



Group Acupuncture Expands Healing Options

Though it originated in China thousands of years ago, acupuncture has grown increasingly popular as a healing therapy in the United States during the past few decades. At the Penny George Institute for Health and Healing, the ancient therapy has been offered by licensed acupuncturists since the Institute was founded in 2003.

In addition to one-on-one acupuncture sessions, the George Institute now offers group

acupuncture for joint replacement patients during their hospital stay and for individuals seeking acupuncture treatments at the Outpatient Clinic.

INPATIENT GROUP ACUPUNCTURE

In July the George Institute started an inpatient group acupuncture program for patients undergoing joint replacement surgery at Abbott Northwestern's Joint Replacement Center.

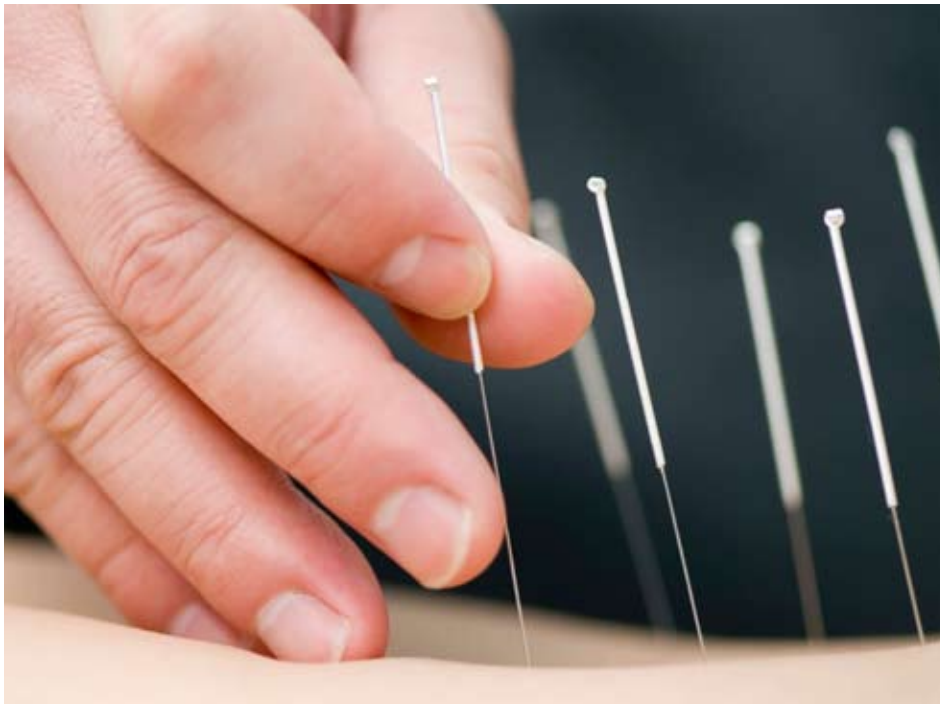
Weiss, PhD, LAc. "The purpose is to help reduce pain, control nausea, improve relaxation and help patients mobilize their own innate healing powers."

Patients receive group acupuncture in the physical therapy rooms, conveniently located on the orthopaedic station. Each patient's health history and symptoms are reviewed in detail by Weiss. Then, for 25 minutes, they receive an acupuncture treatment. Pain, nausea and other symptoms are measured before and after treatments. "For hospitalized patients undergoing joint replacement surgery, group acupuncture makes perfect sense," explained Lori Knutson, RN, BSN, HNC, executive director of the George Institute. "We are able to maximize the benefits while using our resources and patients' time wisely."

Feedback from patients has been extremely positive, according to Stephanie Berg, RN, joint care coordinator for Abbott Northwestern's Joint Replacement Center. "The acupuncture helps our patients by calming their anxiety levels as well as promoting relaxation and rest during their hospital stay."

