



Saint Joseph Healthy Living Center

CALENDAR



Massage Therapy

Massage therapy is appropriate for all ages, body types and various levels of health and can be applied as a complementary therapy or stand alone as treatment for a number of health issues. The Healthy Living Center offers sport massage, pregnancy massage, trigger point therapy, orthopedic massage, oncology massage therapy, deep tissue, general relaxation and rehabilitative treatments. Massages are offered at the Beaumont YMCA.

CHAIR MASSAGE THERAPY

A certified massage therapist is available for off-site massage at your business, church or organization. Call 859.219.0530 or more information on chair massage.

Minimum of two hours per session.

Call 859.219.0530 to schedule appointments.

MASSAGE FEES	90 min.	60 min.	30 min.
SJHS Employee	\$65	\$45	\$30
* Senior Discount	\$60	\$40	
YMCA Member	\$75	\$50	\$35
* Senior Discount	\$70	\$45	
Non-YMCA Member	\$90	\$60	\$40
*Senior Discount	\$80	\$50	

* A senior discount is given to those 60 and above.

October, November, December 2009

**Beaumont Centre
Family YMCA
859.219.0530
North Lexington
Family YMCA**

Saint Joseph Health System is proud to offer a full range of wellness services for Saint Joseph Employees/Volunteers, YMCA members and the community. You do not need to be a member of the YMCA to take advantage of these offerings.

PAYMENT INFORMATION



Visa and Mastercard Accepted

For "One-on-One" Appointments, Massage or Education Courses: When an appointment is scheduled, you will be asked for your credit card information. Alternate method of payment can be discussed at the time of the appointment. If the appointment is not cancelled 24 hours prior to your session, your credit card will be charged the fee.

Minimum Participation: You will notice a minimum participation number has been established for each program. Creating a minimum number is necessary for us to cover program costs. Therefore, if the minimum number is not obtained, we will inform you and the program will not be conducted for the quarter.

Call or stop by the Saint Joseph Healthy Living Center to pre-pay for a class prior to the start date.

What is Peripheral Vascular Disease?



Peripheral Vascular Disease (PVD) refers to any disease or disorder of the circulatory system outside of the brain and heart. Although the term Peripheral Vascular Disease can include any disorder that affects any of the blood vessels, it often is used as a synonym for Peripheral Artery Disease (PAD). It is caused by widespread accumulation of fatty deposits within the blood vessels, called arteriosclerosis or hardening of the arteries. This is a gradual process in which the vessel gradually becomes blocked, narrowed, or weakened. About 10 million people in the United States have PVD with the number of people with the condition expected to grow.

SYMPTOMS — Signs and symptoms of PVD include:

- Painful cramping in your hip, thigh or calf muscles after walking or climbing stairs (intermittent claudication)
- Leg or arm numbness or weakness
- Coldness in your arm or lower leg or foot, especially when compared with the other leg
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss on your feet and legs
- Scaly arm skin

RISK FACTORS — Factors that increase your risk of developing PVD include:

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure (140/90 millimeters of mercury or higher)
- High cholesterol (total blood cholesterol over 240 milligrams per deciliter or 6.2 millimoles per liter)
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- Excess levels of homocysteine, a protein component that helps build and maintain tissue
- Excess levels of C-reactive protein, a general marker of inflammation

People who smoke or have diabetes have the greatest risk of complications from PVD — such as tissue death (gangrene) in a leg due to reduced blood flow.

WHEN TO SEEK MEDICAL ADVICE

If you have leg pain, numbness or other symptoms, don't dismiss them as a "normal part of aging." Call your doctor and make an appointment.

Early diagnosis and treatment of PVD is important not only to preserve the health of your limbs but also to decrease your risk of heart disease, stroke and other health problems.

Source: Mayo Clinic

† CATHOLIC HEALTH INITIATIVES®

Saint Joseph Healthy Living Center

Saint Joseph Health System
ATTN: Public Relations/Marketing
One Saint Joseph Drive
Lexington, KY 40504

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FREE RISK ASSESSMENT

Knowing your risk will enable you to take control of your health and provide you with the best defense against vascular disease.

Take a free online risk assessment at www.KnowYourHealthKY.com. If determined to be at risk for PVD, you will be invited to Saint Joseph Healthy Living Center for a free ABI screening.

Screenings

Personal Attention

SCREENINGS ARE BY APPOINTMENT ONLY.

