

# 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. Please bring a blanket and pillow for your comfort during class.

**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 at home. Please bring a blanket and pillow for your comfort during class.

**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.

**SESSION 1 FEE \$60/TWO ADULTS**

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.

### 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. 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 a total of two adults to attend.

### 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 role of the support person, the recovery period and a hospital tour that includes the OR when possible.

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

### 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. Fridays, 5:30-7pm. Spring session begins 4/30/10.

**SESSIONS 10 FEE \$135**

### Baby Care

A one-session class for expectant or adopting parents. Information on what to expect from baby, feeding, bathing, diapering, sleeping, crying and safety.

**SESSION 1 FEE \$60/TWO ADULTS**

### Breastfeeding for Success

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

**SESSION 1 FEE \$60/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. Registration allows up to two adults and one baby to attend.

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

### 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.

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





## CHILDBIRTH

### Sibling Preparation

An interactive class for children ages three to seven who are expecting a new brother or sister. Siblings talk about what it means to be a big brother or sister and work on a gift for the new baby. Please bring a baby picture of big brother or sister to class. 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. One adult permitted per registration.

**FEE \$40 PER PERSON**

### Twins, Triplets & 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. Registration allows a total of two adults to attend.

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

### 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. The group meets at 11am every Wednesday at the 3700 Medical Plaza Building on the Inova Fair Oaks Hospital campus. Pre-registration is not required. For more information, call **703-750-8800**. Babies welcome!

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

### Pilates for New Moms

A core strengthening class that is specially designed for new moms! This class will improve body awareness, breathing, control, movement and flexibility. Special attention will be paid to pelvic floor muscles. Ease your body back to pre-pregnancy shape while spending time with baby and other new moms! Babies pre-crawling welcome in class. Classes held Mondays from 10:30-11:20am. Spring session begins 4/26/10.

**SESSIONS 10 FEE \$120**

### Step and Stroll

Fun fitness class for mothers and stroller-aged children! Total body workout with aerobic, strength and flexibility training in just 60 minutes. Get fit, gain energy and have fun while spending time with your little one and other moms! Classes are held at Fairfax Corner on Thursdays from 8:45-9:45am and Saturdays from 8:45-9:45am. Spring session classes begin the week of 4/26/10.

**SESSIONS 10 FEE \$130**

## FITNESS

### 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 Saturdays from 11:30am-12:30pm. Spring session begins 5/1/10.

**SESSIONS 10 FEE \$120**

### 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 Wednesdays from 5-6:15pm. Spring session begins 4/28/10.

**SESSIONS 10 FEE \$125**

### Mat Pilates for Beginners

Slower paced class designed for those new to Pilates. Learn basic form, improve core strength, body awareness, breathing, control, movement and flexibility. Participants should be comfortable working on a mat of the floor. Classes held Mondays from 11:30am-12:20pm. Spring session begins the week of 4/26/10.

**SESSIONS 10 FEE \$115**

### 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 Wednesdays from 10:45am-noon. Spring session begins 4/28/10.

**SESSIONS 10 FEE \$125**

### 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 Tuesdays from 11:30-12:45pm and Thursdays from 5-6:15pm. Spring session begins 4/27/10.

**SESSIONS 10 FEE \$125**

### 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 Greenbriar Community Center, Wednesdays, 7:15-8pm. Spring session begins 4/28/10.

**SESSIONS 10 FEE \$120**



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.



## FITNESS

### 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 Greenbrier Community Center, Wednesdays, 8:15-9:15pm. Spring session begins 4/28/10.

**SESSIONS 10 FEE \$125**

### Yoga for Healthy Backs, Necks and Shoulders

This gentle yoga class is specially designed to help you cope with chronic back, neck and/or shoulder pain. Yoga can help you improve back strength, manage stress and enhance your overall sense of well-being. Classes held Thursdays from 10:30-11:45am. Spring session classes begin 4/29/10.

**SESSIONS 10 FEE \$125**

### 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 Thursdays from noon-1pm. Spring session classes begin 4/29/10.

**SESSIONS 10 FEE \$115**

### 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**

## 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.



## DIABETES



### Preventing Diabetes

Inova Diabetes Center teaches how to make lifestyle changes to reduce risk of Type 2 diabetes. Classes offered at both Inova Fair Oaks Hospital and Inova Loudoun Hospital.

**LENGTH 2 HOURS SESSIONS 2 FEE \$50**

INOVA FAIR OAKS HOSPITAL

**DATE APR 17 AND 24 DAY SA TIME 10AM**

INOVA LOUDOUN HOSPITAL

**DATE JUNE 1 AND 8 DAY TU TIME 5PM**

## 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.

**LENGTH 2.5 HOURS SESSION 1 FEE \$42/PERSON**

TO REGISTER FOR THIS CLASS, CALL **703-750-8800**.

AVAILABLE DATES FOR THIS CLASS AT IFOH ARE:

WEDNESDAY, APRIL 7, 2010 THURSDAY, APRIL 29, 2010

MONDAY, MAY 10, 2010 TUESDAY, MAY 25, 2010

MONDAY, JUNE 14, 2010 WEDNESDAY, JUNE 30, 2010

### 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](http://inova.org/cprclass) for dates, times and locations.



## LOCATIONS

### Inova Fair Oaks Hospital

3600 Joseph Seiweick Dr, Fairfax, VA

### Greenbrier Community Center

4615 Stringfellow Rd, Fairfax, VA

### Inova HealthSource

2700 Prosperity Ave, Fairfax, VA

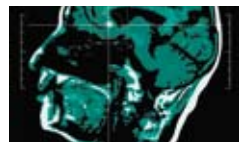
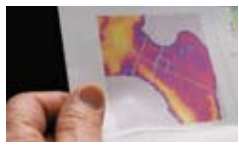
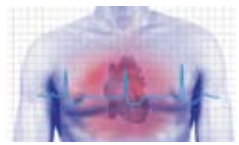
### Fairfax Corner

11900 Palace Way, Fairfax VA

Please note, the Inova HealthSource Weather Hotline can be reached at **703-698-2444**

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

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## 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 McMahan, 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.