
Overlake Hospital Medical Center - Spring 2009 Classes

Details and registration at: 425-688-5259 or www.overlakehospital.org/classes.

Classes are offered at multiple locations. Check your confirmation letter for more details. Pre-registration required.

PREPARATION FOR CHILDBIRTH

FREE weekly e-mail

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information, news and resources from Overlake's parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships and anticipating changes in the family budget. Plenty of time for questions. Refreshments served. Preregistration required. Tues., May 26, 6:30–9 p.m. FREE.

PARENTING

Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Pioneered by pediatrician Harvey Karp, MD, and taught by certified instructors. Attend during pregnancy, or until baby is 3 months old. **Sat., April 25 or May 9; 10 a.m.–noon, and June 6; 1-3 p.m.** \$60/per family.

Bringing Baby Home

Having a child is a life-changing experience. The "Bringing Baby Home" workshop is based on Dr. John Gottman's 26 years of marriage and family research, and teaches couples how to:

- Avoid marital meltdown and increase marital satisfaction
- Deal with stress and understand that it is normal when a baby arrives
- Keep dads involved in infant care
- Co-parent effectively and improve the quality of parent-infant interaction
- Better understand early childhood development

The Bringing Baby Home program is a two-Saturday workshop led by a certified instructor. **May 23 and 30 or June 13 and 20; 9 a.m. to 4 p.m.** \$150/couple.

Becoming a Love & Logic Parent

for parents of 4-year-olds to teenagers

Instructor Lisa Greene, certified parent coach and Love & Logic author will teach you how to avoid power struggles and more successfully handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering and drug/alcohol discussions. **Sat., May 2 and 16; 9 a.m.–2 p.m.** Bring

a sack lunch. \$59 per person; \$99 per couple. Additional \$10 material fee required per person or couple.

NEW! Too much of a Good Thing: Resisting Raising Children who Feel Entitled

In today's culture, it's easy for children to acquire the attitude that they are entitled to what their parents have, peers have and what the media advertises. Parent educator, Jan Faull, MEd., will show you how to:

- consider your options when children are demanding
- teach children responsibility and accountability instead of entitlement
- say 'no' in the face of negative effects of peer pressure

Children who learn to delay gratification have better long term outcomes.

Tue., June 9, 7 – 9 pm. \$30/person; \$50/couple.

Anger: Yours and Your Child's

What's a parent to do when children trigger parent's anger? Learn how to stay calm while responding to your child's anger, disappointment, sadness and frustration. Taught by parent educator, Jan Faull, MEd. **Wed., Apr. 29 and May 6; 7–9 p.m.** \$40/person; \$65/couple

BodyWorks

This ten-week program is designed to provide 9 to 13 year old girls and their parents and caregivers tools to improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. Details at www.womenshealth.gov/bodyworks. **Tue., Apr. 7 - June 9, 6:30–8:30 p.m.** FREE.

As Boys Grow Up: Aspects of Puberty, Sex Education and Relationships

Ages 10-12 and their parents. The class will focus on physical and emotional aspects of puberty including body changes, sexuality and how babies are conceived. Bridgett Blackburn, MS, Parent Educator and George Lee, Overlake Family Practitioner. Includes book and refreshments. **Thu., May 28; 6:30-8:45pm.** \$45/parent and son; \$12/additional person.

As Girls Grow Up: Follow-up Class

Ages 11 to 14 and their parents. In-depth discussion covering sensitive adolescent topics including: body image, making healthy choices, friendships and dating, and sexual activity. Girls need to have an understanding of body changes and sexual intercourse to participate fully in this class. Taught by Monica Richter, pediatrician, and Bridgett Blackburn, MS, parent educator. Snack provided. **Thu., May 21; 6:30-8:45 p.m.** \$40/parent and daughter, \$12/additional person.

Overlake Hospital is a proud sponsor of this year's **ParentMap Pathways Lecture** series, which includes:

Getting To Calm: Cool-Headed Strategies for Parenting Tweens and Teens. Dr. Laura Kastner, Tue., May 19, Meydenbauer Center, Bellevue, \$18 in advance, \$25 at the door.