Call 859.219.0530 to schedule a date and time. Screenings are available at Beaumont Centre Family YMCA, North Lexington Family YMCA and High Street YMCA.

On-site Screenings Available for Businesses/Organizations



Body Recall

Mondays/Wednesdays/Fridays
9:30-10:30 am @ North Lexington
1:30-2:30 pm @ Beaumont
Cost: \$85

MINIMUM 9 PARTICIPANTS
Body Recall is a physical fitness program designed to help participants of all ages achieve agile, flexible bodies while promoting good circulation and increasing range of motion in joints. The program helps participants reclaim muscle tone and flexibility with movements that are slow, precise and specific.

Hearing & Vision Screening

Cost: \$10

Undiagnosed and untreated hearing loss can contribute to depression, social isolation and loss of independence, especially in older adults. Schedule an appointment to have an initial screening of your hearing utilizing the Belltone Test. In addition, your eyes will be checked utilizing a basic eye chart.

Peripheral Vascular Disease Screening

\$35 SJHS Employee/Volunteer
\$40 YMCA Member
\$45 Non-YMCA Member

Peripheral vascular disease, or PVD, is a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged, interfering with the normal flow of blood. We are offering the most common test called the ankle-brachial index (ABI), which is a painless non-invasive exam used to measure the ratio of blood pressure in the feet and arms.

Total Cholesterol & HDL Reading

No Fasting Required
\$15 SJHS Employee/Volunteer
\$20 YMCA Member
\$25 Non-YMCA Member

Cholestech's LDX System uses a single drop of blood on a disposable test cassette and takes just five minutes to generate a lab-accurate, comprehensive measurement of a patient's cholesterol levels. A consultation of your results will be provided.

Wise & Well H²O Warm Water Pool

Mondays/Wednesdays/Fridays
1:30-2:30 pm & 2:30-3:30 pm
@ Beaumont
\$35 monthly fee
MINIMUM 11 PARTICIPANTS

A water fitness class for seniors (age 50 and over). It is designed for various levels of fitness and health. Great for those with arthritis, joint replacement(s) and fibromyalgia. This low impact class is fun and easy on the joints.

Sleep Screening

Cost: \$10

In this session you will learn how sleep loss affects us. You will also learn some appropriate interventions that can be done to improve your sleep.

A screening for sleep disorders will be completed.



Personal Health Report

Cost: \$18

Receive a personalized health report based on your individual test results or risk factors. Report will be mailed to your home approximately three weeks after your visit to the Healthy Living Center and includes healthy lifestyle suggestions based on your screening results.



One-on-One Nutrition Consultation

Fee for a 60-minute session:
\$30 SJHS Employee/Volunteer
\$40 YMCA Member
\$55 Non-YMCA Member

Fee for 30-minute session:
\$20 SJHS Employee/Volunteer
\$30 YMCA Member
\$45 Non-YMCA Member

Sit down with our registered dietitian and let her answer your nutrition questions. A nutrition evaluation with an individual assessment and diet plan will be provided. Please call the Healthy Living Center at 859.219.0530 to make an appointment.



Ask the Nurse & Ask the Dietician

Please call 859.219.0530 for dates and times.



Prospering with Diabetes

Tuesdays/Thursdays/Saturdays
9-10 am @ Beaumont
\$35 monthly fee
NEW EVENING CLASS:
Mondays/Wednesdays/Fridays
5-6 pm
\$30 SJHS Employee
\$35 Beaumont YMCA Members
MINIMUM 8 PARTICIPANTS

This exercise program is designed specifically for patients with diabetes. The class includes a pre- and post-blood pressure and glucose monitored reading which is recorded and kept on file for all participants to take to his or her physician. The program helps diabetics control blood sugar levels through proper exercise and strength training. The Healthy Living Center also works with the Saint Joseph Diabetes and Nutrition Center to educate patients on how to control and live with diabetes.

I'm Exercising for Two

Tuesdays/Thursdays
3:45-4:45 pm @ Beaumont
\$35 monthly fee
MINIMUM 6 PARTICIPANTS

This is a prenatal water exercise class designed for women to maintain their physical fitness levels throughout their pregnancy. This energetic, water fitness class will keep you in shape and provide a social support environment during your time of pregnancy that will enhance your workout experience even more.

Childcare is available through the YMCA.

