



## Journey to wholeness and empowerment



"It's difficult to heal your body if you don't heal completely in the mind, body and spirit. I learned that for me, the key to healing is learning the balance between allowing yourself to feel what you are feeling – the grief, fear, anger, hope – and finding the gift and lesson in each illness or surgery."

### Cheryl Salter's journey to healing began when she became her own health care advocate

After a routine surgery in March 2003, Cheryl Salter knew something was seriously wrong. Far from a normal recovery, Salter experienced severe pain, a 104-degree fever and sepsis. Her instincts were accurate: she had suffered an accidental bowel perforation during the surgery.

After a long series of surgeries to try to correct the situation, Salter found her way to Abbott Northwestern where she underwent a corrective surgery. There, two surgeons simultaneously operated to correct the situation. The reconstruction was as successful as possible, but the nerve pain and feelings of illness from the original perforation still lingered.

A nurse for 36 years, Salter was no stranger to health care. "After my first surgery, I knew I was really sick and my intent was to get healthy and stay healthy," said Salter. "When one of the surgeons at Abbott Northwestern who operated to repair my abdomen suggested that I seek integrative care from the Penny George Institute, I didn't hesitate."

When she made her first appointment at the Penny George Institute for Health and Healing Outpatient Clinic, Salter was anxious, tearful and discouraged. "When I walked in the door, I was immediately cared for at all levels," explained Salter. As part of her care plan, she saw Mark Roa, MD, LPsych, for biofeedback, and Robert Decker, RPh, Lac, for acupuncture. Through biofeedback, she learned to take greater responsibility for her mental, physical, emotional and spiritual health. "It was very empowering in my own healing journey to realize you can open a beautiful white flower with your muscle relaxation through biofeedback," she added.

After feeling medically traumatized, Salter initially hesitated to experience acupuncture, but eventually found it to be a healing and empowering. "The professionals were understanding and worked with me beautifully to empower my healing and help me to be in charge of my healing," said Salter.

Through individual appointments with a certified yoga therapist, Salter also learned to use yoga as a way to support her healing process. "Megan Hatch, my yoga therapist, recorded a tape for me to do yoga at home," said Salter. "Through integrative care, I quit being the victim and learned that I was a strong, powerful person." She also benefitted from appointments with one of the Penny George Institute's nutritionists and an integrative medicine physician. "The team at the Penny George Institute works so well together, I didn't have to repeat my traumatic story each time I had a visit," said Salter.

*Continued on page 3*

# MEDICAL MASSAGE THERAPY

## On an inpatient and outpatient basis, medical massage therapy offers patients many benefits

At the Penny George Institute, medical massage therapy may be used as one component of a patient's overall integrative care plan. Medical massage services are customized to each patient and provided by professionals who are certified by the National Certification Board for Therapeutic Massage and Bodywork, the highest level of credentialing in the state of Minnesota for massage therapists.

"There are big differences in the medical massage therapy services at the Penny George Institute versus what a client would receive elsewhere," said Jeremy Miller, LMT-WV, NCTMB, medical massage therapist. "We work as a team with other practitioners and adapt our work to suit the medical condition of each patient, so our massages are highly customized."

For hospitalized patients at Abbott Northwestern, medical massage may be recommended as part of an overall plan to address pain, anxiety, stress, nausea, sleeping problems or coping with changes in health. The reasons for medical massage vary across the hospital. For example, in Abbott Northwestern's Birth Center, medical massage may be ordered for patients to help maintain or prolong a pregnancy and prevent pre-term delivery.

Medical massage is offered in combination with other integrative therapies including acupuncture, acupressure, energy healing/healing touch, guided imagery, integrative nursing consultation, music therapy, reflexology and relaxation techniques.

As an example, if a hospitalized patient has low blood platelets, the pressure used will be extremely light. Or, if a patient's blood pressure

is extremely low, the massage will often be rescheduled at a more suitable time. Each patient receives individualized care, developed in partnership with the patient's care team to enhance his or her care experience and outcomes.

For massages at the Outpatient Clinic, medical massage therapy services are also tailored to specific medical conditions. The Institute's medical massage therapists are experienced in treating patients with cancer, chronic pain, orthopedic issues, fibromyalgia, arthritis and other conditions.

