



Calendar of Events

November, December 2009



Save the Date!
Thursday, Nov. 12
Shopping Extravaganza
Details Inside



Magnet "Health System" Designation, from the American Nurses Credentialing Center. Scottsdale Healthcare Thompson Peak will be included in our next Magnet survey.



*Thank you for your
 continued interest and
 support of Women's and
 Children's services at
 Scottsdale Healthcare.*

To receive future issues via e-mail, please go to shc.org/women and register to be a member of our Women's Wellness Club. Select e-mail as your preferred method of contact. If you are already a member, please submit your information online and we will convert your method of contact to e-mail.

SCOTTSDALE HEALTHCARE
 9003 E. Shea Boulevard
 Scottsdale, AZ 85260

Special Events



**All Special Events are free and located in the Scottsdale Healthcare Shea Conference Center unless otherwise noted.
 **For Special Events, registration is required. Call 480-882-4636 or visit shc.org/calendar unless otherwise noted.*

November

- 11 Women's Health Education Series: Walking in Her Shoes -Women's Foot Care Tips and Treatments**, 5 – 8 p.m.; Podiatrists Dr. Ana Burns and Dr. Lee David Richer will discuss general foot health/care and diabetic foot care. Foot screenings are 5 – 6:30 p.m., lecture begins at 6:30 p.m.
- 19 Redirecting Children's Behavior: Sibling Rivalry**, 6:30 – 8 p.m., \$10 per person, Thompson Peak Hospital Conference Center

December

- 3 Redirecting Children's Behavior: Enhancing Self Esteem**, 6:30 – 8 p.m., \$10 per person, Thompson Peak Hospital Conference Center
- 10 Women's Health Education Series: It's A Balancing Act** , 6:30 – 8 p.m., Bone Basics, Arthritis, Balance and More! Speakers include: Arrin Larson, BS NSCA-CPT CWC, Exercise Specialist, Amy L. Ariss, AuD., FAAA, CCC-A, Clinical Audiologist, Connie Weglarz, PT, DPT, Vestibular Certified Therapist

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- Recognition for Scottsdale Healthcare's Commitment to Excellence
- Magnet "Health System" Designation, from the American Nurses Credentialing Center. Scottsdale Healthcare Thompson Peak will be included in our next Magnet survey.
 - Best Places to Work Award Winner



Nutrition & Fitness

Psychology of Lasting Weight Loss and Wellbeing Classes

Speaker - Lisa Galper, Psychologist

Next Series begins January 28th!

\$359 for 10 classes, includes:

- A 60 minute consultation with a registered dietitian (\$92 if purchased separately)
 - A 60 minute consultation with an exercise specialist (\$65 if purchased separately)
 - Weekly wellness coaching
 - Fitness membership (for the duration of the program)
- Call 480-323-3901 to register.

Dr. Robin Blackstone presents: Weight Loss Surgery Options

Nov 8 & 22, Dec 6 & 20, 1 - 3 p.m.

Scottsdale Healthcare Conference Center*

Call 480-391-3885 to register. Free

Weighs to Success – 10-week program

Monday's 6 - 7 p.m. and Tuesday's Noon - 1 p.m.

Speaker - Nancy DeLuca, Registered Dietitian

Scottsdale Healthcare Shea*

Cost is \$175 and includes:

- An understanding of how to combine carbohydrates, proteins and fats to stabilize your appetite and promote maximum fat loss
 - Practical strategies to make your metabolism work like a machine
 - Tips on using supplements to manage food cravings
 - A plan to manage plateaus
 - Meaningful discussion on current trends in the food and nutrition field
 - Fun and inspiring tools to promote weekly progress
 - A 1-hour individual nutrition consultation
 - Optional weekly body composition testing
 - Food logs • Pedometer
- Call 480-323-3901 to register.

Essential Touch Wellness Center Fitness

Exercise for a healthier you! Sign up for fitness memberships, personal training, specialized classes, body composition testing and much more.

Contact the Essential Touch exercise physiologists at 480-323-3662 for more information.

KidShape

Next Session begins January 20!

KidShape is a nine-week fun-filled program designed for children ages 6-14 and their families. KidShape involves the entire family—youth, parents, siblings and caregivers. Group classes meet weekly for 2.25 hours.

Cost is \$425 for 2 parents/guardians + 1 child
Scottsdale Healthcare Shea*

Osteopilates

Tuesdays and Thursdays, 9:15 - 9:45 a.m.

This fitness class focuses on improving bone density, muscle mass, flexibility and balance.

Cardiac Rehab, 9201 E. Mountain View Rd., Suite 150

Cost of class is included in membership fee.

Call 480-323-4600 for membership fees and information.

