

Classes Available at the Institute for Health and Healing

The Institute for Health and Healing provides integrative medicine at Abbott Northwestern Hospital. Integrative medicine blends the best of conventional medicine with healing philosophies and a variety of healing therapies, often drawn from other medical traditions, emphasizing caring for the whole person and focusing on healing as much as curing.

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

— special events —

Mindfulness-Based Stress Reduction

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

- Judith Lies, LMFT, instructor
- Fridays starting Oct. 3, 9:30-noon,
plus Sunday, Nov. 9, 9 a.m.-4 p.m.

OR

- Scott Cruse, LICSW, instructor
- Mondays starting Oct. 6, 6-8:30 p.m.,
plus Saturday, Nov. 15, 9 a.m.-4 p.m.

- \$300 plus approximately \$45 for books and tape available at the class
- Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

A Day of Mindfulness

For anyone who already has a mindfulness practice and would like to refresh the skills that accompany it, this is a day-long retreat designed to support that opportunity. Focus for this day will be on cultivating our practice of gratitude. Come dressed for comfort in loose clothing, bring a lunch and plan to rekindle your mindfulness practice with the guidance and facilitation of an instructor with many years of MBSR training and leadership.

- Judith Lies, LMFT, instructor
- Saturday, Nov. 1, 9 a.m.-4 p.m.
- \$60

the art of — healing program —

The 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 to the wider Allina Hospitals & Clinics. The program includes music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. Program components available to the general public through this program 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 for Health and Healing 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.-9 p.m., and Friday from 8 a.m.-4:30 p.m.

October Exhibit — "This Time" Drawings by Mary Bergs Opening reception Friday, Oct. 3 from 6:30-8:30 p.m.

"Everything changes. Acknowledging this helps me to appreciate that even drawings are not static. They are revised, edited, combined with other drawings and in this process new bodies of work are created. This work is a continuation of my inquiry into how things come together to form relationships and what is the underlying connection that merges parts into a whole."

November Exhibit — Mixed Media Art by Gloria Larsen Opening reception Friday, Nov. 7 from 6:30-8:30 p.m.

"There are times in my life when I retreat to a quiet place to become still. It is a place for solitude and rejuvenation...I wait for warmth to stir deep within and in the stillness I draw upon inner energy and strength to get through all that is difficult. It is a healing time...a time for visions and dreams – a time to find hope."

December and January Exhibit — "Suspending the Eclipse" Mandalas by Richard Bonk

Opening reception Friday, Dec. 5 from 6:30-8:30 p.m.

For many years Bonk has focused his spiritual-art explorations on the creation of mandalas or circular art forms incorporating geometric patterns, symbols, nature and spiritual representations. Since mandalas are often used as a meditative preparation or focus with the intent of invoking a specific state of consciousness and/or insight, these images were (and remain) of special interest. More recently Bonk has ventured outside the circular "box" to explore new directions including tapestry-like presentations, energy portraits, abstracted landscapes and semi-relief environments.

RELATED ART OF HEALING PROGRAMMING

Images of Hope—Expressive Art Collage

Collage can be used as a means of exploring inner issues. Through art, one finds a way to give voice to feelings, joys, hopes and memories. When facing difficult times, images of hope give us serenity, a feeling of peace and are helpful in healing. This class will provide each participant with an opportunity to create a collage from photos, magazine pictures, cards, books, and colored and special papers. No art experience is necessary. All supplies will be furnished. If you have your own images from photos, magazines, art, poems/quotes, please feel free to bring them to the class.