At the Penny George Institute's Outpatient Clinics at Abbott Northwestern and Unity hospitals, patients complete a health and medical history form and work with the medical massage therapist to create a plan before starting each session. According to massage therapist Ann Stocker, NCTMB, BS, each practitioner carefully considers any medical issues, diagnoses, recent injuries or surgeries, medical treatments, contraindications, symptoms, medications, pain, anxiety and stress levels and tailors each session accordingly.

Medical massage therapy techniques might include: trigger point therapy, deep tissue, craniosacral therapy, myofascial release, stretching and scar tissue mobilization techniques, massage for patients with cancer or pregnant women, Swedish or Esalen massage, reflexology, healing touch and relaxation techniques. An evaluation with each patient before massage therapy begins helps the therapist to identify individual patient and session goals, and which techniques might be incorporated.

### BY THE NUMBERS

Inpatient medical massage therapy sessions at Abbott Northwestern in 2010:

4,715

Number of medical massage therapy sessions at the Penny George Institute's Outpatient Clinic in 2010:

943



## MEDICAL MASSAGE THERAPY MAY BE BENEFICIAL FOR:

- Improving functionality and movement of soft tissue
- Increasing range of motion and flexibility
- Reducing or eliminating pain, stress or anxiety
- Improving blood circulation and lymphatic flow
- Relieving muscle spasms, tension and stiffness
- Increasing comfort and relaxation
- Restoring musculoskeletal movement of soft tissues to reduce or eliminate pain or dysfunction
- Restoring structural balance throughout the body
- Creating a general sense of well-being and mind/body awareness.

## Journey to wholeness and empowerment

*Continued from page 1*

In November 2008, Salter was diagnosed with early stage breast cancer and underwent treatment at Abbott Northwestern's Piper Breast Center. "Before my surgery, I sought out the services of the Penny George Institute including guided imagery, healing touch and acupuncture. Integrative therapies also helped me deal with the side effects of radiation following the surgery," said Salter.

Although she still suffers from pain, Salter has learned to address that crippling fear of pain and tensing that often leads to more pain. "It's difficult to heal your body if you don't heal completely in the mind, body and spirit," said Salter. "I learned that for me, the key to healing is learning the balance between allowing yourself to feel what you are feeling—the grief, fear, anger, hope—and finding the gift and lesson in each illness or surgery."

Professionally, Salter has found that her journey of healing has helped her be present for the patients and families she cares for as a registered nurse at Children's Hospitals and Clinics. In addition, she recently completed her certification as a healing touch practitioner.

"This has been a wonderful journey of healing," said Salter. "I know what it feels like to be terribly ill and in persistent pain. The rest of my life will be dedicated to helping others who are sick, scared and in need of healing."

## PENNY GEORGE INSTITUTE'S Outpatient Clinics

### Abbott Northwestern Hospital 612-863-3333

- acupuncture
- Ayurveda
- energy healing
- healing coach
- herbal consultations
- integrative medicine physician consultations
- integrative nutrition counseling
- mind/body therapies including biofeedback
- resilience training
- spiritual coach
- medical massage therapy
- therapeutic yoga instruction
- traditional Chinese medicine herbal consultations.

### Unity Hospital 763-236-5656

- acupuncture
- fitness consultations
- healing coach
- integrative medicine consultations
- medical massage therapy
- integrative nutrition consultations.



## The Penny George Institute expands to the Unity Hospital campus

“All of my appointments are in one building, which I find wonderfully easy and comforting. The atmosphere is so warm and friendly. I am thrilled to have this facility so close to home and easy to access.”

**DONNA WILSON**  
Fridley Resident

Residents and employees in the northwestern Twin Cities region now have convenient access to many of the Penny George Institute for Health and Healing’s outpatient services.

The Penny George Institute has a new location in the Fridley Medical Center on the Unity Hospital campus. The services offered there can help individuals optimize their health whether they are suffering from a disease, recovering from an illness, dealing with chronic condition or wanting to get fit and healthy.

“We are pleased to expand our services to the Unity Hospital campus,” said Lori Knutson, RN, BSN, HN-BC, executive director of the Penny George Institute. “This demonstrates Allina’s commitment to integrative care as a standard of practice.”

