

WELCOME TO

# BELLIN HEALTH

AND ANOTHER HEALTHY MONTH

CALENDAR OF



CLASSES & EVENTS

### Childbirth Education (4-week class)

Classes focus on preparing you for your labor and birth experience, but are so much more than that! Class topics include: understanding the labor and birth process; how to know you are in labor; comfort measures for labor, including epidural information; caring for yourself after the baby is born; sneak peak at parenting; and introduction to car seat safety.

When: Tuesdays, January 19, 26, February 2, 9, 6:30-8:30 pm  
Where: Bellin Health Administrative Offices  
2020 S. Webster Ave., Green Bay  
Cost: \$35. Register online at [bellinbabies.org](http://bellinbabies.org) or call (920) 445-7303.

### Nutrition Strategies for Successful Weight Loss

Are you tired of battling the scale? Learn how to determine your estimated calorie needs for weight loss. Gain practical meal planning strategies to promote sustained weight loss.

Presented by: Lee Hyrkas, RD, NASM-CPT

*Special offer for all participants:*

- Four ½-hour Personal Training Sessions for only \$99
- Eat Right for Life 10-week session, \$10/session discount

When: Monday, January 4, 6-7 pm  
Where: Bellin Fitness Ashwaubenon  
1630 Commanche Ave., Green Bay  
Cost: \$10/person. To register, call (920) 430-4756.

When: Wednesday, January 6, 9-10 am  
Where: Bellin Fitness Bellevue  
3263 Eaton Rd., Green Bay  
Cost: \$10/person. To register, call (920) 433-6756.

### Nonsurgical Weight Management Options

Come and learn about all Bellin Health has to offer to help you reach your weight loss goals. Learn more about one of the best weight loss diets in the nation, The HMR Program for Weight Management, in addition to fitness and dietary assistance, the Medicare benefit for weight, and much more.

When: Mondays, January 4 and 18, 12:30-1:30 pm  
Tuesdays, January 12 and 26, 4-5 pm  
Where: Bellin Health Bellevue  
3263 Eaton Rd., Green Bay  
Cost: FREE. To register, visit [bellin.org/calendar](http://bellin.org/calendar) or call (920) 433-6787.

### Sibling Class

For families with children already having a new baby may cause confusion or concern for siblings. This class for parents and children promotes positive feelings about the new baby. In a fun atmosphere, children can talk about and see a real baby and have their questions answered.

When: Saturday, January 16, 12:30-1:30 pm  
Where: Bellin Health Hospital, Maternity Family Lounge  
744 S. Webster Ave., Green Bay  
Cost: FREE. To register, visit [bellin.org/calendar](http://bellin.org/calendar) or call (920) 445-7303.

### Breast-feeding Bridge

Join other breast-feeding mothers and their babies along with a lactation consultant to talk about breast-feeding and other mother concerns. All mothers and babies are welcome. A scale will be available to weigh your baby. There is no cost to attend, but the benefit of attending is "priceless."

When: Thursday, January 7, 6-7 pm  
Tuesday, January 19, 11 am-12 noon  
Where: Bellin Health Administrative Offices  
2020 S. Webster Ave., Green Bay  
Cost: FREE. No advance registration is required.

### Mothers & Daughters Connect: Strengthening the connection between Mothers and Daughters

Designed for 5th, 6th & 7th grade girls and their moms, our goal is to support mothers and daughters in developing strong bodies, strong minds, and strong spirits. Research has shown that communication between a mother and her daughter is directly associated with health risk behaviors. Each month a new topic will be discussed, as well as, an active component. *Meeting the second Tuesday of every month.*

When: Tuesday, January 12, 5:45-7 pm  
***Fitness on the Fly:***  
***How to use 20 minutes effectively***  
Tuesday, February 9, 5:45-7 pm  
***Healthy Meal Ideas:***  
***Quick and easy recipes for your family on the go***  
Where: Bellin Health Generations  
720 S. Van Buren St., Ste. 101, Green Bay  
Cost: FREE. To register, call (920) 468-3444.

Sunday, January 3, 2016



Official Healthcare  
Partner of the  
Green Bay Packers

This is a sampling of what is available through Bellin Health.  
Please check [bellin.org](http://bellin.org) for more information.

**bellinhealth**