



Washington Adventist Hospital

# Health Advisor

SUMMER 2005

Community Class Schedule starts on page 8

## New Hope for Irregular Heart Rhythms

Washington Adventist Hospital is the first in our region to perform a revolutionary surgery to correct atrial fibrillation (AF). The minimally-invasive procedure, called Mini-Maze, takes advantage of standard techniques used in other areas of thoracic surgery and offers new hope to AF patients.

According to the American Heart Association, approximately 2.2 million people in the United States suffer from an irregular heart rhythm, or atrial fibrillation (AF). The uncontrolled heart rhythm is caused when the upper chambers (or atria) of the heart quiver instead of beat. It increases the risk of stroke, and contributes to the development of congestive heart failure and life-threatening arrhythmias. *continued page 3*



*Frances Amey with her dog Mac. Frances is in full recovery after her successful AF surgery at Washington Adventist Hospital.*

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**See pages 8 through 15 for a complete schedule of classes and community events.**

REMARKABLE CARE. REMARKABLY CLOSE.

## "A Community Partner"

Washington Adventist Hospital is proud to be a longstanding member of the community for nearly 100 years. Today, our hospital's future remains bright. Along with our hospital family of dedicated health care professionals, I am committed

to working with our neighbors to continuously fulfill the growing health care needs of our community.

This spring, our hospital was especially pleased to be able to partner with our community in a variety of programs that add quality and years to the lives of the people we serve. A brief summary of initiatives reflects our hospital's concern for the well-being of our community:

### Takoma Park Elementary School

On March 18, 2005, the Takoma Park Elementary School (TPES) held its annual "Exercise

for TPES" festival. The health event centered on a series of stations that the students visited to learn about movement, dental hygiene, self-care and other aspects of health in a fun atmosphere.

Our hospital had the pleasure of helping TPES students learn that our own good health depends on the lifestyle choices we all make every day. Washington Adventist Hospital sponsored the "passports" or booklets that were stamped by each child at every health station, a medal for each child and a healthy snack provided to all students.

Our contribution allowed the TPES Parent-Teacher Association to direct all other contributions collected through pledges, **totaling \$5,000**, to enriching the school's resources and service to local students.

**Approximately 50% of TPES students receive subsidized lunches, and the additional programs afforded by such contributions are especially meaningful. TPES students will now be able to participate in explorer's clubs for low-income families, field trips, reading activities and outreach to families, among others.**

### Historic Partnership Announced

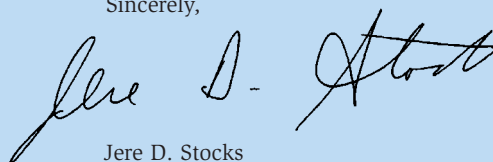
On April 7, 2005, CASA of Maryland announced a historic partnership with Washington Adventist Hospital and Mobile Medical Care, Inc. (MobileMed) to provide low-cost primary health care to thousands of CASA clients and residents in the surrounding Long Branch community.

It was rewarding to work together with key local organizations to develop a dynamic solution to help the neediest in our community. Our contribution of \$100,000 provides mobile medical services at the CASA of Maryland location, in the heart of Long Branch, enabling our hospital to achieve our mission of delivering excellent health care through a ministry of physical, spiritual and mental healing to our community.

**In addition, our hospital is proud to be a Gold Sponsor of Taste of Takoma, as well as to participate and provide emergency medical services at the 4th of July Parade and firework events and the Takoma Park Folk Festival, among other community celebrations.**

Partnering and prospering with our community, as demonstrated by such initiatives, is essential to building a valuable relationship – for both our hospital and our community. I look forward to working with you, the members of our community, as we continue on this journey together.

Sincerely,



Jere D. Stocks  
President  
Washington Adventist Hospital



Jere Stocks  
President of Washington  
Adventist Hospital

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# New Hope for Irregular Heart Rhythms

The American Heart Association estimates that over 70,000 strokes each year in the United States are due to AF and that patients (especially older people) with AF are 5 times more likely to have a stroke than the general population. And until now, patients with AF have had to endure a lifetime of medication or often-ineffective treatments.

***“We are very excited about the Mini-Maze because for the first time we have a minimally invasive procedure that may permanently eliminate AF. This treatment has the potential to significantly reduce the risk of stroke and improve the quality of life for significant numbers of our patients.”***

***– Dr. Bryan M. Steinberg***

Now patients have a promising alternative. Under the direction of Bryan M. Steinberg, M.D., one of a small group of surgeons in the country who performs this surgery, the team electrically isolates the parts of the heart responsible for causing AF, restores normal heart rhythm and removes the left atrial appendage where stroke-causing clots form.

“We are very excited about the Mini-Maze because for the first time we have a minimally invasive procedure that may permanently eliminate AF,” Dr. Steinberg said. “This treatment has the potential to significantly reduce the risk of stroke and improve the quality of life for significant numbers of our patients.”

Diagnosed with AF two years ago, Frances Amey was the first patient at Washington Adventist Hospital to undergo the Mini-Maze in January. At the time of her surgery, Mrs. Amey — an accomplished singer who has performed regionally — was barely tolerating her antiarrhythmic and anticoagulant drug treatments. And on several occasions, Mrs. Amey was even rushed to the Emergency Room to have her heart

*Dr. Bryan M. Steinberg holds the AtriCure hand piece used to perform Mini-Maze. He was recently featured on an NBC program about this revolutionary surgery.*

shocked back into a normal rhythm. Unfortunately, the effectiveness of the treatment decreased each time.

“I have more energy now and the confidence to resume my singing career,” Mrs. Amey enthusiastically reported two months after the Mini-Maze. “I look forward to not going back on medication.”

Patients who have long suffered from AF appreciate having this surgery as an option because it’s less invasive and they often recover faster. What’s more, the heart is not stopped and hooked to a heart-lung machine, greatly reducing the risk of surgery. Complications of open-heart surgery such as bleeding, wound infection, stroke and pneumonia are also avoided or greatly reduced.

For more information about the Mini-Maze procedure, please contact Dr. Steinberg’s office at 301-270-2844. ■



# Breastfeeding Is Good for Babies and Moms

**E**xpecting a baby is a very exciting time. There are so many preparations to make, from choosing a name and decorating a room to buying clothes and preparing siblings. It can also be a time of uncertainty when thinking of the best ways to care and nurture your newborn. One of the best things to consider for your newborn is to breastfeed.

According to the American Academy of Pediatrics, research has shown that breastfeeding provides advantages with regard to general health, growth and development, while significantly decreasing risk for a large number of acute and chronic diseases. Few women know that their breast milk changes as their baby grows, adapting to their nutritional needs. Newborns that are breastfed have increased antibodies, better development and fewer allergies, weight problems and ear infections.

Not only is breastfeeding beneficial to infants, it's also been known to benefit the mother. Studies have shown that mothers who are nursing may be more relaxed, lose

weight faster and have a lower risk of breast and ovarian cancers. And because breastfed babies are less likely to be sick, mothers tend to miss fewer days at work.

While breastfeeding can be one of the most rewarding experiences between a mother and a child, it can also be a challenge. This is why we have specially trained nurses and lactation consultants available to assist you during breastfeeding.

We also have lactation consultants on staff to address your specific needs. Our lactation consultants are registered nurses with advanced training in breastfeeding management and are currently certified by International Board of Lactation Consultant Examiners (IBLCE). They are experienced with maternal/child health and are able to provide education, instruction and problem solving to breastfeeding mothers. After you leave the

hospital, our certified lactation consultants are available for home or office visits.