Donna Wilson, a resident of Fridley since 1966, is a breast cancer survivor and has worked with the rehabilitation professionals at Sister Kenny Rehabilitation Institute in the Fridley Medical Center for the past year. Following chemotherapy and radiation, Wilson was diagnosed with lymphedema – a condition of fluid retention and tissue swelling.

To assist with the pain and swelling caused by the lymphedema, Wilson was introduced to acupuncture and medical massage therapy services offered at the Penny George Institute. Following a discussion of nutrition issues with her Sister Kenny therapist, she also sought out an appointment with an integrative nutritionist at the Penny George Institute. “All of my appointments are in one building, which I find wonderfully easy and comforting,” said Wilson. “The atmosphere is so warm and friendly. I am thrilled to have this facility so close to home and easy to access.”

The Penny George Institute is located with the Virginia Piper Cancer Institute at Unity, in partnership with Minnesota Oncology, a Multicare Associates primary care and specialty clinic, and Sister Kenny Rehabilitation Institute’s cancer rehabilitative services.

For more information about the Penny George Institute’s services and programs on the Unity Hospital campus, call 763-236-5656.



# EVENTS AND EDUCATION

Penny George Institute for Health and Healing | **Abbott Northwestern Hospital**

**LOCATION:** All classes will be held at the Penny George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue.

## The Art of Healing Program

The Penny 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. Program components available to the public include 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 Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit 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.

### JUNE-JULY

- Penny George Institute's Outpatient Clinic (SE corner of 28th and Chicago): Textiles by Kimber Olson and Kristi Kuder, presented in conjunction with the 2011 International Surface Design Association Conference.
- Abbott Northwestern Hospital, lower level by the LiveWell Fitness Center: Photography by Abbott Northwestern employees. Opening reception held at the Penny George Institute's Outpatient Clinic on Friday, June 24 from 6-8 p.m.

### AUGUST-SEPTEMBER

- Penny George Institute's Outpatient Clinic (SE corner of 28th and Chicago): Prints by Christine Herman

## Music on the Mall

Join us for free music performances on the Mall, the green park at the heart of Abbott Northwestern Hospital. Every Wednesday in June, July and August local performers will play from 11:30 a.m.-1 p.m. Sit quietly and enjoy, dance around or even help make the music!

*This series is made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the vote of the people of Minnesota on Nov. 4, 2008.*

## Therapeutic Yoga

### YOGA FOR BACK PAIN

Yoga has been proven to be very successful in helping reduce back pain. This course is intended to help alleviate back pain caused by habitual patterns of chronic sitting, lack of strength and asymmetry from overuse of particular muscle groups. Using gentle asana (easy movements and postures), breath awareness and deep relaxation, students will learn how to alleviate chronic pain by strengthening different muscle groups, bringing more circulation to the back and by creating more functional movement patterns. Practices will be equally divided between upper back and lower back conditions. The course is not intended to address serious back conditions such as herniated discs, spinal fusions or advanced scoliosis. If you

have had a surgery or have suffered from serious conditions, a doctor's recommendation is strongly advised. You will receive two home practices to help create a healthier back, and a home practice will be strongly encouraged.

FREE sample class (requires pre-registration) on Tuesday, Sept. 13, 3:34 - 5:15 p.m.

**Carol Dines, certified yoga therapist**  
**Thursdays, 3 - 4:30 p.m.**

**June 15 through July 27 (no class July 6)**

**Six-week series**

**\$89**

**and/or**

**Tuesdays, 3:45 - 5:15 p.m.**

**Sept. 27 through Nov. 15**

**Eight-week series**

**\$115**





## YOGA TO REDUCE STRESS AND CULTIVATE BALANCE

Yoga gives us tools to calm our nervous system and balance our lives. Using gentle asana (easy movements and postures), breath awareness, guided meditation and deep relaxation, this course will give you tools to reduce stress, gain more focus, work with challenging emotions and feel more balanced in your life. You will take away three short practices that can be done at home, and a home practice will be strongly encouraged.

FREE sample class (requires pre-registration) on Thursday, Sept. 15, 5 - 6:30 p.m.

**Carol Dines, certified yoga therapist**  
Tuesdays, 3 - 4:30 p.m.

June 14 through July 26

(no class July 5)

Six-week series

\$89

and/or

Thursdays, 5 - 6:30 p.m.

