

Live Well



CHELSEA COMMUNITY HOSPITAL
SAINT JOSEPH MERCY HEALTH SYSTEM

Community Health and Wellness Programs offered by Chelsea Community Hospital

www.cch.org

Visit us at
www.cch.org/events

Visa, Mastercard and
American Express are accepted



Babysitter Training

American Red Cross Course for 11-15 year-olds includes First Aid and CPR skills.
Saturdays, Jan. 14 or Mar. 10
9 a.m.-3:30 p.m.

(Bring a lunch and drink)

CCH, White Oak Center Great Room

Fee: \$85

Call 734-475-4103 to register

Healthy Communities Walking Program



For residents of Chelsea, Dexter, Grass Lake, Manchester and Stockbridge Provides motivation and support to people who want to get moving toward better health. Pedometer, walking log/journal, small rewards, monthly group walks and ongoing support included. Start walking and start your new year today!

Contact: Sheri Montoye 734-475-6121
or montoyes@cch.org

American Heart Assoc.

New! Heartsaver CPR and AED are now available online! See www.cch.org

• **Adult /Infant/Child CPR**
for lay responders

(Tuesdays) Jan.24, Feb. 21, Mar. 20
6-9 p.m.

Fee \$49/Recertification \$40

All Classes held at CCH
White Oak Center Great Room

Call 734-475-4103 to register

• **Basic First Aid**

Thursday, Feb. 2, 6-9 p.m.

Fee: \$42/ Recertification \$33

CCH White Oak Center Atrium Room

Call 734-475-4103 to register

Senior Supper Club

Speaker (free)

Presentation begins at 4 p.m.

Supper 5 p.m. (\$6)

• **Jan. 10 - Diabetes and Endocrinology**
Kim Campbell, RN & Anita Repp, MD

Learn the most up to date information about Diabetes and meet Chelsea's first Endocrinologist.

• **Feb. 14 - "The Benefits of Group Travel for Seniors: Safety and Friendship"**

The Chelsea Senior Center Travel Committee will present safety tips for travelers, photos from past trips and information on upcoming trips. There's an adventure for everyone!

• **March 13 - Chelsea House Orchestra**

Come and hear lively performance of Celtic tunes followed by a corn beef and cabbage dinner.

CCH Main Dining Room

Call 475-3913 to register

Sanchin-Ryu Self Defense/Karate

A non-competitive martial art that instructs physical and mental techniques to enhance coordination, self-confidence and self-defense awareness.

Wednesdays:

• **Session 1: Jan. 18-Feb. 29**

• **Session 2: Mar. 7-Apr. 18**

Sanchin-Ryu for:

• **Kids (K-8) 6-7 p.m., \$25**

• **Families 7-8 p.m., \$50**

• **Teens and Adults (14+) 8-9 p.m., \$25**

Chelsea Community Hospital

White Oak Center Great Room

Call 734-475-4103 to register

"Look Good... Feel Better"



American Cancer Society Program

Certified cosmetologists help female cancer patients improve their appearance. Learn how to disguise hair loss and receive a make-up kit.

Last Monday of every month, 1-3 p.m.

CCH White Oak Center Atrium Room

Registration required: 800-227-2345

LifeLine

An in-home personal response service.

Call 734-475-4074 for information

Diabetes Share Group

2nd Monday of the month, 3-5 p.m.,

CCH White Oak Center

• **Jan. - Kim Campbell:**

"New Years Resolutions"

• **Feb. - Kim Campbell:**

"Heart Smart Month"

• **Mar. - Emily Nease:**

"Nutrition Month"



Improving Your Memory:

A Course for Older Adults

Wednesdays, Jan. 18-Feb. 8, 2-4 p.m.

A fun, informative class for people experiencing age-related memory changes.

CCH Behavioral Health Services Clinic

- **Clocktower Commons**

(Downtown Chelsea)

Fee: \$50

734-475-4103 to register



Bottom Line on Kegels

Learn exercises and tips on how to control or stop urinary leakage.

Feb. 8, 2:30-3:30 p.m.

Chelsea Wellness Center Conference Room

Instructor: Pam Bennett

To register call 734-475-4103

LiveWell Programs Continued

Support Groups:

- **Chelsea Brain Injury Support Group**
For survivors, families, and friends
Wednesdays, 1-2 p.m.
CCH Woodland Rooms
Call 734-475-4138 for information
- **Chemical Dependency Treatment**
800-328-6261
- **Alcoholics Anonymous**
Open Meeting, Sundays, 7-8 p.m.
CCH Main Dining Room
- **Sunshine Group**
Tuesdays, 9-10 a.m.
CCH Outpatient Behavioral Health
- **Narcotics Anonymous**
Wednesdays, 7-8 p.m.
CCH Private Dining Room B
- **Second Chance**
Fridays 9-10 a.m.
CCH Outpatient Behavioral Health
- **Al-Anon Only**
Fridays, 12:30-2 p.m.
CCH White Oak Center Atrium
Call 734-475-6051 for information