"We encourage our mothers to attend our classes, go online, read and talk to others about breastfeeding," said Wendy Bersbach, R.N., Certified Lactation Consultant. "We recommend you do all the research you can so that you can be informed and make the best choice. That's what we want: mothers to be more informed about the benefits of breastfeeding."

We offer prenatal breastfeeding classes for expectant mothers. For more information on these Breastfeeding Classes, turn to page 10. And for information on Washington Adventist Hospital's maternal child services call 301-891-5198 or visit [www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com). To arrange a lactation consultation, please call 301-891-4TLC (4852). ■

## Our Goals for New Mothers

- Support a mother's choice to breastfeed.
- Teach techniques for successful breastfeeding.
- Assist in making breastfeeding manageable.
- Answer questions completely and with the most current information.
- Promote confidence in a mother's ability to nurse her baby.
- Ensure mothers are aware of options regarding their breastfeeding experience.



*Wendy Bersbach, R.N., IBCLC, advises patients on helpful breastfeeding techniques.*

# www.WashingtonAdventistHospital.com: A New World of Health at Your Fingertips



**O**ur new Web site is live, and there is much to see. Not only have we given it a new look, but we've expanded its capabilities as well. Now you'll find that www.WashingtonAdventistHospital.com has more ways than ever to put our resources to work for you – and help you manage your health:

## **A** Patients & Visitors:

The information here can help you plan for your stay or visit to Washington Adventist Hospital with information from visitor hours to medical services.

## **B** Health Information:

Learn more about a recent diagnosis or review health topics. This area has the interactive tools you need including a body mass index calculator, target heart rate, personal health quizzes and more.

## **C** Find a Physician:

Search more than 1,000 physicians by location, specialty, insurance and even language, to find the right one for you.

## **D** Events & Classes:

Search our roster of more than 80 Health and Wellness classes.

## **E** Careers:

Washington Adventist Hospital is a great place to give care, as well as receive it. Click here to join us!

## **F** myHealthCare Manager:

This exciting feature helps you take charge of your health care. Whether your goal is to start an exercise program, create your birth plan or manage your cholesterol, myHealthCare Manager has information

to help you make better health care decisions and track your health progress in a variety of areas.

## **G** Medical Services:

Learn more about the specialty services offered at our hospital.



# Understanding Menopause

Every woman experiences menopause at some point in her life. A woman's mental, physical and emotional state of well-being often changes during this time. But understanding menopause is the first step that women and their loved ones can take to prepare.

## What Is Menopause?

Menopause is the end of a woman's menstrual cycle. This is a natural process that occurs when a woman's ovaries stop making hormones or estrogens. It can also occur as a result of a woman's ovaries not working or being surgically removed.

## When Does Menopause Occur?

Menopause usually occurs in women age 45 through 60, although it can happen sooner. Every woman's body is different.

## What Are The Symptoms Of Menopause?

Hot flashes are one of the most common and talked-about symptoms. Many women may also experience mood swings, weight gain, energy loss, irregular periods, vaginal dryness, as well as changes in their skin and hair. The degree of these symptoms may be different for every woman.

## How Long Does Menopause Last?

The severity and length of symptoms vary from woman to woman. However it's important to remember that after menopause the body still has a low level of estrogen, and this can have lifelong effects on the body.

## Are There Any Health Risks Associated With Menopause?

There are no serious health risks associated with menopause. However, a woman's chance of heart disease and osteoporosis (thinning of the bones) increases after menopause due to the lack of estrogen. It's very important to consult your physician to identify any risk factors.

## Can Menopause Be Treated?

There are several treatment options for the symptoms of menopause. Simple lifestyle changes such as exercising, eating healthier and reducing your stress will help. There are hormone treatments, medications and non-prescription treatments available. Consult your physician to determine which treatment or combination will be best for you.

To learn more about our women's health services, visit our Web site at [www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com) and click on Health Information. To find a physician, call our physician referral service at 800-642-0101. ■

# A Healthy Challenge for Montgomery County Residents

Washington Adventist Hospital is proud to be a Gold Sponsor of *The Gazette's* Healthy Challenge Sweepstakes. This sweepstakes offered entrants the opportunity to win a \$10,000 makeover.

Rod Gonzaga of Gaithersburg was one of the Montgomery County winners. "I'm very excited about the health benefits of this contest," Rod said. "I'm looking forward to losing weight and becoming healthier."

By winning the Healthy Challenge, Rod will receive health screenings both before and after the challenge to see how his health has improved, valued at \$900 per screening.

In addition to health screenings, Rod will receive 12 weeks of personal fitness training, personal nutrition and weight loss, and yoga classes. He'll also receive a hair makeover, day spa services, two dance lessons, a comprehensive dental exam and teeth whitening.

"Although I consider myself athletic, I sit behind a desk all day and I'm looking forward to working with a personal trainer and learning how to fit exercise into one hour," said Rod. We will keep you updated as we follow Rod on his Healthy Challenge journey. ■



Wellness Coordinator Melanie Sahly, left, administers a carbon monoxide screening test to Rod at Washington Adventist Hospital.

## During his pre- and post-evaluations, Rod will receive the following tests:

- Blood pressure, heart rate, respiration and temperature
- Body measurements and body fat
- Weight assessments, flexibility and reflexes
- Hearing and balance
- CT cardiac calcium scoring
- Baseline EKG
- Exercise stress
- Bone density screening
- Lipid profile (total cholesterol, HDL, LDL, triglycerides)
- Comprehensive metabolic profile and fasting blood sugar
- Carbon monoxide
- Dermascan for skin cancer

To learn more about health screenings and exercise programs available at Washington Adventist Hospital, see pages 8-15.

# The Anesthesiologist Our Own Doctors Ask For

Lea Stern M.D., an anesthesiologist on staff at Washington Adventist Hospital for over 12 years, was selected to receive our Physician Recognition Award. Dr. Stern graciously expressed her sincere thanks to the entire staff of the Operating Room for their solid performance every day and for every procedure.

Dr. Stern was selected from 50 nominations submitted by the staff, their peers and our patients and their families. Thoughts expressed by the nominators included, "All patients are safe in her hands...Many of our employees have asked her to be their anesthesiologist when their family members have procedures...She understands

her patient's pain and responds immediately. Dr. Stern is the best at what she does!"

The Physician Recognition Award Program recognizes physicians who minister to our patients with the highest quality technical skill and who live the values of our hospital: RISES – Respect, Integrity, Service, Excellence, Stewardship. "It's a great way to show our community the outstanding physicians we have here at Washington Adventist Hospital," said Jere Stocks, president of Washington Adventist Hospital.

Congratulations, Dr. Stern, for being selected as the winner of the "Physician Recognition Award"! ■



Anesthesiologist Lea Stern, M.D., our Physician R.I.S.E.S. winner.

# Community Classes

SUMMER 2005



## Health and wellness classes, programs and support groups for a healthy mind, body and spirit.

Special Event . . . . .	8	Nutrition Classes . . . . .	11	CPR and First-Aid Classes . . . . .	13
Community Screening Programs . .	8-9	Exercise Classes — Land . . . . .	11-12	Programs for Seniors . . . . .	14
Health and Faith . . . . .	9	Exercise Classes — Water . . . . .	12	Support Groups . . . . .	14
Community Lectures . . . . .	9	Massage . . . . .	12	Registration Form . . . . .	15
Maternal/Child Classes . . . . .	9-11	Self-Improvement Classes . . . . .	12-13		

### Special Event

#### Leg Pain Screening

Leg pain often results from peripheral vascular disease (PVD), which is treatable. Our FREE screening program includes a health risk questionnaire, blood pressure measurement and post-assessment consultation with a physician. *Please call 800-542-5096 in advance for an appointment. FREE*

**Washington Adventist Hospital**  
Short Stay Unit

Sunday, Sept. 25, 1-4 p.m.