Sept. 29 through Nov. 17

Eight-week series

\$115

## YOGA FOR CANCER SURVIVORS

This six-week series is for those undergoing treatment or in recovery from cancer. This series will focus on yogic movement, breathing and relaxation techniques meant to be gently restorative to body and mind. Family members, partners/spouses or friends are encouraged to attend as well. No yoga experience is necessary.

FREE sample class (requires pre-registration) on Thursday, Aug. 4, 9:45 - 11 a.m.

**Nissa Valdez, certified instructor**  
Thursdays, 9:45 - 11 a.m.

Aug. 11 through Sept. 15

\$89

## BEGINNING YOGA

In this six-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. No previous yoga experience is necessary.

FREE sample class (requires pre-registration) on Wednesday, Aug. 3, 5 - 6:15 p.m.

**Nissa Valdez, certified instructor**  
Wednesdays, 5 - 6:15 p.m.

Aug. 10 through Sept. 14

Sept. 21 through Oct. 26

\$89

## YOGA FOR HEALING

This six-week series integrates restorative yoga, gentle yoga, hands-on work, breath work and guided meditation to support healing. The word healing comes from the word whole—it is the process of reuniting, restoring, or returning to oneness. This practice is wonderful for those healing from injury or illness as well as for caregivers.

FREE sample class (requires pre-registration) on Tuesday, Sept. 13, 9:45 - 11 a.m.

**Nissa Valdez, certified instructor**  
Tuesdays, 9:45 - 11 a.m.

Sept. 20 through Oct. 25

\$89

## Other Classes

### HEALING TOUCH LEVEL 1

This class is designed for registered nurses, licensed health care professionals, body-oriented therapists, psychotherapists or other individuals who desire to incorporate energy system concepts, principles and techniques into their existing or new practice. Students will gain an understanding of the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, application of healing touch in personal/professional practice. This course can be taken alone or can be combined with future advanced levels. Endorsed by the American Holistic Nurses Association.

**Instructor: Healing Touch International  
Coordinator: Kathryn Kerber  
(612-863-7937)**

**Friday, Aug. 5 and Saturday, Aug. 6**

**8 a.m. - 6 p.m. (Barb Schommer)**

**Or**

**Friday, Oct. 7 and Saturday, Oct. 8**

**8 a.m. - 6 p.m.**

**Regular tuition \$300 (HTPA/AHNA member \$275, Allina employee \$250, student \$200, repeat \$200)**

**Up to 18 CEUs available for nurses and massage therapists**

### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Mindfulness Based Stress Reduction (MBSR) is ideal for those suffering from anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and everyday stress. Participants learn and practice basic mindfulness skills to improve their health, well-being and everyday life. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Participants meet weekly for eight weeks and a seven-hour day of mindfulness retreat is included. 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.

**Scott Cruse, LICSW, instructor  
Mondays, Oct. 3 through Nov. 21  
6 - 8:30 p.m.**

**Plus a retreat on Saturday, Nov. 12  
from 9 a.m. - 4 p.m.**

**Tuition: \$330 (plus \$45 materials fee payable to instructor on first day of class)**

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

## 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 participating in this class the healthcare 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. 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. Participants may register for individual classes or the whole series. This class is available at a 15 percent discount for Allina Hospitals & Clinics employees.

### MASSAGE

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.

**Wendy Farrar, NCTMB, instructor  
Friday, June 10  
8:30 a.m. - 12 p.m.  
\$90**

### INTRODUCTION TO TRANSFORMATIONAL LANGUAGE

A medical crisis is more than a physical experience – it is a mind, body, spirit experience and an invitation for healing on every level. This course will introduce participants to the basic concepts of transformational language and the guiding principles of neuro-linguistic programming. The health care professional will learn new ways of hearing patient stories and will obtain skills to respond with effective reflective listening.

**Pat Vitale, LICSW, instructor  
Friday, June 10  
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 impacts the body and health, exploring the concept of food as information. The focus will be on 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, June 24**

**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. 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, learn important self-care practices and motivational tools for patient engagement.

**Sue Masemer, MS, exercise  
physiologist, instructor**

**Friday, June 24**

**1 - 4:30 p.m.**

**\$90**



# EVENTS AND EDUCATION

Penny George Institute for Health and Healing | **Unity Hospital**

**LOCATION:** All classes will be held at the Penny George Institute for Health and Healing Outpatient Clinic/Virginia Piper Cancer Institute, Fridley Medical Center at 480 Osborne Rd. Fridley, MN 55432.