Physicians and health care professionals will be monitoring the effectiveness and outcomes of the group acupuncture treatments closely. "As a surgeon, I am always striving for ways to reduce pain levels for our joint replacement patients and speed their recovery," said Scott

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The program was initiated at the request of orthopaedic surgeons who perform hip and knee joint replacement surgeries at the hospital. "These physicians have been interested in having acupuncture available for their patients as a routine part of their post-operative care," said acupuncturist Pamela



**Penny George Institute
for Health and Healing**

BODY IN BALANCE

LiveWell Fitness Center's Program Addresses the Importance of Posture for Good Health



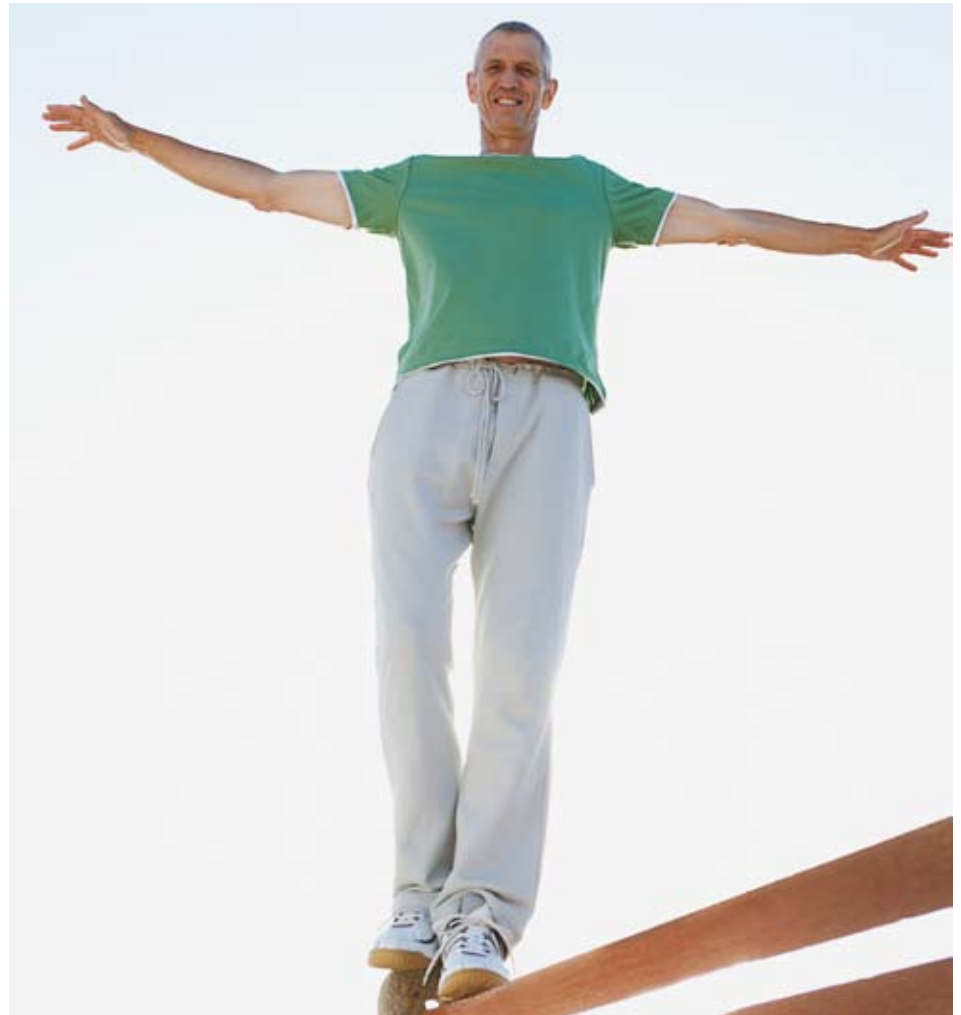
According to fitness experts, the vast majority of Americans have posture issues that may lead to pain, weakness and back problems. People who sit for the majority of their work day spend more than 1,500 hours each year in a sitting position, which is one of the most common occupational hazards we face.