### NEW REGISTRATION PROCEDURE

1. Advance registration is required for screenings. Please see cancellation, payment and refund policies on page 15.
2. Walk-ins will be accommodated, if time permits.
3. Please call 800-542-5096 to register for all locations.
4. Adventist HealthCare employees will receive a discount on all screenings, with company ID only.

### Community Screening Programs

#### Heart Healthy Screenings and More Screening Descriptions and Fees:

- **The VAP (Vertical Auto Profile) test** is an expanded cholesterol test that provides valuable information that can identify hidden heart disease risk above and beyond the Lipid Profile. The VAP test includes all of the Lipid Profile and more. It is an actual count, not just a calculation, and is emerging as the new standard of care for cholesterol risk assessment. You do not need to be fasting for this test, unless you are specifically looking at your triglyceride results. **Fee:** \$61 or \$57 for seniors (55-plus).

## Health and Faith

- **Lipid Profile** is a blood test that includes total cholesterol, HDL, LDL, triglycerides and cholesterol/HDL ratio. **Twelve hours of fasting is recommended for the most accurate results.** **Fee:** \$27 or \$23 for seniors (55-plus).
- **Homocystein** is a substance produced as the body digests protein. Excess levels can be associated with heart disease and stroke. It is an excellent marker for the status of a person's vascular fitness. **Fee:** \$95.
- **HsCRP: High Sensitivity C-Reactive Protein** can be an indicator of risk for cardiovascular disease in healthy people. It is a marker for assessing acute inflammation. In order to assess any cardiac correlation, please delay this test for two weeks after any inflammatory episodes. **Fee:** \$40.
- **Blood pressure monitoring** will be done and is **FREE**.
- **Glucose** (Fasting Blood Sugar) is a basic screening for diabetes. **Twelve hours of fasting is recommended.** **Fee:** \$4.
- **A1c** measures the amount of sugar in the blood over a period of 2-3 months (the life of the red blood cell). This is a test especially for known diabetics. **Fee:** \$40.
- **Prostate Specific Antigen (PSA)** is a prostate cancer-screening test for men. **Fee:** \$35.
- **Body Fat Analysis** will make your weight more specific by giving your percentage of body fat, lean muscle and water. **For best results, do not drink coffee or exercise 12 hours prior to test. Drink plenty of water for 24 hours in advance.** **Fee:** \$7.

### Heart Screening Packages

- **Sweetheart:** Lipid Profile and Glucose. **Fee:** \$29.
- **Heart Smart:** VAP and Glucose. **Fee:** \$63.
- **Heart Risk Special:** VAP, Homocystein and HsCRP. **Fee:** \$185.
- **Diabetes Check:** Glucose and A1c. **Fee:** \$42.

### Screening Dates and Locations:

Washington Adventist Hospital  
Conference Center, 3rd floor  
Thursday, Aug. 18, 8-10 a.m.

Margaret Schweinhaut Senior Center  
1000 Forest Glen Rd., Silver Spring, Md.  
Wednesday, Sept. 14, 9-10:30 a.m.

### Monthly Blood Pressure Testing

Washington Adventist Hospital  
Main Lobby  
No registration required. **FREE**  
Thursdays, July 7, Aug. 4, Sept. 8,  
10 a.m.-noon

### Parish Nurse and Health Ministry Network Support Meeting

Join us in sharing ways to integrate health and wellness in the community in which we live and worship. **Call 301-315-3136 to preregister.** A light meal is provided.

#### Shady Grove Nursing and Rehabilitation Center

9701 Medical Center Dr., Rockville, Md.

Wednesday, June 15, 6-8 p.m.

### Parish Nurse Training

This course is designed to prepare registered nurses with several years of experience, in any nursing area, to deliver holistic health care in centers of faith. It is offered as an interfaith model, recognizing and incorporating a diversity of belief systems. It will strengthen your practice and equip those who seek a Parish Nurse role to function within that calling. **Contact Bernice DeShay at CUC for more information at 301-891-4157.**

#### Parish Nurse Training Dates for 2006

Mar. 17, 19, 24, 26, 31 & Apr. 2

### Wellness Wednesday Night Out Lecture Series

Sligo Seventh-day Adventist Church  
7710 Carroll Ave., Takoma Park, Md.

(Enter into the back of the church's Fellowship Hall)

All lectures are **FREE**.

Please call 301-315-3136 to register.

- **June 22, 7-8:30 p.m.: Make a Plan for Emergency Preparedness**

In today's climate, it's more important than ever that all of us be prepared for possible emergencies. Natural or other disasters can strike suddenly anytime and anywhere. Learn action steps that everyone can take that can help make a difference. Find out what you can do starting with this class.

## Community Lectures

### Long Life Lecture Series

Long Branch Community Center  
8700 Piney Branch Rd., Silver Spring, Md.  
Community Room, 2nd floor

All lectures: **Tuesdays**, 11a.m.-noon

Call 301-431-5708 for more information and to preregister. Open to the public. Spanish translation available. **FREE**

- **July 12: Are You at Risk for Heat Stroke?**

Several factors make senior citizens especially vulnerable to hot weather. Older bodies can be slow to sense and respond to changes in heat, so seniors often don't start sweating until their temperature has already soared. Come and find out how to protect yourself from this life-threatening condition.

- **Aug. 9: Improving the Health of Seniors Through Massage Therapy**

Did you know that massage therapy has special benefits for seniors? It is true. This is time that will be well spent with a massage professional in looking, listening and feeling the truth about the benefits of massage therapy.

- **Sept. 13: The Driving Safety Cycle for Seniors**

As seniors continue to strive to be independent, this is a very important topic. Road safety starts with you. Come and learn how aging affects your driving and plan for safety for you and those around you.

## Maternal/Child Classes

### Maternity Orientation and Tour

If you are expecting a baby or planning for the future, come to a short presentation on our maternity services, and then tour our labor and delivery suite and the Mother/Baby Unit. This program is for adults only and preregistration is required. **FREE**

#### Washington Adventist Hospital

Saturdays, June 18, July 23, Aug. 20, Sept. 10,  
1:30-3 p.m.

Sundays, July 10, Aug. 7, Sept. 18, 1:30-3 p.m.

### Paseo de Maternidad

(Maternity Orientation & Tour given in Spanish)

Si Usted está esperando un bebé, venga a conocer las salas de parto del hospital. Este paseo le ayudará en preparar para la experiencia del parto. *Para mayor información o para registrarse, llamar al 301-891-6033.* También ofreceremos clases de preparación de parto en español. Llame al numero de arriba para más información. El paseo es gratis.

#### Washington Adventist Hospital





### **Breastfeeding Class**

Expectant parents will learn the many benefits of breastfeeding and how to get off to the best start when the baby is born. Free to participants in our six-week or two-day Childbirth/Infant Care Course. **Fee:** \$35 per couple.