## Visual Arts Exhibit Calendar

### MID JUNE – MID JULY

- Mixed media by Chaplain Peggy Thompson (who paints under the name of Margaret Carroll). Opening Reception held at Virginia Piper Cancer Institute on Thursday, June 30, 5 - 7 p.m.



## Therapeutic Yoga

### KUNDALINI YOGA FOR CANCER SURVIVORS

This six-week series is for those undergoing treatment or in recovery from cancer. This series will focus on yogic movement, breathing and relaxation techniques meant to be gently restorative to body and mind. Family members, partners/spouses or friends are encouraged to attend as well. No yoga experience is necessary.

**Maureen Doran, certified instructor**

**Wednesdays, 9:45 - 11 a.m.**

**Aug. 17 through Sept. 21**

**\$89**

### KUNDALINI YOGA FOR HEALING

This class integrates restorative yoga, gentle yoga, hands-on work, breath work and guided meditation to support healing. The word healing comes from the word whole – it is the process of reuniting, restoring, or returning to oneness. This practice is wonderful for those healing from injury or illness as well as for caregivers.

**Maureen Doran, certified instructor**

**Wednesdays, 3:45 - 5 p.m.**

**Aug. 3 through Sept. 7**

**\$89**

## Other Classes

### 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 clothed massage. Wear comfortable clothing. Shorts and tank top are recommended.

**Julie Kempkes, NCTMB, instructor**

**Wednesday, Aug. 17**

**6 - 9 p.m.**

**\$60**

### GROUP EXERCISE PROGRAM FOR PATIENTS WITH CANCER

There are many benefits of exercise during and after cancer treatment that include increased stamina, strength, energy and movement. The program offers a one-on-one orientation with an exercise physiologist, followed by six weeks of group exercise training. Sessions will include stretching, cardiovascular and resistance training.

**Marc Arndt, MS, exercise physiologist,  
instructor**

**Orientation by appointment; to  
schedule, please call 763-236-5600.**

**Classes offered on Mondays**

**11:30 a.m. - 1:30 p.m.**

**\$50**



---

Register for classes  
online at [allina.com](http://allina.com)

---

# REGISTRATION

## HOW TO REGISTER

- 1) Log into [www.allina.com](http://www.allina.com)
- 2) Click on "Classes, Events and Support Groups" (under "Quick Links")
- 3) Click on "Integrative Health Classes"
- 4) Click on "Sign in" and create a profile/account
- 5) Search & register for your class(s) of choice

## REGISTRATION CONFIRMATION

A registration confirmation will be sent via e-mail. This is the **ONLY RECEIPT** you will receive; please retain a copy for your records. The email will include course details. Please print. If you have not received a registration confirmation via email prior to the start of the course, please contact Class Registration at 1-866-904-9962.

## CANCELLATION POLICY

If cancellation is received by 10 days prior to the course, tuition is refundable with the exception of a \$10 non-refundable registration fee. Notices after this date will not receive a tuition refund. To complete your cancellation contact Class Registration at 1-866-904-9962.

## FOR MORE INFORMATION

If you have registration questions or do not have access to the internet, contact Class Registration at **1-866-904-9962**.

For more information about the content of a course at Abbott Northwestern, call **612-863-3333**.

For more information about the content of a course at Unity Hospital, call **763-236-5600**.

# LIVEWELL FITNESS CENTER PROGRAMS & SERVICES

## TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Take Action is a highly successful program for people who want to lose weight and keep it off. An individual, one-on-one approach is available during the summer months and our group format will resume in September. 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. The program includes an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement, and wellness coaching sessions.

**Fee for individual program format: \$559**

## PILATES REFORMER TRAINING

Pilates Reformer Training consists of a series of exercises, performed on a unique piece of equipment called a reformer. Individual programs are designed to strengthen, stabilize and balance muscles of the core, shoulder, pelvis and other major joints while lengthening and mobilizing tight muscles and joints. The low-impact exercise will help to transform your body in appearance and function by improving postural stability, flexibility and muscle balance while engaging the mind-body connection.

Personalized, one-to-one sessions are led by a Stott®-certified reformer instructor, who will customize and modify for your individual exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute individual, follow-up sessions.

