

# 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, pillow and snack to class for your comfort. 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. Please bring a blanket, pillow and snack to class for your comfort. 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/childbirth](http://inova.org/childbirth). Tour registration allows a total of two adults to attend.

### Twins, Triplets & More!

This class is designed with the special needs of parents expecting multiples in mind. Topics include identifying preterm labor, coping with bed rest, what to expect during birth, caring for multiples and information about Inova NICU services. Some breastfeeding information is discussed, but parents are encouraged to register for a separate breastfeeding intensive class if they plan to breastfeed. Classes held at Prosperity Ave. location, near Inova Fairfax Hospital. Registration allows for a total of two adults to attend.

**SESSION 1 FEE \$100/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. Classes offered Sundays, 11:45 am to 1 pm, at Inova HealthPlex. Summer session classes begin 8/8/10.

**SESSIONS 8 FEE \$110**

### New! Yoga for Mom and Baby

The practice of yoga can help ease the body back into pre-pregnancy shape. This class is appropriate for moms cleared by their physician to resume exercise. Bond with baby, other new moms and get a great hour of the day all for you. Pre-crawling babies welcome in class! Classes offered Saturdays, 10:30 to 11:45 am, at Inova HealthPlex. Summer session classes begin 8/7/10.

**SESSIONS 8 FEE \$110**

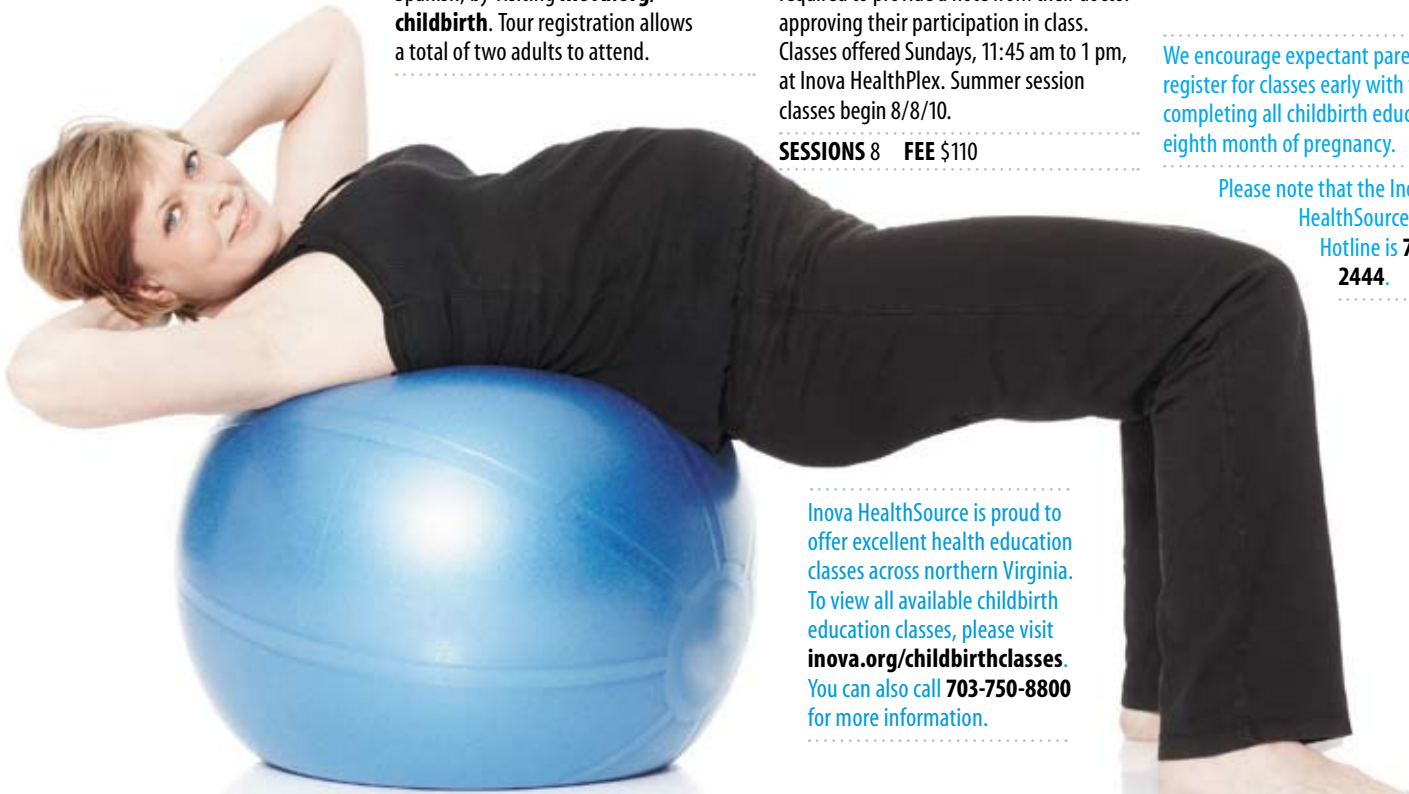
### Baby Care

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**

We encourage expectant parents to register for classes early with the goal of completing all childbirth education by the eighth month of pregnancy.

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



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



## CHILDBIRTH

### 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. For more information, call **703-750-8800**. Babies welcome! Groups held at both Inova Alexandria Hospital and Franconia Alliance Church (Springfield).

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

### 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 your baby is sleeping. Classes held at the Inova Fair Oaks Hospital campus. Registration allows one adult and one baby to attend.

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

### Shape Up

Get moving with fun moves and music sure to help you shape up! Low-impact aerobics, perfect for beginners. Classes held at Inova Alexandria Hospital, Tuesdays and Thursdays, 6:30 to 7:30 pm. Summer session classes begin 8/3/10.