**Washington Adventist Hospital**

**Wednesday, June 15, 7-9:30 p.m.**

**Monday, July 25, 7-9:30 p.m.**

**Wednesday, Aug. 17, 7-9:30 p.m.**

**Monday, Sept. 19, 7-9:30 p.m.**

### **Baby Care Basics**

Learn how to care for your newborn during those challenging first weeks. Topics include bathing, diapering, cord care, circumcision care, taking a temperature, and when to call the doctor. This same class is already included in the comprehensive Childbirth/Infant Care Course. **Fee:** \$35 per couple.

**Washington Adventist Hospital**

**Monday, July 18, 7-9:30 p.m.**

**Wednesday, Aug. 10, 7-9:30 p.m.**

**Monday, Sept. 12, 7-9:30 p.m.**

### **Baby Care for Adoptive Parents**

We will schedule a mutually convenient time for you to take a baby care class with our instructor, a nurse and adoptive mother of two. Content will be customized for the expected age of your baby at the time of adoption. *Call 301-891-5305 for information on fees and scheduling.*

**Washington Adventist Hospital**

### **Sibling Preparation Class**

Expectant parents may accompany their child, or attend the Maternity Orientation, while big brothers and sisters, ages three to nine, participate in this special class. Children join their parents when they tour the maternity unit. *For information on a "Sibling at Birth" class, call 301-891-5305.* **Fee:** \$25 for family with one child; \$35 for two children.

**Washington Adventist Hospital**

**Saturdays, July 23, Aug. 20, Sept. 10, 1:30-3 p.m.**

### **Infant Safety and CPR for Parents**

This course covers safety issues and CPR techniques applicable to babies up to one year of age. Discounted \$15 per couple (two for the price of one) when paying for this class together with the two-day or six-week Childbirth/Infant Care Course. **Fee:** \$30 per person; \$45 per couple.

**Washington Adventist Hospital**

**Saturdays, June 18, July 23, Aug. 20, Sept. 10, 9:30 a.m.-12:30 p.m.**

☒ *Class skips during series due to holidays or hospital functions.*

### **Childbirth/Infant Care Course**

Topics for this six-week program include labor and delivery, breathing and relaxation techniques, comfort measures, medications, hospital procedures, cesarean delivery, postpartum routines and baby care basics. Schedule your course to end three- to five-weeks before your due date. Please register for a breastfeeding class at the same time (free with this course). Also, see the Infant Safety and CPR class for a discount.

**Fee:** \$125 per couple.

**Washington Adventist Hospital**

**Wednesdays, July 6-Aug. 10, 7-9 p.m.**

**Mondays, Aug. 1-Sept. 12☒, 7-9 p.m.**

**Wednesdays, Sept. 7-Oct. 12, 7-9 p.m.**

**Mondays, Oct. 3-Nov. 14☒, 7-9 p.m.**

### **Two-Day Childbirth/Infant Care Course**

This 12-hour program has the same content as the six-week series above, but it is offered on two weekend days. Please register for a breastfeeding class at the same time (free with this course). **Fee:** \$140 per couple (includes a continental breakfast).

**Washington Adventist Hospital**

Two **Sundays, June 19 & 26, July 17 & 24, Aug. 14 & 21, Oct. 16 & 23, 10 a.m.-5 p.m.**

**Saturday & Sunday, Sept. 24 & 25, 10 a.m.-5 p.m.**

### **Express or Refresher Childbirth Class**

Short on time or just need a quick review? Learn the nitty-gritty about labor and delivery and pain management when you join these two childbirth classes. **Fees:** \$65 per couple; Comfort Measures videotape (optional) is \$40.

**Washington Adventist Hospital**

**Wednesdays, July 13 & 20, 7-9 p.m.**

**Mondays, Aug. 8 & 15, 7-9 p.m.**

**Wednesdays, Sept. 14 & 21, 7-9 p.m.**

### **Cesarean Childbirth Class**

Learn what to expect when you are expecting a cesarean. Private class, video and self-study options are available. *Call 301-891-5305 for fees and scheduling.*

**Washington Adventist Hospital**

### **Vaginal Birth After Cesarean Class**

In a two-hour private class, the expectant couple will be able to explore the benefits and risks of having a vaginal birth after a previous cesarean with a nurse who has experienced both deliveries. **Fee:** \$50 per hour at Washington Adventist Hospital. *Call 301-891-5305 for scheduling.*

### **Private Childbirth Class**

Private classes can be designed to meet your special needs and/or schedule. Childbirth preparation usually requires four hours of instruction. *Call 301-891-5305 for scheduling.* **Fees:** \$50 per hour at Washington Adventist Hospital or \$60 per hour at participants' home.

## Child Safety and CPR for Parents

This course covers safety issues and CPR techniques for children ages one to eight years. **Fee:** \$30 per person; \$45 per couple.

Washington Adventist Hospital

Saturday, July 16, 9:30 a.m.-12:30 p.m.

## Prenatal Yoga

Learn relaxation techniques and poses that stretch and tone muscle groups affected by pregnancy. Call instructor for dates, times, fees and to register. Classes are also offered for moms after their baby comes.

Yoga Moms, Silver Spring

301-537-7422 (babysitting available)

## Doula Services

Doulas are trained to provide extra support to women during labor. Allison Harris is certified by Doulas of North America. *Please call her for more information and fees for service at 240-631-8868.*

## Lactation Services

Washington Adventist Hospital offers a variety of Medela breast pumps and other breastfeeding accessories for purchase or rental. In addition, arrangements can be made for a home or office visit by a certified lactation consultant. *Please call 301-891-4TLC (4852) for information on fees or to schedule an appointment.*

## TLC for Back to Work & Breastfeeding

This short educational program will help you plan ahead, so that your baby continues to receive the benefits of breast milk while you're away. Breastpumps and accessories will be available for purchase. *Please call 301-891-5305 to preregister. Fee: \$15.*

Washington Adventist Hospital

Sundays, July 10, Aug. 7, 3-4:30 p.m.

## Infant Massage

This private class is for moms, dads, grandparents or other caregivers with their newborn up to four months old. Learn how to massage your infant to promote nurturing touch and communication. Taught by a certified infant massage instructor. *For information on fees and scheduling, call 301-891-5305.*

Washington Adventist Hospital

## Prenatal and Postpartum Massage

A certified massage therapist offers the following to new and expectant moms:

- Prenatal massage
- A training session for mom and her partner in techniques for use in labor
- Postpartum massage

For more information contact Candace Otto, C.M.T., at 301-907-0153 or e-mail [CandaceOttoCMT@msn.com](mailto:CandaceOttoCMT@msn.com)



These programs are designed to help you maintain your health to prevent cardiac, cancer, diabetes and many other diseases.

## Nutrition Classes

### Apple Nutrition Counseling

Consult a registered dietitian for all your nutrition needs (gestational diabetes, diabetic diet, heart disease, general weight loss, gastric bypass and gastro-intestinal disorders). This one-on-one counseling session is one hour. *For an appointment, call 301-891-5020. Fee: \$60.*

### Apple Sides and Salads: A Cooking Class

Learn fast and easy side dish and salad recipes using lots of fresh produce with hands-on cooking and (of course) tasting. Great recipes for gatherings, light meals and anytime you want to eat healthy. Taught by a registered dietician. **Fee:** \$25.

Washington Adventist Hospital

Cafeteria Conference Room C

Tuesday, July 12, 7:30-9 p.m.

