-2:30pm.

**SESSIONS 1 FEE \$65/TWO ADULTS**

Inova HealthSource is proud to offer excellent health education classes across Northern Virginia. To view all available Fitness classes, please visit [inova.org/fitnessclass](http://inova.org/fitnessclass). You can also call 703-750-8800 for more information.



### Step Aerobics

Step your way to fitness! Higher impact, higher intensity aerobics class uses traditional and modern moves on the step. Previous experience is preferred but not required. Classes held at 2700 Prosperity Ave., Mondays and Wednesdays from 5:25-6:25pm. Spring session begins 4/26/10.

**SESSIONS 20 FEE \$135**

### Cardio Kickbox

A total body workout using aerobics kicks and punches to improve cardio fitness, strength and coordination. Class is high-intensity and higher impact, but movements can be modified for a lower-impact option. Classes held at 2700 Prosperity Ave., Saturdays from 9:35-10:35am. Spring session begins 5/1/10.

**SESSIONS 10 FEE \$125**

### Kick-n-Sculpt

Jab, cross, kick and sculpt your way to greater cardiovascular fitness and a stronger, leaner body. Start with a great cardio workout and end with strength training movements. Please bring 5-10 pound weights to class. Classes are held at 2700 Prosperity Avenue, Saturdays from 8:30-9:30am. Spring session begins 5/1/10.

**SESSIONS 10 FEE \$125**

### Zumba®

Dance your way to fitness (and have fun!) in this 60-minute class chock full of funky, Latin-inspired moves! So fun you'll barely know you are working out! Classes held at 2700 Prosperity Ave, Tuesdays and Thursdays from 6:30-7:30pm. Spring session begins 4/27/10.

**SESSIONS 10 FEE \$135**

### Body Toning

Shape and tone your body in this group strength training class. Please bring weights to class (5-10lbs). Classes held at 2700 Prosperity Ave, Mondays from 6:30-7:30. Spring session begins 4/26/10.

**SESSIONS 10 FEE \$105**

## FITNESS

### Beginner Tai Chi

Practice slow, fluid movements that promote relaxation, balance, strength and flexibility and enhance overall sense of well-being. Classes held at 2700 Prosperity Ave, Wednesdays from 6:30-7:30pm, or Tuesday from 1:30-2:30pm. Spring session begins the week of 4/26/10.

**SESSIONS 10 FEE \$120**

### Yoga

Practice total-body strengthening and stretching while enhancing your mind-body connection. Ideal for participants with yoga experience ready for a moderately paced class and looking to try new things! Classes held at 2700 Prosperity Ave, Thursdays from 4-5:10pm. Spring session begins 4/29/10.

**SESSIONS 10 FEE \$125**

### Beginner Yoga

Perfect for those new to yoga, or those looking for a slower-paced class. Learn basics such as proper alignment, movement and breathing techniques while stretching and strengthening your body. This class also promotes balance and stress relief. Classes held at 2700 Prosperity Ave, Mondays from 4-5:15pm, Wednesdays from 4-5:15pm, or Thursdays from 5:20-6:20pm. 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 2700 Prosperity Ave, Tuesdays from 11am-noon and Wednesdays from 8:30-9:15pm. Spring session begins the week of 4/26/10.

**SESSIONS 10 FEE \$120 (45-MINUTE CLASS FEE \$65)**

### 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 2700 Prosperity Ave, Tuesdays from 12:15-1:15pm or Wednesdays from 7:30-8:30pm. Spring session begins the week of 4/26/10.

**SESSIONS 10 FEE \$120**

### Mixed-Level Hatha Yoga

This mixed-level class is designed for students of all levels with a focus on classic hatha yoga poses. Emphasis is placed on breathing and body alignment, while moving through poses at a controlled, steady pace. The sequences help develop flexibility, strength and balance. Classes are held at 2700 Prosperity Avenue, Saturdays from noon-1:15pm. Spring session begins 5/1/10.

**SESSIONS 10 FEE \$125**

### Intro to Vinyasa Yoga — Workshop

Vinyasa yoga uses the breath to link yoga poses together in continuous movement. This 2-hour workshop will introduce students to the basic yoga poses used in vinyasa, review proper alignment and demonstrate modifications. Ample time will be allowed to experience the creative aspects of vinyasa. Previous yoga experience is helpful but not required. Classes are held at 2700 Prosperity Avenue, Sunday, May 2 from 2-4pm or Sunday, June 6 from 2-4pm.

**SESSION 1 FEE \$40**

### Hip Opener Yoga — Workshop

Stress, sitting at a desk, intense physical activities or simply time on the planet can all contribute to tight hips. Tight hips can lead to stiffness and reduced flexibility in the hip flexors, back and legs. This 2-hour workshop introduces a variety of yoga poses aimed at opening and freeing the hips. Previous yoga experience is helpful but not required. Classes are held at 2700 Prosperity Avenue, Sunday, May 23 from 2-4pm or Sunday, June 20 from 2-4pm.

**SESSION 1 FEE \$40**

## LOCATIONS

### Inova HealthSource

2700 Prosperity Ave., Suite 100, Fairfax, VA

### Inova Fairfax Hospital

3600 Gallows Rd, Fairfax, VA

### Fairfax Corner

11900 Palace Way, Fairfax, VA

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

To register or for more information, visit [inova.org/healthclasses](http://inova.org/healthclasses) or call **703-750-8800**.

Need a Doctor? Call 703-750-8800 or visit [inova.org](http://inova.org) for help finding a physician.



## 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 at 2700 Prosperity Ave, Mondays from 10-11am, Mondays from 7:35-8:50pm, or Thursdays from 7:40-8:55pm. Spring session begins the week of 4/26/10.

