

# Wellness Classes

## SEPTEMBER-DECEMBER 2009

*To register for classes at Borgess-Pipp Hospital visit [BorgessPipp.com](http://BorgessPipp.com) or call 685.0723 unless otherwise noted.*

### Better Breathers Club

This monthly meeting provides free educational support for anyone who is concerned about living with chronic lung diseases, such as asthma, emphysema or persistent bronchitis. For more information, call 685.0787.

3rd Tu of each month, 10-11:30 a.m.  
Baraga Manor, Otsego

### Blood Pressure Screening

Have your blood pressure checked for free in our Cardiovascular Health Department at Borgess-Pipp Hospital.

### Cholesterol Screening

Make an appointment for a cholesterol screening and receive your results the same day. Two testing options: total cholesterol, HDL, LDL and triglycerides \$22; add blood sugar test for a total of \$25.

### “Just Ours” Breast Cancer Support Group

The “Just Ours” Breast Cancer Support Group provides an environment where hopes, fears and triumphs can be expressed with women who have experienced breast cancer and its challenges. The “Just Ours” Breast Cancer Support Group also provides support, information and affirmation.

### Lifetime Fitness

An ongoing exercise program that offers a low or no-cost fitness class taught by certified fitness instructor. The classes include aerobics, strength training, stretching, and balance exercises. The program is safe and effective for participants with a wide range of physical disabilities.

### Borgess-Pipp Wellness

This grant funded program staffed by an RN will provide a personalized wellness plan, counseling, encouragement, training, and support in self-management of chronic conditions. Adults of any age with a chronic condition or health risk are eligible to enroll.

### Smoking Cessation

Each person is unique and his/her approach to quitting tobacco will be too. Call today to find out how our smoking cessation specialist can help you become smoke-free. This grant funded program is offered at no charge.

### Diabetes Support Group

The Borgess Diabetes Department facilitates this free support group. Topics include diet concerns, glucose meters, foot and eye care, along with information to help you control your diabetes.

2nd Thu of each month, 2-3:30 p.m.

### Borgess-Pipp Wellness Support Group

Guest speakers facilitate this monthly support group. Educational topics cover a wide variety of health information to enhance your health and wellness knowledge.

1st Thu of each month, 1-2 p.m.

**BORGESS**  
Pipp Hospital



To register, visit [BorgessPipp.com](http://BorgessPipp.com) or call 269.685.0723.