### Apple Healthy Cooking for Everyone

Apply nutrition recommendations for heart health, cancer prevention and maximum immune system into delicious easy-to-make foods. Taught by a registered dietician. Preregistration is required. **Fee:** \$25.

Washington Adventist Hospital

Cafeteria Conference Room C

Wednesday, Aug. 3, 7:30-9 p.m.



## Exercise Classes — Land

### Apple Evening Conditioning

In this 10-week coed exercise program, the instructor will design an individualized program. You will be shown how to increase your strength and flexibility through the use of free weights and/or Universal equipment. **Fee:** \$115.

Columbia Union College

Health Science Building Basement

Tuesdays & Thursdays, July 5-Sept. 8, 6-7 p.m.

Drop-ins are welcome at \$6 per class.

### Apple Beginner T'ai Chi

This Chinese coed exercise program will help improve balance and coordination, flexibility and range of motion, and strength. **Fee:** \$100.

Washington Adventist Hospital

Conference Center, 3rd floor

Thursdays, July 28-Sept. 29, 10 weeks, 6:30-7:30 p.m.

Drop-ins are welcome at \$15 per class.

### Apple T'ai Chi

This class is for people who have completed at least one session of Beginning Tai Chi, another Tai Chi program or those who have trained in other movement, such as dance or martial arts. **Fee:** \$110.

Washington Adventist Hospital

Conference Center, 3rd floor

Thursdays, July 28-Sept. 29, 10 weeks, 7:30-8:30 p.m.

Drop-ins are welcome at \$15 per class.

### Apple Stretching and Body Alignment

This class will introduce a variety of stretching and body alignment techniques from various disciplines. The instructor, Eduardo, is a certified Alexander Technique Movement teacher, T'ai Chi instructor and body work and massage therapist. Students will be introduced to basic yoga-style stretching, as well as stretches and exercises from T'ai Chi and Qi Gong, self-help techniques from CranioSacral therapy, the Alexander Technique and more. This class is ideal for anyone with injuries or special conditions, or people who just want to increase their flexibility. *Please bring a mat and wear comfortable clothing to the class. Fee: \$110.*

Washington Adventist Hospital

Conference Center, 3rd floor

Mondays, July 18-Sept. 26, 10 weeks, 7-8 p.m.

Drop-ins are welcome at \$15 per class.

### Apple Yoga One

Learn easy poses to improve flexibility, strength and bring poise to the body. Stretching, breathing practices and deep relaxation techniques will be shown. This is a coed class. *Please bring a towel or yoga mat to class and wear comfortable clothing. Fee: \$96.*

Washington Adventist Hospital

Conference Center, 3rd floor

Wednesdays, July 6-Aug. 31, 8 weeks, 7-8:15 p.m.

Drop-ins are welcome at \$15 per class.

### 🍏 Senior Adult Exercise Class

This class is a good workout for anyone who wants to keep fit and stay limber, increase flexibility and improve cardiovascular conditioning. The class is excellent for helping ease pain caused by arthritis. **To enroll, contact Herb Snyder at 301-649-1606. Fee:** \$35 for 10 classes.

**Temple Emanuel**  
10101 Connecticut Ave., Kensington, Md.  
10-11 a.m. Classes are ongoing

## Exercise Classes — Water

### All Water Exercise Classes Are Open to Non-swimmers

#### PINEY BRANCH (PB) POOL

7510 Maple Ave., Takoma Park, Md.

*Mix'n Match has been discontinued. Want more information? Call 301-603-1328 or email pw@adventisthealthcare.com*

#### 🍏 Deep Water Exercise

This aerobic exercise is done wearing a floatation belt in the deep end of the pool. This class exercises your stomach, thighs, buttocks and upper body. **Fee:** \$92.

**Mondays & Wednesdays,** June 20-Aug. 24, 6:30-7:30 p.m.

*Drop-ins are welcome at \$10 per class.*

#### 🍏 Aqua-Dynamics

This coed cardiovascular exercise course will soothe and work at the same time. This class is especially good for people with joint and circulatory problems. **Fee:** \$92.

**Tuesdays & Thursdays,** June 21-Aug. 25, 6:30-7:30 p.m.

*Drop-ins are welcome at \$10 per class.*

#### Columbia Union College Pool

Health Science Building, Takoma Park, Md.

#### 🍏 Aqua Abs and Glutes

You will feel the burn in this class. Main focus is on your tummy and butt. Shoes and gloves are recommended for this class and can be purchased from the instructor. **Fee:** \$50 for 8 weeks. Choose either Monday or Wednesday class sessions for \$50 each or both for \$100.

**Mondays,** June 13-Aug. 15, 6:30-7:30 p.m.

**Wednesdays,** June 15-Aug. 17, 6:30-7:30 p.m.

*Drop-ins are welcome at \$10 per class.*

## Massage

### Massage Therapy

Individualized, one-hour private massage session by our massage therapists.

#### Washington Adventist Hospital

• **Eduardo Cortina — 301-806-6633.**

**Fee:** \$75. Techniques: Alexander Technique, CranioSacral therapy, deep tissue, Swedish, Thai massage and reiki. Appointments: Thursdays only.

• **Prenatal Massage, or private massage classes,** for couples during prenatal care. **Call 301-315-3132 to make an appointment.**

\*Gift certificates are available, too!

## Self-Improvement Classes

### The 7 Habits of Highly Effective Marriages®

Learn how to communicate better, have greater intimacy, work as a team and develop a mission statement for your relationship. This powerful, life-transforming workshop will help you achieve a sense of peace in your marriage and other key relationships.

Everyone is welcome to participate in this program, whether you are married or single. Learn more about continuing or building healthy relationships throughout your life. Fee includes workshop materials. **Fee:** \$85 per person.

#### Washington Adventist Hospital

Conference Center, 3rd floor

**Wednesdays,** Sept. 7

### Freedom from Smoking

Take charge of your health and “Kick the Butt.” This eight-group session combines support group meetings with a positive behavior-change approach to show you how to become a non-smoker and have fun while doing it. **Fee:** \$65.

#### Washington Adventist Hospital

Lisner Building, Room 1

**Tuesdays,** June 14, 21, 28, July 5, 7 (**Thursday**), 12, 19 & 26, 6:30-8 p.m.

### Look Good...Feel Better

A program for women undergoing cancer treatments. Specially trained cosmetologists and beauticians help you enhance your self-image and look your best. Cosponsored with the American Cancer Society and the National Cosmetology Association. **FREE**

#### Washington Adventist Hospital

Conference Room A-LL 2

**Mondays,** June 13, Sept. 12, 10 a.m.-noon

### Learn to Relax

Learn how worry and stress affect your everyday life. These four classes can be taken individually or as a series. Preregistration is required. **Fee:** \$20 per class, \$50 for series.

#### Washington Adventist Hospital

**Wednesdays,** July 20, 27, Aug. 3, 10, 7-8:30 p.m.

• **Learn to Manage Your Anger**—Learn positive coping techniques to handle your anger and reduce your stress. Class does not fulfill court orders.

**Wednesday,** July 20, 7-8:30 p.m.

• **How to Handle Everyday Worries**—This session teaches you practical techniques of identifying worries and making positive changes to make worry work for you.