Good posture is much more than sitting up straight or not slouching while standing. Proper posture takes tremendous stress and strain off our bones, muscles, joints, lungs and other internal organs, which often results in reduced pain, better balance and improved coordination. Research has even shown that an improvement in posture can make people appear to be 10 pounds leaner.

The LiveWell Fitness Center offers an individualized program for posture enhancement. The Body in Balance program focuses on core strength and posture training through an individualized consultation, assessment and follow-up program designed to achieve optimal body posture.

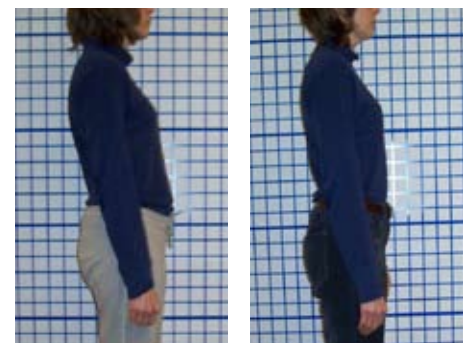
"Everyone can benefit from improving their posture," explained Sue Masemer, manager of the George Institute's LiveWell Fitness Center and Minnesota's representative for the Medical Fitness Association. "Taking a proactive stance to improve one's posture can help avoid aches, pains and many other issues related to weak or tight muscles and a body that's out of balance."

The individualized program includes a 90-minute initial consultation and assessment with a physical therapist. A full health history and body assessment will be completed to evaluate posture, functional movement, flexibility and core strength. The physical therapist will develop an individualized exercise program based on the assessment. The program also includes three 30-minute follow-up sessions and three 20-minute independent Wii™ Fit sessions for participants to practice their posture, balance and core activities with visual feedback—and have a little fun at the same time.



"Participants in this program range from competitive athletes who are seeking performance benefits to stroke patients who have gone through a traditional physical therapy program and desire continued rehabilitation," said Masemer. "This program helps people feel stronger, improves confidence and balance, and offers participants a customized program to continue independently at their own home or gym." The cost of the Body in Balance program is \$169 for all sessions.

To register or learn more, call the LiveWell Fitness Center at 612-863-5178.



The photos above were taken before and after a client completed the LiveWell Fitness Center's Body in Balance program. Balanced posture reduces stress and pain, improves balance, and helps people look and feel their best.

SPECIAL EVENTS

The Art of Healing Program

The George Institute's Art of Healing Program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. The program includes visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

Visual Arts Exhibit Calendar

Each month a new local artist is chosen to display work at the George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibits and opening receptions are free and open to the public. Exhibits may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday, 8 a.m. to 4:30 p.m.

OCTOBER-NOVEMBER EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, Oct. 9, 6-8 p.m.

Abbott Northwestern Hospital, Lower Level
(by LiveWell Fitness Center)
Photographs by Gail Murton

George Institute's Outpatient Clinic
(SE corner of 28th and Chicago)
Textiles by Kit Eastman

DECEMBER-JANUARY EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, Dec. 4, 6-8 p.m.

Abbott Northwestern Hospital, Lower Level
(by LiveWell Fitness Center)
Drawings by Marilyn Cuellar

George Institute's Outpatient Clinic
(SE corner of 28th and Chicago)
Mixed media by Robin Taple

Related healing art programming

MOVEMENT FOR HEALTHY JOINTS—ROSEN METHOD MOVEMENT

These classes, developed by Marion Rosen, PT, are about being aware of your body moving, feeling your body moving and relaxing your body as it moves. We will move all the joints of the body in easy, fun and simple ways designed to lubricate the joints, relax the muscles and allow more ease in breathing. We use music to help us move and to feel ourselves in the movements. By moving together as a group we offer each other support and community.

Marjorie Huebner, Rosen Movement teacher

Series of four classes—Thursdays, 7-8 p.m.

Nov. 17-Dec. 8

\$59

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

Kim Donley, MS, MT-BC, instructor

Mimi Lindell RN, HN-BC, CHTP, instructor

Thursdays, 7-8 p.m.