Call 480-323-3901 for more information.

Screenings

Heart Health Screenings

November 4, 12, 19, 8 - 11:45 a.m.

December 1, 16, 29, 8 - 11:45 a.m.

A nurse practitioner will assess your risk for heart attack and stroke.

Women's Diagnostic Center at Scottsdale Healthcare Shea*

Cost \$20

Cholesterol & Bone Density Screenings

November 5 & December 10, 8 - 11:30 a.m.

Thompson Peak Hospital Conference Center

November 17 & December 17, 8 - 11:30 a.m.

Scottsdale Healthcare Shea - Women's Diagnostic Center*

Cost \$35

Bone Density Screenings

November 3, 19, 24, 8 a.m. - noon

December 8, 15, 8 a.m. - noon

Women's Diagnostic Center at Scottsdale Healthcare Shea*

Cost: \$20

Working Women's Wellness Package

Saturday, November 14, 7 a.m. - 12:30 p.m.

Saturday, December 12, 7 a.m. - 12:30 p.m.

This is a combination screening event followed by a manicure at Essential Touch. It includes a cholesterol check, bone density screening and a body composition analysis. Total appointment time is 90 minutes.

Women's Diagnostic Center at Scottsdale Healthcare Shea*

Cost \$75

To register for the screenings above, call 480-882-4636.

Phone Directory

Bone Health Coordinator	480-323-3350
Essential Touch Wellness Center and Boutique	
Shea	480-323-3655
Center for Breastfeeding Support	
Shea	480-323-3638
Osborn	480-882-4827
Weight Management Coordinator	480-323-3901
Heart Health Program	480-323-3663
Women's Diagnostic Center	480-323-3400

Prenatal Education

Growing Your Baby

Breastfeeding

Sneak Peek

Daddy Boot Camp

Birth Basics and Breathing

Sibling Preparation

One More Time

Infant CPR

Preparing for Cesarean Section

Parent Infant Massage

For more information, visit shc.org or call 480-882-4636.

Support Groups

Moms on the Move

Thursdays: 0 - 5 months, 1 - 2:30 p.m.,

6 - 12 months, 11 a.m. - 12:30 p.m.,

Scottsdale Healthcare Shea Conference Center*

Wednesdays: 0 - 12 months, 1 - 2 p.m.

OB Classroom at Scottsdale Healthcare Osborn*

M.O.M. is for moms and babies to provide social interaction, support and practical information for new mothers.

Pregnancy and Infant Loss Support Group

1st Thursday of each month, 6 - 8 p.m.

The group is for those who have experienced the loss of a pregnancy through miscarriage, stillbirth, ectopic pregnancy and neonatal death. Educational topics will be presented and discussed monthly.

Women's Diagnostic Center at Scottsdale Healthcare Shea*

For more information, call 480-323-3413.

Scottsdale Bariatric Center Support Group*

November 2 & 18, December 7 & 16, 6 - 7:30 p.m.

Scottsdale Healthcare Shea Conference Center*

Call 480-391-3885 for more information.

(*Scottsdale Bariatric patients and their families only.)

All Support Groups are free and open to the public unless otherwise noted.

Featured Program

Holiday Extravaganza!

Forget the stressful, hectic pace of holiday gift buying. Shop and save in a relaxing spa environment—plus receive important health screenings—during the 4th Annual Holiday Shopping Extravaganza at Essential Touch Wellness Center at Scottsdale Healthcare Shea Medical Center, Nov. 12, 5-8 p.m.

The event will include free body composition testing and skin analysis, a 15 percent discount on all spa products, and complimentary beverages, hors d'oeuvres and desserts.

Additionally, bone density screening to determine the risk for developing osteoporosis will be available for \$20. Mammograms to screen for breast cancer also will be available with a wide variety of insurance plans accepted. Call 480-882-4703 for screening appointments.

All proceeds from the 4th Annual Holiday Shopping Extravaganza benefit Women's and Children's Services at Scottsdale Healthcare.

For more information on the event, call 480-323-3655.

The Essential Touch Wellness Center is located at Scottsdale Healthcare Shea Medical Center, 9003 E. Shea Blvd., Scottsdale.

Essential Touch Specials

November Special: 90 minute massage for \$90

December Special: Holiday Aroma Spa Manicure/Pedicure for \$70

*Essential Elite members get additional 5% off products!



* **Scottsdale Healthcare** • shc.org/women

Shea Medical Center

9003 E. Shea Boulevard, Scottsdale, AZ 85260

Osborn Medical Center

7400 E. Osborn Road, Scottsdale, AZ 85251

Thompson Peak Hospital

7400 E. Thompson Peak Parkway, Scottsdale, AZ 85255