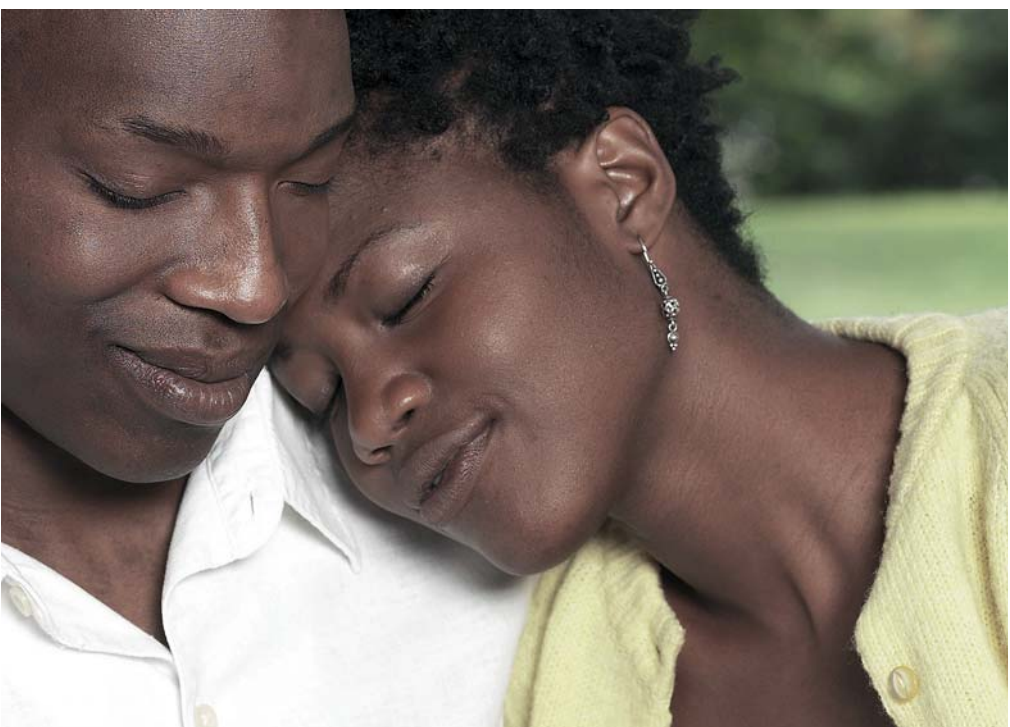
**Wednesday,** July 27, 7-8:30 p.m.

• **Learn to Relax**—Learn practical relaxation techniques for stress reduction.

**Wednesday,** Aug. 3, 7-8:30 p.m.

• **Learn to Simplify**—Learn how to simplify your life and how to create time for what you value most.

**Wednesday,** Aug. 10, 7-8:30 p.m.



## Relax and Enjoy Summer!

When stress piles up, it becomes a heavy load to bear. Experience the liberating power of stress relief with these easy relaxation techniques.

### Washington Adventist Hospital

- **Deep Breathing:** Let the rhythm of your breathing spread comforting relaxation throughout your body.

Thursday, June 30, 7-8:30 p.m.

- **Progressive Muscle Relaxation:**

When you let go of muscle tension, you will be amazed at the deep sense of peace and calmness you will feel.

Thursday, July 14, 7-8:30 p.m.

- **Guided Imagery:**

Let your imagination take you on a tranquil journey, and help you connect with your inner values and spiritual strengths.

Thursday, July 28, 7-8:30 p.m.

## Better Living with Bariatric Surgery

Please join us every month for our Bariatric Living session and healthy lifestyle talk.

These meetings are open to people who have had bariatric surgery and those who are interested in learning more about lifestyle changes that help an individual maintain weight loss. People who are considering the procedure will hear first-hand testimonials and experiences from individuals who have already had surgery and begun their journey into health. Participants can share stories, get answers to questions, and find a supportive stimulating environment. Families and friends are welcome. People are encouraged to bring clothes for a clothing exchange. **FREE**

### Washington Adventist Hospital

Conference Center

Second Tuesday of each month, 7:15-8 p.m.

- **Relaxation and Eating Behaviors**  
Presenter: Maureen Fama, Licensed Therapist, APRN

Are you or have you been a stress eater? The speed of life today makes it easy to eat automatically and use eating as a coping mechanism. Maureen will discuss this topic and provide some specific exercises to change this habit.

Tuesday, July 12, 7:15-8 p.m.

- **Cardiac Health**

Excess weight can be a factor in heart disease. Join one of our expert cardiologists who will talk about the benefit of weight loss for cardiac health.

Tuesday, July 12, 7:15-8 p.m.

- **Reading Labels and Portion Distortion**

Eating properly requires educating yourself about foods and learning to control portion size. One of our licensed dietitians will discuss this issue and give some guidance about how to make choices that will suit your new lifestyle.

Tuesday, Aug. 9, 7:15-8 p.m.



## Introduction to Cardiac Rehabilitation

Individual introductions to cardiac rehabilitation are available by calling the center.

For more information or to schedule a tour, please call 301-891-6016.

## CPR and First-Aid Classes

### Infant Safety and CPR for Parents

This course covers safety issues and CPR techniques applicable to babies up to one year of age. Discounted \$15 per couple (two for the price of one) when paying for this class together with the two-day or six-week Childbirth/Infant Care Course. **Fee:** \$30 per person; \$45 per couple.

### Washington Adventist Hospital

Saturdays, June 18, July 23, Aug. 20, Sept. 10, 9:30 a.m.-12:30 p.m.

### Child Safety and CPR for Parents

This course covers safety issues and CPR techniques for children ages one to eight years. **Fee:** \$30 per person; \$45 per couple.

### Washington Adventist Hospital

Saturday, July 16, 9:30 a.m.-12:30 p.m.

### HealthCare Provider CPR

This course is designed for the healthcare professional (doctors, nurses, EMTs, etc.) and covers all age groups from infant to adult following American Heart Association guidelines. After successfully completing this class, each participant will receive a healthcare provider card. Students must purchase the Health Care Provider CPR book at the hospital gift shop prior to the class. **Fee:** \$65

### Washington Adventist Hospital

Lisner Building, Room 1

Sundays, July 10, Aug. 28, noon-8 p.m.

### Healthcare Provider CPR Renewal

Renew your CPR by taking this refresher course in accordance with American Heart Associations standards. This course is for people who are prepared to perform their CPR skills with little or no prompting and complete the exam. To be eligible, you must bring your healthcare provider card to class and completed pretest to class. **Fee:** \$35.

### Washington Adventist Hospital

Lisner Building, Room 1

Tuesday, July 12, 6-10 p.m.

Wednesday, Sept. 7, 5:30-9:30 p.m.

### Adult and Pediatric Heartsaver CPR and AED

This basic CPR course is for anyone who is interested in receiving CPR certification. The Heartsaver AED Course teaches the basic techniques of adult and pediatric CPR, rescue breathing, and choking, as well as how to use an Automated External Defibrillator (AED). After successful completion, the student will receive a Heartsaver AED card from the American Heart Association. You may take one or both sessions. **Fee:** \$45 per class or \$70 for both classes.

### Washington Adventist Hospital

Lisner Building, Room 1

Monday, June 27, 6-9:30 p.m. (Adult)

Tuesday, June 28, 6-9:30 p.m. (Pediatric)

Tuesday, July 26, 6-9:30 p.m. (Adult)

Thursday, July 28, 6-9:30 p.m. (Pediatric)

### First Aid

This is a basic first-aid class anyone can take: childcare providers, health care providers, new parents, etc. Learn how to treat first-aid emergencies such as bleeding, shock, fractures, sprains, nosebleeds, seizures, and diabetic heat- and cold-related emergencies. CPR training is suggested prior to this course. **Fee:** \$45.