Chelsea Stroke Support Group



11 a.m.-12 p.m. first Thursday of the month
Chelsea Community Hospital, PDR B
New and longer-term survivors and their families/caregivers meet for friendship, support, and education in a light-hearted atmosphere. In addition to focused discussions, we hold parties, picnics, dine out, and have scheduled speakers on the topics at the request of members.
Janice Collins Shamraj, CTRS
Call 734-475-1064 to register

“I Can Cope” Cancer Support Group



Free support group for cancer patients and their loved ones and friends. Participants do not have to come every week.
Free yoga class immediately following.
Mondays, Jan. 11- Apr. 11 (14 weeks)
4:30-5:30 p.m.
Chelsea Wellness Center
Conference Room
Register by calling 800-227-2345

Guiding Good Choices

A free adult education program sponsored by SRSly and the Chelsea District Library for parents of 9-14-year-olds, proven to reduce youth drinking and drug use. Five weekly two-hour workshops led by trained presenters cover communication, strengthening bonds with kids, teaching them refusal skills, and empowering them to make independent responsible decisions.
Childcare available upon request.
Tuesdays, Jan.11-Feb. 8, 6-8 p.m.
Chelsea District Library
Please register at 734-475-8732



Public Lecture Series

- **“Staying Well Through the Winter: Learn about Seasonal Affective Disorder”**
Feb. 13, 7-8 p.m.
Frank Pavlovic, MD, CCH Behavioral Health
Discussion on this common disorder and a variety of treatments and tactics for beating wintertime blues.
- **“Skin Cancer and Prevention”**
March 8, 7-8 p.m.
Angela Rondina, MD, Chelsea Dermatology
An informational session about common types of skin cancer; skin cancer detection, diagnosis and treatment; skin cancer prevention; and discusses Vitamin D.



Both lectures are held in the Chelsea Wellness Center Conference Room.
Registration is requested by calling 734-214-0220.

SRSly Coalition Meetings

Open to adults and youth ages 10 and up who want to make a difference in their Community, and help prevent destructive behavior in youth.

Thursdays

- Jan. 12: 6:30-8 p.m.
Chelsea District Library
- Feb. 2: 3:15-4:45 p.m.
Beach Middle School
- Mar. 1: 6:30-8 p.m.
Chelsea District Library

Visit www.srslychelsea.org for more info.

Chelsea Wellness Center Classes

Registration required for all classes.
www.chelseawellness.org
or call (734) 214-0220
**Chelsea Wellness Center Members*

- **Gentle Yoga - Natalie Nirdlinger**
Mondays, 4:30-5:30 p.m. and 5:30-6:30pm
Session 1: Jan. 2-Feb. 20
Session 2: Mar. 5- Apr. 23
Fees: \$56, \$50 (55+), *Members \$39
- **SOS Stretch Out Stress Yoga - Natalie Nirdlinger**
Fridays, 10:15-11:30 a.m.,
Session 1: Jan.6-Feb.24
Session 2: Mar.9-Apr.27
Fees: \$72, Seniors \$65, *Members Free
- **Pilates Healthy Spine Intro Class - Gwyn Jones**
Jan.16, 10:30-11:30 a.m.
Free. 10-person maximum.
- **Pilates Healthy Spine Program - Gwyn Jones**
Mon/Wed, 10:30-11:30 a.m.
Jan. 23-Feb. 29
Fee: \$160
- **Tai Chi - Greg Knollmeyer**
Tuesdays, 4:30-5:30 p.m.
Session 1: Jan. 3- Feb. 21
Session 2: Mar. 6- Apr.24
Fees: \$80, Seniors \$72, *Members \$56
- **Aquacize with Arthritis - Gina Frankhart/Stacy Sheets**
Wednesdays, 12-1 p.m.
Session 1: Jan. 4- Feb. 22
Session 2: Mar. 7- Apr. 25
Fees: \$64, Seniors \$58, *Members Free
- **Line Dancing - Susan Bauer**
Tuesdays, 1-2 p.m.
Session 1: Jan. 3-Feb. 22
Session 2: Mar. 6-Apr. 24
Fees: \$56, Seniors \$50, *Members Free
- **Zumba - Jeanna Ruikka/Dawn Lyons**
Session 1: Wednesdays, 9:30-10:30 a.m., Jan. 4-Feb. 22; or Fridays, 9:15-10 a.m., Jan. 6-Feb. 24
Session 2: Wednesdays, 9:30-10:30 a.m., Mar. 7-Apr. 25; or Fridays, 9:15-10 a.m., Mar. 9-Apr. 27
Fees: \$56, Seniors \$50, *Members free