- Gloria Larsen, instructor
- Tuesday, Nov. 18, 6-8:30 p.m.
- \$30

Drum Circle Series

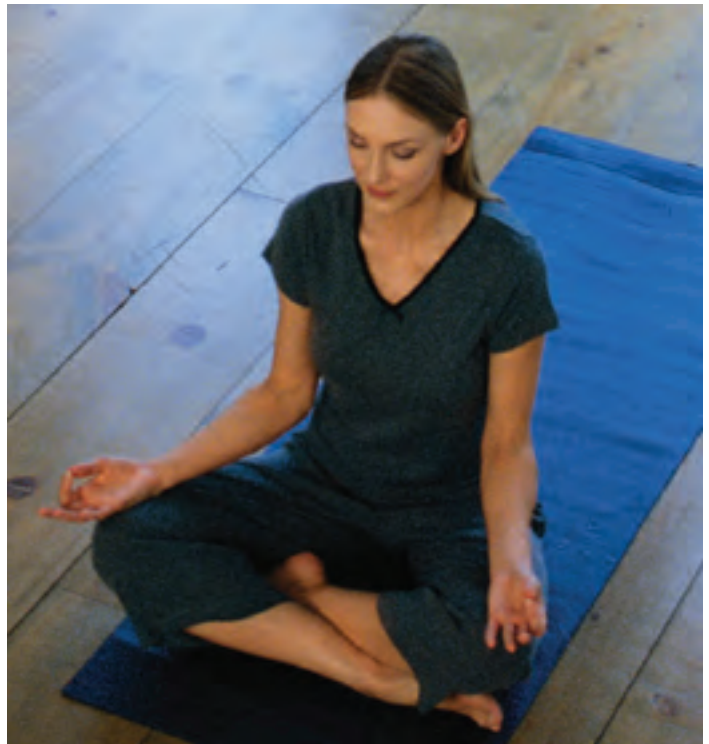
Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Attend this three-part series to experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience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

- Kim Donley, MS, MT-BC, instructor
- Mimi Lindell, RN, HN-BC, CHTP, instructor
- Thursdays, 7-8 p.m.
- Series starts Oct. 23
- \$40

Moving Spirit – An Exploration of Body, Breath and Labyrinths

Moving Spirit is an experiential session using the power of yoga and movement, ancient labyrinth patterns, eclectic world music, and guided meditation to open the body, quiet the mind and energize the spirit. Sacred space we create offers an opportunity to connect more deeply with yourself and others, and access your inner power, beauty and joy. No experience in yoga, dance or labyrinths needed. All movements are led. Loose clothing recommended. Bring clean, indoor shoes if bare feet are uncomfortable for you. More info at www.gorgeousspirit.com.

- Joan Guilfoyle, instructor
- Saturday, Oct. 18, 9 a.m.-3 p.m. (bring a bag lunch or plan to purchase lunch at a local business)
- \$60 (Abbott Northwestern employees and volunteers receive a 30 percent discount.)
- Registration deadline: Friday, Oct. 3



— yoga —

Therapeutic Yoga

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

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

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

Chair Yoga

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

- Megan Hatch, RYT, instructor
- Thursdays, 4-5 p.m.
- Series starts Oct. 23
- \$89
- No class Nov. 27



Beginning Gentle Yoga

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

- Beth Sanchez, instructor
- Wednesdays, 5-6:15 p.m.
- Series starts Oct. 22
- \$89
- No class Nov. 26

Continuing Yoga

In this six-week class, deepen your practice as you learn new yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again. Must have taken Beginning Yoga or have permission of instructor to register for this class.

- Beth Sanchez, instructor
- Thursdays, 5:30-6:45 p.m.
- Series starts Oct. 23
- \$89
- No class Nov. 27

— one-time 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 massage.

- Jeremy E. Miller, LMT, NCTMB, BS, instructor
- Tuesday, Dec. 9, 6:30-9:00 p.m.
- \$60 per couple

Dreams and Pain

Researchers at Trent University in Canada have found that people with pain tend to have more animals in their dreams than the rest of the population. Animals in dreams can reveal unexpected sources of support and strength. In this presentation, Asato will share findings from the Trent University studies, as well as levels of meaning that researchers have found for animals in dreams.