### Washington Adventist Hospital

Lisner Building, Rooms 1 & 2

Wednesday, July 6, 5:30-9:30 p.m.

Monday, Aug. 15, 5:30-9:30 p.m.

## Programs for Seniors

### Active for Life®

Active for Life® is a free, 21-week, motivational, discussion-based, life-planning program to help adults ages 50-90 overcome barriers to increasing physical activity. Learn how to plan time for physical activity, choose activities you like, set realistic goals, motivate yourself and put more action into your daily routine without exercise classes or gyms. Qualified applicants receive free tuition, textbook, t-shirt and step counter. Not an exercise class. *For information and to register, call the Active for Life® Center at 301-255-4205. FREE*

#### Washington Adventist Hospital

Conference Center Room 1

Thursdays, Apr. 14-Sept. 1, 1-2 p.m.

### Caregivers Support Group

Caregivers of aging parents and spouses are invited to attend a community support group. The purpose of this group is to share concerns about caregiving and to become familiar with available resources. Dinner will be served. *For further information, call Teresa Ochoa at 301-270-4200. Preregistration is required; please call 800-542-5096. FREE*

#### Sligo Creek Nursing and Rehabilitation Center

7525 Carroll Ave., Takoma Park, Md.

Thursday, Aug. 18, 6 p.m.

### Healthy Living Lecture Series

#### Holiday Park Multiservice Senior Center

3950 Ferrara Dr., Wheaton, Md.

Call 301-468-4448 for more information. Open to the public. **FREE**

- **Wednesday, July 13, 1:15-2:15 p.m.:** *Geriatric Medicine: What Does it Mean to You?* Older adults have different needs, more chronic illnesses and even multiple conditions. Come and learn how these specialists in the care and treatment of older persons can help you improve and maintain your quality of life.



### Meet and Motivate Lecture Series

#### Margaret Schweinhaut Senior Center

1000 Forest Glen Rd., Silver Spring, Md.

All lectures are **Tuesdays** from 10:30-11:30 a.m.

Call 301-681-1255 for more information.

Open to the public. **FREE**

- **Tuesday, Aug. 23: Do You Have Sensitive Skin?** The skin is the body's largest organ with an adult's skin weighing 5 to 8 pounds. If you spread out your skin, it would measure around 20 square feet in size. Many things affect skin. Is your skin sensitive to summer sun or dry winter air? Come and find out what affects our skin and how proper care can help.
- **Tuesday, Sept. 27: Cholesterol—the Good and the Bad News** Cholesterol can be both good and bad, so it's important to learn what cholesterol is, how it affects your health and how to manage your blood cholesterol levels. Much more will be shared to help keep cholesterol from working against you.

### Senior Adult Exercise Class

This class is a good workout for anyone who wants to keep fit and stay limber, increase flexibility and improve cardiovascular conditioning. The class is excellent for helping ease pain caused by arthritis. **To enroll, contact Herb Snyder at 301-649-1606. Fee:** \$35 for 10 classes.

#### Temple Emanuel

10101 Connecticut Ave., Kensington, Md.

Classes are ongoing, 10-11 a.m.

## Support Groups

### Baby Loss Support Group—Empty Arms, Aching Heart

A support group for those experiencing pregnancy loss, miscarriage, stillbirth, or infant death. *For more information call 301-891-5265. FREE*

#### Washington Adventist Hospital

Cafeteria Conference Room A

Third **Thursday** of each month, 7:30-9:30 p.m.

### Caregivers Support Group

Caregivers of aging parents and spouses are invited to attend a community support group. The purpose of this group is to share concerns about caregiving and to become familiar with available resources. Dinner will be served. *For further information, call Teresa Ochoa at 301-270-4200. Preregistration is required; please call 800-542-5096. FREE*

#### Sligo Creek Nursing and Rehabilitation Center

7525 Carroll Ave., Takoma Park, Md.

Thursday, Aug. 18, 6 p.m.

### Diabetes Dining Club

If you want to make a difference in your life with diabetes and in the lives of others, please join the Diabetes Dining Club. This social group eats, learns and plays together. This group also has found a way to reach out to the community with screenings, education and information on prevention for those who may be at risk and are not aware. Sponsored by the African American Health Program of Montgomery County. *Call 301-421-5767 for more information.*

### Diabetes Support Group

Come and get the support you need to live well with diabetes. Family members are welcome. *Please call 800-542-5096 for specific dates and more information.*

#### Washington Adventist Hospital

Cafeteria Conference Room, LL II

Meets on odd months, third **Tuesdays**, 7-8 p.m.

### Divorce Care Support with Marilyn Dimas

Don't handle the pain of divorce and separation on your own. This weekly support group will provide guided assistance to help you deal honestly with your past and look forward to rebuilding your life. *Registration is required. Please call 301-270-6777 for dates.*

#### Sligo Seventh-day Adventist Church

(Enter into the back of the church's Fellowship Hall)

7710 Carroll Ave., Takoma Park, Md.

### Grief Care

A mutual support group meets for six consecutive weeks for those experiencing loss. The group provides a safe place to grieve and helpful tools for coping, processing and healing. *Please call 301-891-5265 to preregister. FREE*

#### Washington Adventist Hospital

Cafeteria Conference Room A

**Tuesday**, Aug. 23, 7-8:30 p.m.

### MS Support Group

Co-sponsored by the Multiple Sclerosis Association of Cherry Hill, NJ. *Please contact Dave at 301-445-0097 to sign up. FREE*

#### Washington Adventist Hospital

Conference Center, 3rd floor

Usually Third **Wednesday** of each month, 10 a.m.-noon, but may not meet every month.

### Stroke Association

This club is for stroke survivors, caregivers and their families. *Call Rita at 301-530-9436 for more information.*

#### Margaret Schweinhaut Senior Center

1000 Forest Glen, Silver Spring, Md.

First **Tuesday** of each month.

9:30 a.m. *Caregivers meeting (can bring stroke survivor)*

10:30 a.m. *Monthly program for caregivers and survivors.*

# Registration Form

Mail your registration form and the course fee to the address on the registration form. We accept personal checks, cash, MasterCard and VISA. You may also call or fax your registration form when paying by credit card.

- Please check the enclosed schedule for the course time(s) and location(s) and mark your calendar. When we receive your request form and payment, we will send a confirmation of your registration, time permitting. If you have any questions regarding your registration, please call 800-542-5096 or e-mail [pw@adventisthealthcare.com](mailto:pw@adventisthealthcare.com) to confirm.
- PREPAYMENT** is required before you are registered in a class. Some classes are limited in size. If the class is full, you will receive a refund or may transfer to another class. Please register early for all classes and tours, as many fill quickly.
- We reserve the right to cancel a class due to insufficient enrollment. If we are unable to accommodate your registration due to cancellation by Shady Grove Adventist Hospital or Washington Adventist Hospital, you will receive a full refund.
- In the event that you must cancel your registration, a written

notice must be received one week before the class starts. It is your responsibility to check and make sure it has been received. You will receive a refund minus a \$10 processing fee. In addition to the above policies, cancellations for **Prenatal Preparation** courses require a **certified medical reason**.

- No refunds will be given for any class after it has begun.
- In bad weather, we follow Montgomery County public schools. If school starts late, morning classes and programs will be canceled; if school is canceled, all classes and programs will be canceled. Weekend programs will be held at the discretion of the program coordinator. The hospital switchboard and information desk will receive notification of cancellations at Shady Grove Adventist Hospital and Washington Adventist Hospital two hours before the class starts. Please call 800-542-5096 to confirm class cancellations.
- By enrolling, you agree to follow these policies.