**Fee for beginner's package: \$175**

*After completing the beginner's package, you may purchase single 60-minute sessions or packages.*

**Fee for single session: \$75**

**Package of three: \$215**

**Package of six: \$385**

## FITNESS PROFILE

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes: helpful information to make certain your exercise program is safe,

effective and enjoyable; an intake of your health history; complete muscular strength, flexibility, body fat and muscular endurance tests; a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges. An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program.

**Fee: \$69 member, \$89 non-member**

**Fee for the Sports Performance – Exercise Metabolic Assessment: \$150 member, \$175 non-member**

## BODY COMPOSITION ANALYSIS

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis is helpful to both those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured. The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and state-of-the-art Bod Pod technology, which is highly accurate. Following completion of your assessment, you will receive your results and recommendations for ideal goals.

**Skinfolds fee:**

**\$25 member, \$40 non-member**

**Bod Pod fee:**

**\$35 member, \$55 non-member**

## BODYGEM™ RESTING METABOLISM TESTING

Do you know how many calories you should eat and burn during exercise on a daily basis? State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your

daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

**Fee: \$85 member, \$95 non-member**

## BURN RATE PACKAGE

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs.

**\$135**

## MOTIVATIONAL SERVICES: WELLNESS COACHING

Do you struggle to make or maintain healthy lifestyle changes? Do you find there are barriers that get in the way of achieving your goals? Do you find it challenging to be resilient when faced with the stresses of everyday life? If you answered yes to any of these questions, wellness coaching is for you. Wellness coaching is an approach that helps individuals discover their inner resources to make change easy and long lasting. A wellness coach will assist with motivation, changing unwanted habits, reducing stress, learning strategies for dealing with obstacles and building resilience. Following an initial 90-minute consultation, a wellness coach will help you to identify needs, establish goals and work with you to develop a plan of action.

**Initial 90-minute consultation fee:**

**\$75 member, \$90 non-member**

*Follow-up 60-minute sessions may be purchased individually or in packages to make your program more comprehensive.*

**One session:**

**\$60 member, \$75 non-member**

**Package of three:**

**\$165 member, \$210 non-member**

**Package of six:**

**\$300 member, \$390 non-member**

**To register for any of the LiveWell Fitness Center's programs, call 612-863-5178.**



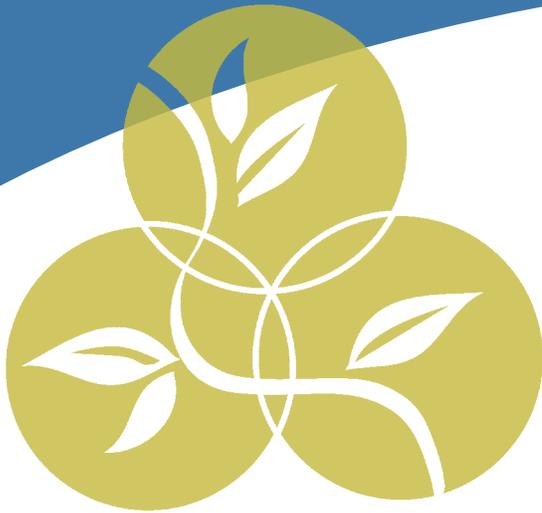
2925 Chicago Avenue  
Minneapolis, MN 55407

NONPROFIT ORG  
US POSTAGE PAID  
ALLINA HEALTH  
SYSTEM

## 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, call the Abbott Northwestern Hospital Foundation at 612-863-4126 or Mercy and Unity Hospitals Foundation at 763-236-8199.

11-9216 ©2011 ALLINA HEALTH SYSTEM.  
©A REGISTERED TRADEMARK OF ALLINA HEALTH SYSTEM.  
PENNY GEORGE IS A TRADEMARK OF ALLINA HEALTH SYSTEM.



## The Penny George Institute for Health and Healing is now offering services in Fridley:

- acupuncture
- classes such as yoga, couples massage and meditation
- fitness consultations
- integrative medicine consultations with nurse practitioner
- integrative nutrition consultations
- services tailored for cancer patients
- therapeutic massage

Located at the Fridley Medical Center adjacent to the Unity Hospital campus.  
**Call 612-863-3333 to make an appointment or learn more.**