Oct. 15, Nov. 19 and Dec. 17

\$10

Yoga

THERAPEUTIC YOGA

Anyone can do yoga. Yoga is a wonderful aid to healthy living, and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga can also be used to support the healing process in a variety of ways. Among other health issues, yoga can be of help to people who are experiencing low back pain, living with neurological disorders or fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. To make an appointment, call 612-863-3333.

CHAIR YOGA

In this six-week class, learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

Megan Hatch, CYT, instructor

Mondays, 4:30-5:30 p.m.

Series starts Nov. 2 (no class Nov. 9)

\$89

BEGINNING GENTLE YOGA

In this eight-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

Megan Hatch, CYT, instructor

Wednesdays, 5-6:15 p.m.

Series starts Oct. 21 (no class Nov. 25)

\$109

Other Classes

INTEGRATIVE MEDICINE LECTURE SERIES

Join us for a series of lectures led by Gary Carlson, MD, a physician on staff at the Penny George Institute for Health and Healing, board certified in family medicine, holistic medicine and in medical acupuncture. Each offering in this series is a self-contained lecture, followed by a brief question and answer period. You can attend any one or combination of lectures; however the classes will build on each other and reinforce key concepts.

Oct. 15—A Holistic Approach to Individual Health

This is the beginning lecture of a nine-part series. The emphasis will be on self care, prevention and using complementary and alternative therapies as well as functional medicine concepts.

Oct. 22—Food as Medicine I

We will discuss the basic food groups, the different types of diets and how food acts as an "information molecule."

Oct. 29—Food as Medicine II

Now that you know what to eat, learn how to stick to it. We will explore the psychology of eating using the best-selling book, *The End of Overeating*, as a resource.

Nov. 5—Food as Medicine III

Explore how to maximize your digestive system and minimize dysbiosis (poor GI bacteria health). Learn the four Rs of the digestive system: remove those things causing harm or irritation, replace with enzymes or acids, re-inoculate with healthy bacteria, repair the mucosal layer.

Nov. 12—Detoxification—Learn how your body rids itself of toxic elements, how you can maximize this process and minimize toxic ingestion in the first place.

Nov. 19—How the Body Responds to Stress—Take a look at the body's flight, fight or freeze response and how it contributes to both acute and chronic disease. The relaxation response will then be taught to help counteract the negative effects of stress.

Dec. 3—Psychoneuroimmunology—Discover how your mind and personality affect your immune system and ultimately your health.

Dec. 10—Exercise as Medicine—This class will explore strength, endurance, flexibility, balance and body awareness as they contribute to improvement in health and overall well-being.

Dec. 17—Vitamins and Supplements—Which vitamin(s) and supplements should you be taking? How do you know if the company that makes them is any good? We will finish by discussing different medical problems like depression, fatigue, etc. and what specific supplements may be helpful.

All classes meet Thursdays, 4:45-5:45 p.m.
\$15 each or register for all nine and receive a 10 percent discount
30 participants maximum
1 CEU per lecture

MINDFULNESS-BASED STRESS REDUCTION

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

\$300 plus approximately \$45 for books and tape available at the class

Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

Scott Cruse, LICSW, instructor
Mondays starting Oct. 5, 6-8:30 p.m., plus
Saturday, Nov. 14, 9 a.m.-4 p.m.

TRANSFORMING SHAME WORKSHOP

Shame is a familiar emotion to most people, yet it is an emotion most people try to avoid or deny. When

we begin to understand that the emotion of shame has a biological component called "affect" as well as a biographical component, the opportunity for transformation arises. Becoming familiar with that biology can make shame a normal occurrence and not a feeling to resist. When shame is embraced and understood, resistance melts, creativity soars and life unfolds in powerful ways. Through mind-body explorations led by a physician and an authorized Continuum Movement teacher, you will gain mastery to overcome self-defeating talk, relationship challenges and communication difficulties.

Please bring: soft blanket and pillow for comfort, water bottle, journal and pen, light lunch or snack, photo of yourself as an infant or toddler.