To reserve your ticket or check out a complete list of all ParentMap lectures, go to www.parentmap.com/pathways or call 1-800-838-3006.

SAFETY

Infant CPR and Safety-Proofing

Infant CPR and safety tips for parents. Completion cards are not awarded in this class. Weeknights, Apr. 6, May 13, May 26 or June 2 or June 23, 6:30–9:30 p.m.; or Sat., Apr. 11, May 9 or June 13; 9 a.m.–noon. \$30.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid. Receive a two-year completion card. CPR may be taken separately. Mon., Apr. 13 & Wed., 15, 6:30 – 9:30 p.m. \$55.

Kid Safety Renewal

Update first aid and infant/child/adult CPR skills. Sat., June 27, 8 a.m.–noon. \$40.

Adult First Aid and Adult/Child CPR

First aid and adult/child (ages 1–8) CPR. This two-part class includes a book. Classes may be taken separately. Mon., May 18 and Wed., May 20, 6:30–9:30 p.m. \$55.

CPR Course for Healthcare Providers

Tue., May 12, 6–9:30 p.m. \$60.

Super Sitters: Baby-sitting Classes

For ages 11 and older. Held on Saturdays, 9 a.m.–2 p.m. at multiple locations: BCC–North Campus: Apr. 25, May 16 and June 20, 425-688-5259; Issaquah Parks: May 9, 425-837-3300; Kirkland Parks: Apr. 18 and June 27, 425-587-3336; Mercer Island Parks: May 30, 206-236-3545; Encompass (North Bend): May 30, 425-888-2777; Redmond Parks: May 2, 425-556-2300; Renton Parks: May 16, 425-430-6700. \$35 (park fees differ).

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

HEALTHY LIFESTYLES

Melanoma Monday - Free Skin Cancer Screening

Overlake Dermatologists are once again offering a free skin cancer screening. **Mon., May 4, 5:30 – 8 p.m.** Space is limited; pre-registration required. Please call 425-688-5259 for an appointment.

Brain Attack: What You Should Know about Stroke

Strokes, or Brain Attacks, kill nearly 150,000 American each year and is the leading cause of adult disability. Come hear Dr. Randi Leggett, Overlake Senior Health Internist and University of Washington Clinical Assistant Professor of Medicine, discuss what you can do to decrease your chances of Brain Attack and what symptoms to watch for. **Tue., June 2, 6:30-8 p.m. FREE**

Life Line Screening®: Know your Risk Factors for Stroke and Heart Disease

Be a part of your own personal prevention plan by evaluating your risk factors. Wellness Package includes four screenings for \$139: Carotid Artery/Stroke, Abdominal Aortic Aneurysm (AAA), Peripheral Arterial Disease (PAD) and Atrial Fibrillation. Each screening can be taken

individually; other screening tests available, call for details. **Sat., May 16, 9 a.m.-4 p.m.**
Pre-registration required; call Life Line Screening at 800-324-1851.

Take Control of Your Life (and your bladder): Managing Incontinence

If you are leaking urine when you cough, laugh or sneeze, or you have sudden urges to go to the bathroom, you are probably experiencing incontinence. Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a health care professional. Elizabeth A Miller, MD, Urogynecologist and Kathy Golic, PT, women's health specialist, will discuss the types of incontinence, and how treatments vary with individual lifestyle and personal preferences, including:

- Lifestyle changes
- Pelvic floor strengthening exercises
- Medications
- Non-surgical Devices
- Implanted Devices and Surgery Remedies

Mon., May 11, 6:30-8pm. Free

Breast Health Program

Personalized, one-hour breast self-exam instruction taught by registered nurses. Monday evening classes. 425-688-5259. FREE.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including Thu., May 7, 14 and 21 or June 4, 11 and 18, 7-9 p.m. \$89.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. Thu., Apr. 30 or June 25, 7-9 p.m. \$45.