For information and to register, call 800-542-5096. Unless otherwise indicated, classes require preregistration. Please fill out the registration form completely and print clearly.

For Maternal/Child Health Education, Toddler and Youth classes only:

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_ Age \_\_\_\_\_  
 Adventist HealthCare employee:  Yes  No Sex:  Male  Female

Mother's name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 Father/partner's name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 Hospital where you'll be delivering \_\_\_\_\_

How did you hear about us? \_\_\_\_\_  
 Name of your health plan \_\_\_\_\_ (optional)

Doctor's name \_\_\_\_\_ Your due date \_\_\_\_\_  
 Expecting multiple births?  Yes  No Number attending tour? \_\_\_\_\_

For Sibling, Toddler and Youth classes:

Have you previously attended a health education program at Washington Adventist Hospital?  Yes  No  
 Have you previously attended a health education program at Shady Grove Adventist Hospital?  Yes  No

Name(s) of child(ren) \_\_\_\_\_  
 How many will attend? \_\_\_\_\_  
 Age(s) \_\_\_\_\_  Male  Female

**PAYMENT:** You may use check, cash, MasterCard or VISA to pay for your class. Charge to  MasterCard  VISA

Card No. \_\_\_\_\_ Card expires \_\_\_\_\_

Cardholder's authorized signature \_\_\_\_\_

\$ \_\_\_\_\_  
 Total charge amount

Please make checks payable to AHC. Mail to: Adventist HealthCare Health and Wellness, 1801 Research Blvd., Suite 300, Rockville, Md. 20850. (Please note: There is a charge of \$25 plus other possible charges and penalties for dishonored checks.) For information, call 800-542-5096.

**Registration office phone hours:** Monday through Thursday, 9:30 a.m.-4 p.m., and Friday, 9:30 a.m.-3 p.m.

**Health and Wellness fax:** 301-315-3135  
**TTY for the hearing impaired:** 301-315-3089

**FOR OFFICE USE ONLY:**

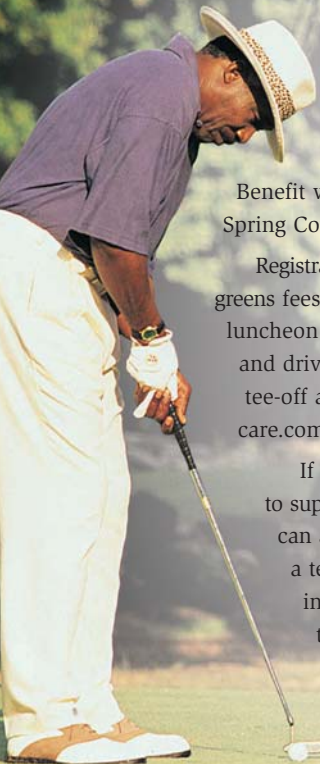
Date received \_\_\_\_\_ Amount paid \$ \_\_\_\_\_

Confirmation sent \_\_\_\_\_ Form of payment \_\_\_\_\_

Mailing list \_\_\_\_\_ Deposit \$ \_\_\_\_\_

1. PROGRAM TITLE		
Start date	Days of week	Time
Place	Cost \$	
2. PROGRAM TITLE		
Start date	Days of week	Time
Place	Cost \$	
3. PROGRAM TITLE		
Start date	Days of week	Time
Place	Cost \$	
4. PROGRAM TITLE		
Start date	Days of week	Time
Place	Cost \$	
5. PROGRAM TITLE		
Start date	Days of week	Time
Place	Cost \$	

# The 2005 Golf Benefit: It Benefits Us All



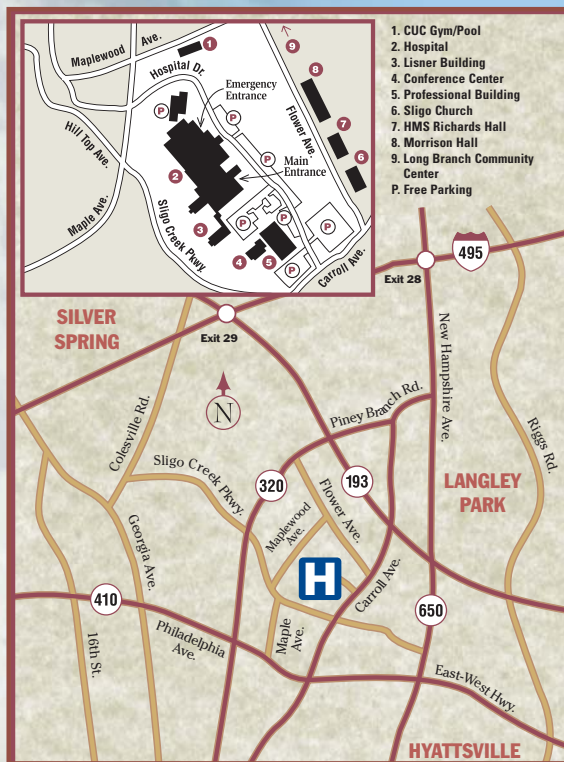
**M**ark your calendar: This year's Washington Adventist Hospital Foundation's 2005 Golf

Benefit will be held on Friday, September 23, at the Indian Spring Country Club in Silver Spring, Maryland.

Registration includes complimentary breakfast, driving range and greens fees, your golf cart, prizes and the reception and awards luncheon in the clubhouse. It all starts with check-in, breakfast and driving range practice at 7:00 a.m., and a scramble format tee-off at 8:45 a.m. Register online at [www.adventisthealthcare.com/WAH/foundation/events](http://www.adventisthealthcare.com/WAH/foundation/events).

If you are not able to attend the tournament but would like to support Washington Adventist Hospital through this event, you can advertise your business with a sign sponsorship at a hole, a tee or the driving range. Advertising space is also available in the Golf Benefit Program Book. All net proceeds from the September 23rd Golf Benefit will be used to strengthen patient services at Washington Adventist Hospital.

For more information on the benefits of sponsorship, or if you wish to make a contribution in support of Washington Adventist Hospital, please call the foundation office at 301-445-4224. Thank you for your support! ■



## Important Numbers for Washington Adventist Hospital

Main Number . . . . .	301-891-7600
Health and Wellness . . . . .	800-542-5096
Employment Center . . . . .	301-279-6135
Foundation Office . . . . .	301-445-4224
Center for Cardiac & Vascular Research . . . . .	866-894-CCVR (2287)

If you would like to be removed from our mailing list, please contact us via mail or phone: Adventist HealthCare, Attn. Ken DeStefano, Vice President, 1801 Research Blvd., Suite 400, Rockville, MD 20850, 301-315-3366.

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## eHealth Advisor

Sign up to receive our monthly email newsletter.

Each *eHealth Advisor* is full of health tips, news and information on upcoming events at Washington Adventist Hospital. Visit [www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com) and sign up today.

## Looking for a Doctor?



Washington Adventist Hospital offers a free 24-hour referral service that helps you find the physician or specialist that best suits your needs. You can get information on specific physicians, such as their medical training, office locations and more. **Call us at 800-642-0101.**

For a free physician referral, call 800-642-0101 or visit [www.WashingtonAdventistHospital.com](http://www.WashingtonAdventistHospital.com)



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