Mark Hoch, MD, and Kathy Jennings
Saturday, Oct. 3, 11 a.m.-5 p.m.
\$95

PREGNANCY AND CHILDBIRTH: A MIND, BODY, SPIRIT APPROACH

Session I: Pregnancy and Initiation to Motherhood

Session II: Childbirth and Transformation to Parenthood

This class will highlight the integral roles of the mind, body and spirit in pregnancy, birth and parenthood. Topics will include the use of relaxation techniques, art care, acupressure points, massage, aromatherapy, imagery/visualization and affirmations. Through creative activities this class will also acknowledge the transformations and rites of passage which unfold during the childbearing year. Pregnant women, their partners and other support people are invited to participate.

Mollie O'Brien, MA, NCTMB, RPA and Zena Kocher, LAC, MOm, instructors
Thursdays, Oct. 29 and Nov. 5, 6:30-8:30 p.m.
\$39 for both sessions

TAI CHI

Tai Chi is practiced throughout the world to improve health and agility. A study has shown that people over the age of 60 and well into their nineties who practice Tai Chi are 80 percent less likely to lose their balance and fall. This class will focus on the "short form" of 32 postures and is intended to assist individuals in starting a home practice. The instructor, John Falls, has recently reinitiated his own home practice after studying Tai Chi with local masters off and on over the last 25 years. Using a DVD created by Master Terry Dunn, students will learn one to three postures per night. After each posture is gone through several times, the instructor will help individuals move into the balance and fluidity of each posture. Come learn Tai Chi in a playful, compassionate and non-demanding environment.

John Falls, LAC, instructor
Series of four sessions—Mondays, Dec. 7-28,
6-7 p.m.
\$49 (DVD available for purchase separately)

EMBODIED IMAGINATION

Embodied Imagination is a therapeutic and creative form of working with dreams and memories pioneered by Robert Bosnak and based on principles first developed by Carl Jung and James Hillman. The technique has been used individually and in groups in fields as diverse as medicine, research and the arts (including use as a rehearsal method by the Royal Shakespeare Company in Stratford-upon-Avon and the Bell Shakespeare Company in Sydney). The instructor will share how, using the Embodied Imagination process, images from dream and memory are explored and new awareness developed.

Sheila Asato, MA, instructor—board member of the International Association for the Study of Dreams
Thursday, Oct. 22, 7-9 p.m.
\$20

PAIN AND DREAMING

In a multi-media presentation based on a talk first given at the 2009 annual conference for the International Association for the Study of Dreams, the instructor will share research and personal examples to illustrate the relationship between pain and dreams. Not only does pain show up in dreaming, but art and dream-based work like Embodied Imagination can lead to insight and healing. After the presentation, the instructor will facilitate a discussion on pain, dreaming and creativity with participants.

Sheila Asato, MA, instructor—board member of the International Association for the Study of Dreams
Tuesday, Nov. 10, 7-9 p.m.
\$20

DREAMING FOR HEALTH AND CREATIVITY

Dreaming is a fundamental part of being human. Since ancient times, dreaming has been regarded as a source of healing and creative inspiration. In the first half of this presentation, the instructor will introduce the ancient art of dream incubation and explore its connection to western medicine, as well as show how people continue to use dream incubation today for creative problem solving and personal enrichment. In the second half of this session, participants will be led through a simple dreamwork process.

Sheila Asato, MA, instructor—board member of the International Association for the Study of Dreams
Monday, Nov. 30, 7-9 p.m.
\$20

COUPLES MASSAGE

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

Kate Darkstar, NCTMB, and Ann Stocker, NCTMB, instructors
Tuesday, Dec. 15, 6:30-9 p.m.
\$60 per couple

SLEEP WELL

Sleep has a profound impact on our health and well-being. Join our nutritionist, yoga therapist and a traditional Chinese medicine provider to explore ways your sleeping patterns affect your health. Learn multiple strategies to improve sleep.

Carolyn Denton, MA, LN; Jennifer Blair, LAc, MOm; and Megan Hatch, CYT
Thursday, Oct. 1, 6-7:30 p.m.
\$20



Transforming Health Care Practice

A Series of Classes for Health Care Professionals

This series of classes will inform and transform your health care practice by expanding your patient interventions to include integrative therapies.