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

### Yoga for Seniors

This gentle class specially designed for seniors teaches how yoga can be applied in daily life to alleviate aches, stiffness and stress. Poses can be adapted to those most comfortable working in a chair. Classes held at 2700 Prosperity Ave, Mondays from 11am-noon. Spring session begins 4/26/10.

**SESSIONS 10 FEE \$110**

### Massage for Couples

This class, led by a certified massage therapist, is designed for partners. Learn how massage can enhance relaxation, create a sense of calm, decrease stress and support your wellness. During class, partners will have the opportunity to practice massage techniques on each other. Classes are held at 2700 Prosperity Avenue, Sunday, May 9 from 1:30-4pm or Sunday, June 27 from 1:30-4pm.

**SESSIONS 1 FEE \$75/TWO ADULTS**

### Cholesterol Basics

Join the Inova Diabetes Center to learn what to eat, the importance of activity and tips for weight management in order to manage or prevent high cholesterol. Classes held at 2700 Prosperity Ave, April 9 and 23, from 4-6pm or June 4 and 18 from 1-3pm.

**SESSIONS 2 FEE \$50**

## STOP SMOKING

### Knock Out Nicotine

Group support for anyone who has quit or is quitting tobacco use. No registration required. Meets 2nd and 4th Saturday of every month. Held at 2700 Prosperity Ave. Participants are also welcome to join by phone. Call **703-698-2406** for more information.

### Freedom From Nicotine

2010 is the year to be tobacco free! This six-week group class can help you quit smoking for good. Tobacco users who join a group for support through the quitting process are more successful than those who try to quit on their own. Classes held at 2700 Prosperity Ave, Saturdays from 9:30-10:30am. Spring session begins 5/8/10.

**SESSIONS 6 FEE \$120**

## 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](http://inovahealthsource.com)

for more detailed information.



## CPR AND FIRST AID

### BLS for HCP

Learn skills for one and two person-rescuer CPR, AED skills, choking relief and use of bag-valve-mask on adults, children and infants. Typically this course is for nursing students, healthcare providers and certified healthcare professionals. A written test and skills check off required for completion. A certification card will be issued. A 5-hour course.

### BLS for HCP Renewal

This course is for those holding a current BLS for Healthcare Providers card who are renewing skills before their card expires. Course consists of video review and practice of skills. A written test and skills check off is required for course completion. A certification card will be issued. A 3-hour course.

Inova HealthSource is proud to offer excellent health education classes across Northern Virginia. To view all available CPR and First Aid classes, please visit [inova.org/cprclass](http://inova.org/cprclass). You can also call **703-750-8800** for more information. All CPR and First Aid classes listed here are held at 2700 Prosperity Ave.

### Certification Skills Course for the AHA BLS Online Renewal Course

Online AHA course for cognitive assessment and a one-half hour block of time for skills assessment. Both cognitive and skills assessment must be completed before card can be issued.

### Heartsaver Adult/Child CPR

This course teaches skills for single rescuer Adult/Child CPR, choking relief and barrier device use for adult/child (ages over one year). Skills performance test required. A certification card will be issued. A 2-hour course.

### Heartsaver Adult/Child and Infant CPR

This course teaches skills for single rescuer CPR, choking relief and barrier device use for adult/child and infant. Skills performance test required. A certification card will be issued. A 3.5-hour course.

### Heartsaver AED

This course teaches skills for operation of an automated external defibrillator (AED), one person adult/child CPR, choking relief and barrier device use. Skills performance test required. A certification card will be issued. A 2.5-hour course.

### Heartsaver AED with Infant CPR Skills

This course teaches skills for operation of an automated external defibrillator (AED), one person adult/child CPR, infant CPR, choking relief and barrier device use. Skills performance test required. A certification card will be issued. A 3.5-hour course.

### Heartsaver First Aid

Learn how to respond effectively in emergencies. Learn to assess and treat burns, poisoning, muscle injuries, bleeding, weather exposure and minor wounds. A certification card will be issued. A 3-hour course.

### Heartsaver First Aid with CPR and AED

Combination of Heartsaver First Aid class, CPR and AED Skills for adult/child and CPR Skills for Infant. Skills performance test required. A certification card will be issued. A 7.5-hour course.

### Heartsaver Pediatric First Aid

Pediatric First Aid teaches how to manage illness and injuries for the first few minutes until professional help arrives. General principles, medical emergencies, and injury emergencies will be discussed. A certification card will be issued. A 4-hour course.

### Heartsaver Pediatric First Aid with CPR and AED

This combo course includes the Heartsaver Pediatric First Aid Course and CPR and AED skills for Adult/Child and Infant CPR skills. Good for childcare providers, camp counselors and those who deal with children and would like to complete a certification course. CPR and AED skills performance test required. A certification card will be issued. A 7.5-hour course.

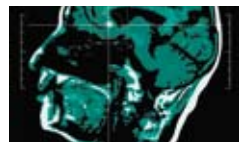
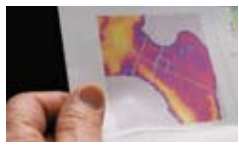
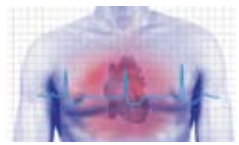
### Infant CPR

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.

### Family and Friends CPR with Pediatric First Aid Review

An introduction to CPR skills and choking relief skills for adult/child and infant. Participation course — no card issued. A review of first aid for children will also be provided. A 3.5-hour course.

To register or for more information, visit [inova.org/healthclasses](http://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](http://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](http://inova.org/asktheexpert) to register.