- Sheila Asato, MA, instructor, board member of the International Association for the Study of Dreams
- Monday, Dec. 1, 7-8:30 p.m.
- \$20

Sleep on it! Dreaming for Creativity and Health

Dreaming is a fundamental part of being human. Since ancient times, dreaming has been regarded as a source of healing and creative inspiration. In the first half of this presentation, Asato will introduce the ancient art of dream incubation and explore its connection to western medicine, as well as show how people continue to use dream incubation today for creative problem solving and personal enrichment. In the second half of this session, Asato will lead participants through a group dreamwork process. Start 2009 connected to the creative power of your dreams.

- Sheila Asato, MA, instructor, board member of the International Association for the Study of Dreams
- Monday, Dec. 8, 7-8:30 p.m.
- \$20

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



Our Location

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

Registration

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

Refund Policy

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

Education Credits

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

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

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

INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital

800 East 28th Street

Mail Route 15115

Minneapolis, MN 55407

612-863-3333 (phone) 612-863-9019 (fax)

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (*circle one*) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to Institute for Health and Healing.

Mindfulness-Based Stress Reduction

starts Oct. 3 (\$300) starts Oct. 6 (\$300)

A Day of Mindfulness Nov. 1 (\$60)

Images of Hope—Expressive Art Collage Nov. 18 (\$30)

Drum Circle Series starts Oct. 23 (\$40)

Moving Spirit – An Exploration of Body, Breath and Labyrinths

Oct. 18 (\$60)

Chair Yoga starts Oct. 23 (\$89)

Beginning Gentle Yoga starts Oct. 22 (\$89)

Continuing Yoga starts Oct. 23 (\$89)

Couples Massage Dec. 9 (\$60)

Dreams and Pain Dec. 1 (\$20)

Sleep on it! Dreaming for Creativity and Health Dec. 8 (\$20)

Institute for Health and Healing Outcomes Report now Available

Abbott Northwestern Hospital has published its first Overview and Outcomes Report for the Institute for Health and Healing. The report provides an overview of the Institute's first five years since it came into existence in 2003 through the visionary support of the George Family Foundation and the Ted and Roberta Mann Foundation.

Each month, the Institute's team of integrative health professionals provides enhanced care through more than 1,500 inpatient visits and more than 800 outpatient visits. The inpatient care team offers combinations of acupuncture, massage, guided imagery and energy work to nearly 15 percent of all patients hospitalized at Abbott Northwestern. The Institute's Outpatient Clinic offers these services plus, biofeedback, classical Chinese and Ayurvedic medicine, and physician and interventional nutrition consultations.



For patient groups, the Institute's Outpatient Clinic offers numerous specialized health education and self-care skills development programs. The LiveWell Fitness Center supports these programs with advanced diagnostic tools, exercise equipment and programs. All of the Institute's programs are staffed by exceptional professionals dedicated to the health and wellness of the whole person.

To view the Outcomes Report online, go to abbottnorthwestern.com and click on the Institute for Health and Healing under the Services and Programs section. 🌿

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

LiveWell Fitness Center Classes

12-Week Weight Management Program

Fall session begins week of Sept. 22

Tuesdays, 4-5 p.m. or

Thursdays, noon-1 p.m.

Take Action is a highly successful program of action for people who want to lose weight and keep it off. The 12-week Take Action Program was developed around extensive research on permanent weight loss. Participants learn the skills they need to manage their weight, including a regular program of exercise, healthy nutrition and lifestyle modification. Healthy habits are developed and reinforced through group support and weekly sessions covering nutrition and behavioral changes. This program also includes an individualized fitness profile, personal training session and nutrition consultation.

Call 612-863-5178 to register.

Fee: \$299 Member

\$349 Non-member

W.O.W. (Working Out with Weights)

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

Call 612-863-5178 for more information.

Fee: \$50 Member

\$70 Non-member

LiveWell Fitness Center's Programs and Services

The LiveWell Fitness Center offers a wide array of special programs and services. Nutrition counseling, personal training, comprehensive fitness assessments, metabolism testing, body composition analysis and group fitness classes are just a few of the offerings. A more complete description and fee schedule is available at the center's reception desk or call 612-863-5178 for more information.