By the participating in this class, the health care practitioner will:

- describe the scope, purpose and methods used in the specific integrative modality being taught
- demonstrate basic skills in the use of the modality in patient care
- identify sources of evidence for the practice being taught.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Participants can earn up to 3.25 nursing contact hours. Individuals representing other professional disciplines may submit course materials to their respective professional associations for 3.25 hours of continuing education credit.

MASSAGE & ACUPRESSURE

This course will emphasize how the impact of touch is necessary on the health and well-being of humans. The class will discuss the evidence for the multiple outcomes of massage including comfort, caring, pain and stress reduction. This experiential class will introduce simple, easy-to-use massage techniques and identify benefits and uses. This course will also introduce you to the basic use of the traditional Chinese medicine technique of acupressure for common health concerns of patients and yourselves. Using acupressure, we can treat symptoms and help restore health.

Jayson King, BS, RN, NCTMB, HN-BC, and Pam Weiss, PhD, MPH, BSN, RN, LAc, DiplAc, Instructors
Friday, Oct. 9, 8:30 a.m.-12 p.m.
\$90

KOREAN HAND THERAPY

Korean Hand Correspondence Therapy can be used as a non-invasive treatment for pain. Based in the theories of traditional Chinese medicine, this class will teach you the basic skills to use the hand as a body map, to locate painful areas and to treat pain using special hand beads to improve the free flow of energy and instantly reduce pain.

Pam Weiss, PhD, MPH, BSN, RN, LAc, DiplAc, instructor
Friday, Oct. 9, 1-4:30 p.m.
\$90

CLINICAL AROMATHERAPY

In this engaging class you will acquire a clear understanding of essential oils and the clinical applications of their use. The instructor will describe the science of the oils by explaining their chemical composition. By the completion of this class, you will be able to identify the safety measures for application of the oils, the relationship of the chemistry of the essential oils to their therapeutic properties. Students will experience the effect of the oils on themselves and identify as a self care tool.

Mary Ellen Kinney, BA, RN, HN-BC, CPCA, instructor
Friday, Oct. 16, 8:30 a.m.-12 p.m.
\$90

GUIDED IMAGERY

Imagery is the language for communication between our minds and bodies. Current research has demonstrated that guided imagery can be used to promote relaxation, well-being and creativity, and support the body's innate healing abilities. Using lecture, experiential exercises and group discussion, this class will include a brief overview of imagery's use throughout history, the scientific understanding of its effectiveness. Basic techniques will be taught and practiced.

Debbie Smith, MA, RN, HN-BC, CHTP, instructor
Friday, Oct. 16, 1-4:30 p.m.
\$90

CARING FOR SPIRITUALITY

This class will explore the thesis that spirituality is the foundation for the health care professionals' practice. The concepts of applied spirituality will be examined as an interpersonal and intrapersonal process. The health professional will learn ways to explore spirituality in ways that improve the health and well-being of the clients and of themselves.

Doug Dandurand, PhD, spiritual coach
Friday, Nov. 6, 8:30 a.m.-12 p.m.
\$90

THE HEALING ENERGIES OF MUSIC

We are surrounded by sound. Whether or not we have chosen it, we still respond to it on many levels. In this presentation, we will explore the effects of sound and music on all parts of our being (physical, cognitive, existential, emotional and spiritual). Skills to intentionally choose music/sound in our environments to elicit certain responses will be taught.

Kim Donley, MS, MT-BC, instructor
Friday, Nov. 6, 1-4:30 p.m.
\$90

HEALTHY SELF: FOOD AS INFORMATION

This course will broaden your knowledge of nutrition beyond the science of calories, grams and fat. You will learn how food affects the body and health, exploring the concept of food as information. The focus will be on which foods to include in the diet and why, with discussion of related topics such as phytonutrients, fats, inflammation...and yes, the benefits of chocolate.

