

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 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. Please bring a blanket, pillow and snack to class for your comfort. 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 attend 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/childbirthclasses. 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.

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

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. 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 & 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. Registration allows for a total of two adults to attend. 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 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

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





CHILDBIRTH

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. Class held at Inova Fair Oaks Hospital campus on Fridays, 5:30 to 7 pm. Summer session classes begin 8/6/10.

SESSIONS 8 FEE \$110

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 (Fair Oaks Mall is the rain location), Thursday or Saturday, 8:45 to 9:45 am. Summer session classes begin 8/2/10.

SESSIONS 8 FEE \$110

LOCATIONS

Inova HealthSource

2700 Prosperity Ave., Suite 100, Fairfax, VA

Inova Fairfax Hospital

3600 Gallows Rd, Fairfax, VA

Registration: inova.org/healthclasses or call 703-750-8800.

FITNESS

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, 5:25 to 6:25 pm. Summer session classes begin 8/2/10.

SESSIONS 16 FEE \$115

CardioBox and Sculpt

This class fuses the best of cardio kickboxing and muscle strengthening — work your total body in this faster-paced, higher-intensity class. The combination of cardio and strength training will work your body, keep you moving, and is certain to keep you from getting bored! All fitness levels are welcome! Classes held at 2700 Prosperity Ave., Saturdays, 9 to 10 am. This class will be offered for an abbreviated late summer session, beginning 9/11/10.

SESSIONS 4 FEE \$55

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, 6:30 to 7:30 pm. Summer session classes begin 8/3/10.

SESSIONS 16 FEE \$115

Body Toning

Shape and tone your body in this group strength-training class. Please bring weights to class (5-10 lbs). Classes held at 2700 Prosperity Ave., Mondays, 6:30 to 7:30 pm. Summer session classes begin 8/3/10. This popular class fills fast — register today!

SESSIONS 8 FEE \$90

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 — enhancing your overall sense of well-being. Classes held at 2700 Prosperity Ave., Wednesdays, 6:30 to 7:30 pm or Tuesdays, 1:30 to 2:30 pm. Summer session classes begin 8/2/10.

SESSIONS 8 FEE \$100

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 2700 Prosperity Ave., Thursdays, 4 to 5:10 pm. Summer session classes begin 8/5/10.

SESSIONS 8 FEE \$105

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 2700 Prosperity Ave., Mondays, 4 to 5:15 pm, Wednesdays, 7 to 8:15 am or Thursdays, 5:20 to 6:20 pm. Summer session classes begin 8/2/10.

SESSIONS 8 FEE \$105 (60-MINUTE CLASS FEE \$100)

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 2700 Prosperity Ave., Tuesdays, 11 am to 12:15 pm and Wednesdays, 8:30 to 9:15 pm. Summer session classes begin on 8/5/10.

SESSIONS 8 FEE \$100 (45-MINUTE CLASS FEE \$55)

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, 12:15 to 1:15 pm or Wednesdays, 7:30 to 8:30 pm. Summer session classes begin 8/3/10.

SESSIONS 8 FEE \$100

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 yoga poses at a controlled, steady pace. The sequences presented help develop flexibility, strength and balance. Classes held Saturdays, noon to 1:15 pm. Summer session classes begin 8/7/10.

SESSIONS 8 FEE \$105

Meditation Workshop

Learn how to meditate and how meditation can enhance your well-being by improving your sense of calm, decreasing stress and increasing happiness. Class held at 2700 Prosperity Ave., Sunday, August 8, 10 am to 1 pm.

SESSION 1 FEE \$65

Inova HealthSource is proud to offer excellent health education classes across northern Virginia. To view all available fitness classes, please visit inova.org/fitnessclass. You can also call 703-750-8800 for more information.



Need a Doctor? Call 703-750-8800 or visit inova.org/doctor for help finding a physician.



FITNESS

Pilates/Yoga Fusion

Appropriate for all fitness levels, 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, 10 to 11 am or 7:35 to 8:50 pm, or Thursdays, 7:40 to 8:55 pm. Summer session classes begin 8/2/10.

SESSIONS 8 FEE \$105 (60-MINUTE SESSION FEE \$100)

Yoga for Seniors

This gentle class specifically 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 more comfortable working in a chair. Classes held at 2700 Prosperity Ave., Mondays, 11 am to noon. Summer session classes begin 8/9/10.

SESSIONS 8 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 for more detailed information.

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. Location: 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, 9:30 to 10:30 am. Summer session classes begin 8/14/10.

SESSIONS 6 FEE \$120

DIABETES

Cholesterol Basics

Conquer high cholesterol! 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. You do not need to have diabetes to attend this class. Classes held at 2700 Prosperity Ave., 1 to 3 pm, September 3 and 17.

SESSIONS 2 FEE \$50

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 is 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.

Certification Skills Course for the AHA BLS Online Renewal

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 (for ages over one year old). 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, 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, 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

Heartsaver First Aid with CPR & 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 & 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 (from 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.

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.



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. You can also call **703-750-8800** for more information. All CPR and First Aid classes listed here are held at 2700 Prosperity Ave.

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