**SESSIONS 16 FEE \$115**

### 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, 6:25 to 7:25 pm. Summer session classes begin 8/5/10.

**SESSIONS 8 FEE \$105**

### 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, 7:30 to 8:30 pm. Summer session classes begin 8/5/10.

**SESSIONS 8 FEE \$105**

### Body Toning

Shape and tone your body in this group strength-training class. Please bring weights to class (5-10 lbs). Classes held at Inova Alexandria Hospital, Tuesdays and Thursdays, 5:30 to 6:30 pm. Summer session classes begin 8/3/10.

**SESSIONS 16 FEE \$115**

### 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, 4:30 to 5:30 pm. Summer session classes begin 8/4/10.

**SESSIONS 8 FEE \$100**

*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

### 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 at Inova Mount Vernon Hospital, Mondays, 5:30 to 6:45 pm, at Immanuel Church on the Hill, Mondays, 7:30 to 8:45 pm, at Inova HealthPlex, Tuesdays, 6 to 7:15 pm, at R. Place, Wednesdays, 5:40 to 6:30 pm or at R. Place, Fridays, 5:30 to 6:45 pm. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$105 (50-MINUTE CLASS FEE \$100)**

### 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 at Immanuel Church on the Hill, Mondays, 6 to 7:15 pm, at Inova HealthPlex, Tuesdays, 7:30 to 8:45 pm, at

Immanuel Church on the Hill, Wednesdays, from 12 to 1 pm and at Inova Mount Vernon Hospital, Thursdays, 4:30 to 5:45 pm. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$105**

### 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, 9:55 to 10:30 am. Summer session classes begin 8/3/10.

**SESSIONS 8 FEE \$75**

### Qigong

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, 11 am to noon. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$100**

## LOCATIONS

### Inova Alexandria Hospital

4320 Seminary Rd., Alexandria, VA

### Inova Mount Vernon Hospital

2501 Parker's Ln., Alexandria, VA

### Inova HealthPlex

6355 Walker Ln., Alexandria, VA

### Immanuel Church on the Hill

3606 Seminary Rd., Alexandria, VA

### Franconia Alliance Church

6315 Beulah St., Alexandria, VA

### Prince of Peace Lutheran Church

8304 Old Keene Mill Rd., Springfield, VA

### R. Place

8136 Old Keene Mill Rd., A-209, Springfield, VA



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



## FITNESS

### 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, 1:30 to 2:30 pm. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$100**

### Balancing Act

Improve your balance, strength and flexibility. Class held at Franconia Alliance Church, Thursdays, 9:55 to 10:30 am. Summer session classes begin 8/5/10.

**SESSIONS 8 FEE \$75**

### Seniorcise

This low-impact aerobics class with light strength-training movements will help increase overall fitness. Classes held at Immanuel Church on the Hill, Wednesdays and Fridays, 10:05 to 11:05 am. Summer session classes begin 8/4/10.