Carolyn Denton, MA, LN, instructor
Friday, Nov. 13, 8:30 a.m.-12 p.m.
\$90

MEDICAL FITNESS

The course will explore how exercise affects the body's physiology through the basic fitness components of cardiovascular exercise, body composition, flexibility, balance and strength. The many benefits of exercise in preventing chronic disease and as a powerful complement to traditional medical interventions will be identified. Learn how to play an integral role in educating your patients about "medical fitness" and learn important self-care practices. You will learn basic concepts of appropriate exercise programming, contraindications, risk stratification and how exercise is beneficial for various health concerns.

Sue Masemer, MS, exercise physiologist, instructor
Friday, Nov. 13, 1-4:30 p.m.
\$90

All classes will be held at the George Institute's Outpatient Center on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

Group Acupuncture continued

Anseth, MD, orthopaedic surgeon with Orthopedic Medicine and Surgery, a division of Twin Cities Orthopedics, PA, and medical director of Abbott Northwestern's Joint Replacement Center. "Acupuncture appears to be another tool that we can use to improve the quality of care that our patients receive during their hospital stay and recovery."

OUTPATIENT CLINIC GROUP ACUPUNCTURE SESSIONS

Group acupuncture is now available at the George Institute's Outpatient Clinic each Wednesday evening from 6:30 to 8:30 p.m. Patients are treated in a common space and group environment that promotes community and builds on the experiential healing experience. "Our intent is to create accessibility for acupuncture," explained Knutson. "The group setting creates a sense of community within an individual's circle of treatment."

Johns Falls, LAc, acupuncturist and traditional Chinese medicine practitioner, find similarities in the group acupuncture to a yoga practice. "Doing yoga alone or at home is certainly beneficial," stated Falls. "But in a group environment, there is an opportunity to deepen



Practitioners with the George Institute view acupuncture as an integrative therapy that is used in combination with other traditional medical therapies.

your practice through community support. The same holds true for group acupuncture."

According to Falls, typical candidates include those suffering from stress, side effects of cancer therapies including chemotherapy, insomnia,

recurrent common colds, menstrual disorders, pain issues, infertility, chronic fatigue syndrome, fibromyalgia and addiction concerns including weight issues and smoking. Practitioners with the George Institute view acupuncture as an integrative therapy that is used in combination with other traditional medical therapies.

During the session, patients are seated in comfortable, reclining lounge chairs in the Outpatient Clinic's studio room. After an individual assessment, the acupuncturist inserts extremely thin needles into specific points on the body to relieve pain or for therapeutic purposes. "The environment is relaxing, respectful and meditative," said Falls. "Benefits from acupuncture include increased balance and harmony in one's life, relief from pain and a higher-functioning body."

An additional benefit of group acupuncture is affordability. The first group acupuncture session is \$30 and following 45-minute to one-hour sessions are \$20. "The reduced cost allows people access to acupuncture at a reasonable fee," said Knutson.

To make an appointment for a group acupuncture session at the George Institute's Outpatient Clinic, call 612-863-3333.

Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form below and mail or fax with your payment to the George Institute. You may also register and pay by phone.

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.



Registration Form



Penny George Institute
for Health and Healing

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

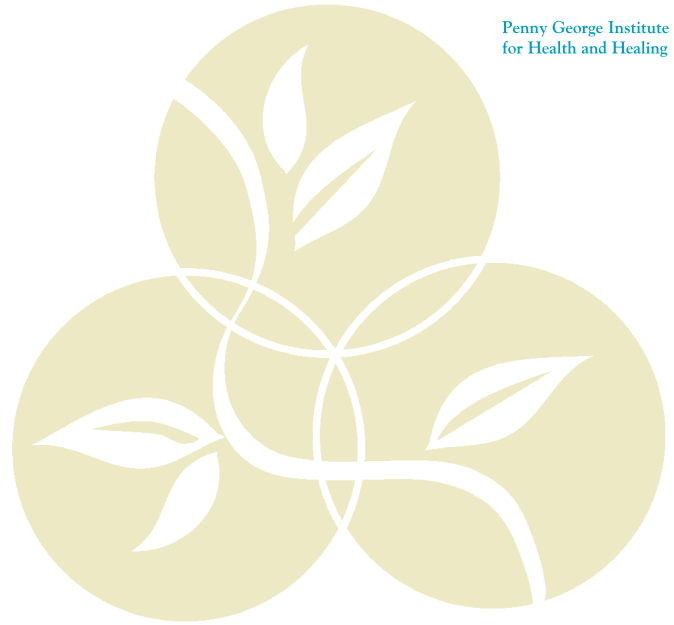
Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.