**SESSIONS 16 FEE \$110**

### 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, 12:15 to 1:15 pm. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$100**

### 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 as they work. Classes held at Inova Alexandria Hospital, Mondays and Wednesdays, 4:30 to 5:30 pm. Summer session classes begin 8/2/10.

**SESSIONS 16 FEE \$115**

### 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 Inova Mount Vernon Hospital, Mondays, 7 to 8:15 pm and at R Place, Fridays, 7 to 8:15 pm. Summer session classes begin 8/2/10.

**SESSIONS 8 FEE \$105**

### Senior Circuit

An intermediate to advanced strength-training class designed specifically for the young at heart. Use lighter weights and exercise bands to strengthen the major muscle groups. Classes held at Immanuel Church on the Hill, Wednesdays and Fridays, 9:25 to 10 am or 11:10 to 11:45 am. Summer session classes begin 8/4/10.

**SESSIONS 16 FEE \$90**

### 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! Classes held at Franconia Alliance Church, Tuesdays and Thursdays, 9 to 9:50 am. Summer session classes begin 8/3/10.

**SESSIONS 16 FEE \$110**

### Senior Sweat Shop

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

**SESSIONS 16 FEE \$110**

### Stretch & Tone for Seniors

This class will help you to increase flexibility and muscle strength through basic stretches and strengthening exercises. Classes held at Franconia Alliance Church, Tuesdays and Thursdays, 10:35 to 11:35 am. Summer session classes begin 8/3/10.

**SESSIONS 16 FEE \$110**

### Chair Fitness for Seniors

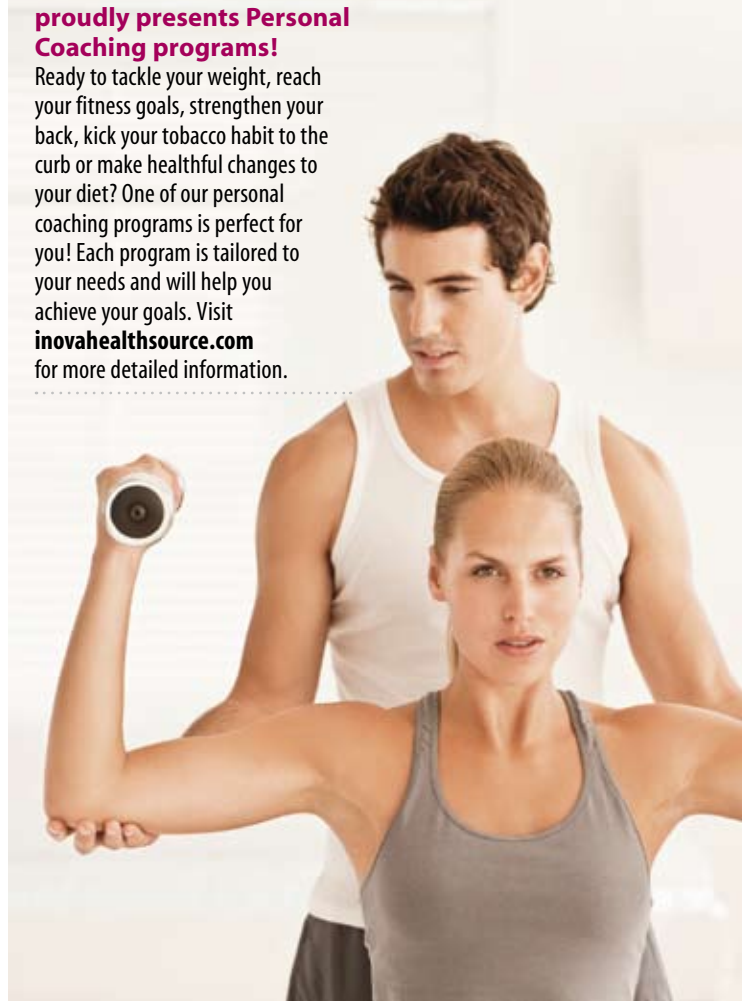
This class is appropriate for anyone interested in fitness but in need of a seated option. All exercises can be done seated, though standing variations will be offered. Exercises performed in this class can help improve body strength, flexibility and range of motion. Perfect for beginners or more experienced exercisers alike. Classes held at Immanuel Church on the Hill, Wednesdays and Fridays, 1:05 to 1:30 pm. Summer session classes begin 8/3/10.

**SESSIONS 16 FEE \$90**

## 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

### 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.

### 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**



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