Movement for Healthy Joints starts Nov. 17 (\$59)

Drum Circle Oct. 15 (\$10) Nov. 19 (\$10) Dec. 17 (\$10)

Chair Yoga starts Nov. 2 (\$89)

Beginning Gentle Yoga starts Oct. 21 (\$109)

Integrative Medicine Lecture Series

Oct. 15—A Holistic Approach to Individual Health

Oct. 22—Food as Medicine I

Oct. 29—Food as Medicine II

Nov. 5—Food as Medicine III

Nov. 12—Detoxification

Nov. 19—How the Body Responds to Stress

Dec. 3—Psychoneuroimmunology

Dec. 10—Exercise as Medicine

Dec. 17—Vitamins and Supplements

(\$15 each or register for all nine and receive at 10 percent discount)

Mindfulness-Based Stress Reduction starts Oct. 5 (\$300)

Transforming Shame Workshop Oct. 3 (\$95)

Pregnancy and Childbirth: A Mind, Body, Spirit Approach

Oct. 29 and Nov. 5 (\$39)

Tai Chi starts Dec. 7 (\$49)

Embodied Imagination Oct. 22 (\$20)

Pain and Dreaming Nov. 10 (\$20)

Dreaming for Health and Creativity Nov. 30 (\$20)

Couples Massage Dec. 15 (\$60 per couple)

Sleep Well Oct. 1 (\$20)

CLASSES FOR HEALTH CARE PROFESSIONALS

Massage & Acupressure Oct. 9 (\$90)

Korean Hand Therapy Oct. 9 (\$90)

Clinical Aromatherapy Oct. 16 (\$90)

Guided Imagery Oct. 16 (\$90)

Caring for Spirituality Nov. 6 (\$90)

The Healing Energies of Music Nov. 6 (\$90)

Healthy Self: Food as Information Nov. 13 (\$90)

Medical Fitness Nov. 13 (\$90)

**Penny George Institute
for Health and Healing**

800 East 28th Street
Minneapolis, MN 55407

From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

LiveWell Fitness Center Classes

TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement, and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

**Fall session begins Tuesdays or
Thursdays, Sept. 22 or Sept. 24
Tuesdays, 4 to 5 p.m., or Thursdays,
noon to 1 p.m.**

**Group program: \$299 member, \$349
non-member
Individual program: \$525 member, \$559
non-member**

A Take Action II support class for individuals who have completed Take Action begins on Sept. 15 at 5 p.m. Call 612-863-5178 for more information.

W.O.W. (WORKING OUT WITH WEIGHTS)

W.O.W. is perfect for individuals who are new to strength training or anyone looking for more variety in their training program. Classes will focus on proper technique, safety and keys to successful program design. W.O.W. class includes four one-hour, small group sessions, program exercise booklet, skinfold body composition measurement, and an introduction to free weights, BOSU, body bar, balance board, machines, tubing, stability ball and proper stretching.

**Tuesdays, 4:30 to 5:30 p.m. on Sept. 8, 15, 22
and 29 or
Wednesdays, 5 to 6 p.m. on Oct. 13, 20, 27 and
Nov. 3
\$50 Member
\$70 Non-member**



LiveWell Fitness Center's Programs and Services

The LiveWell Fitness Center offers a wide array of special programs and services. Nutrition counseling, personal training, comprehensive fitness assessments, metabolism testing, body composition analysis and group fitness classes are just a few of the offerings. Call **612-863-5178** for more information.