

**5th Annual
Health and Wellness Festival
Saturday, October 15
11:00 am–3:00 pm
Hospital Campus**

This will be a fun-filled weekend beginning on Saturday with free health information and screening, booths and healthy food samples. The Festival concludes on Sunday with the morning run/walk and awards ceremony.



**2nd Annual
Noyo River RUN 5k and 10k
Sunday, October 16
9:00 am**

This out and back course starts in front of the hospital, continues on a quiet dirt road, downhill for the approximately three-quarters of a mile, across the scenic Noyo River, through a redwood grove to the turnaround, and then back to the finish line. The course is known as the Old A&W Road, because there was once a soda pop stand on the road, back in the days when it was a logging road for Georgia Pacific. Registration forms are at the hospital, on our Website or at www.theschedule.com.

WELLNESS CLASS CALENDAR

October / November / December
2011

*Caring, Healing
&
Living Well*

**For the most up-to-date information—
including additional classes and lectures—
please visit us at
www.mcdh.org/calendar**

Dear Readers,

We are pleased to announce Mendocino Coast Hospital's Fifth Annual Health and Wellness Festival with this calendar. *New this year:* We have expanded our festival to two days of wellness activities! Our mission statement is to improve the health of our community. Please join us for nature hikes, concerts, lectures, and the festival; all are planned with creating a healthy community in mind. Some of our festival highlights:

- Free diagnostic tests
- Fun activities for youth
- Balance screenings
- Sample new health products
- Meet practitioners in our community; MCDH staff and complementary and alternative medicine will share the Exhibitors Hall.
- Attend the demonstrations of Acupuncture, Hypnotherapy and Massage therapy.
- Sign up for the Wellness Walk and Run
- Enroll in our Create Your Health Class

We are looking forward to seeing you at these insightful health lectures, fitness classes, inspirational workshops and events. Our goal is to support you in your efforts to improve your Health and Wellness.

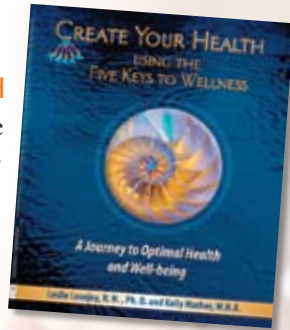
– *Donna Schuler and Sarah Wagner*
Wellness Coordinator and
Rehabilitation and Wellness Manager
www.mcdh.org/wellness
707-961-4670

Create Your Health

Tanya Wyldflower

**Tuesdays, November 8 and 15
2:00–5:00 pm
Cost: Free**

The **CREATE YOUR HEALTH** course is considered a core educational element for our Wellness program. There are five sections in this workshop. Each section teaches effective tools for supporting our capacity to heal. Free of charge, purchase of workbook is optional.



Tai Ji

Theresa Kirke

**Mondays, 4:00–5:00 pm Level I
5:15–6:00 pm Level II**

**Harvest Market Conference Room
8-week series, prepaid; \$48 (\$6 per class)**

Tai Ji is the art of self-cultivation. It aims to lengthen life and maintain youthful vitality. Young, old, healthy, infirm, all can benefit from its special capacity to nourish and protect qi. Improve balance, flexibility, and muscle strength.

Weight Watchers

**17 week Series-Join at any time
Fridays, 11:30 am–12:30 pm
Neva Cannon Room**

Weight Watchers at work offers the convenience of coming to the workplace at MCDH, and a supportive setting to reach your healthy weight. Come to a meeting to see if it is for you. For MCDH employees and the public. This group is having great results. Call 961-4670 for details.

"Lunch & Learn" Series**Integrative Medicine Lectures****Thursdays**

Integrative Medicine is a partnership between practitioners of conventional medicine and those of complementary modalities. Our Integrative Medicine Program at Mendocino Coast District Hospital brings together the best of both worlds to produce a patient-centered, patient-driven team of healthcare providers. The program emphasizes use of natural approaches, partnered with traditional Western medicine, to maintain wellness and help the body heal itself.

Massage Therapy**October 13, Noon–1:00 pm***Jess Stuckey, CMT***Hypnotherapy****November 17, Noon–1:00 pm***Alena Guest, CHt***Acupuncture****December 1, Noon–1:00 pm***Jessica Curl Rose, MSTCM, Lac, and Ken Rose***Your Health Update****What You Can Do for Healthier Bones***David C. Newell, MD***Thursday, October 20, 6:00–8:00 pm**

Dr. David Newell will discuss the diagnosis, prevention and treatment of osteoporosis. Osteoporosis is a common condition, affecting both women and men, which can have profound health consequences. Dr. Newell will discuss the role of diet, exercise, vitamin and mineral supplements and other lifestyle measures in the prevention of osteoporosis as well as the role of bone densitometry and medical treatments.

Dr. Newell is board certified in Endocrinology and Metabolism and has an active Endocrinology practice at North Coast Family Health Center. He frequently consults with patients who have osteoporosis and other metabolic bone diseases.

**Graceful Farewell:
Putting Your Affairs in Order***Maggie Watson***Tuesdays****October 11, October 25 and November 8****6:00–9:00 pm****Redwoods Room**

Fee: \$75 for seminar series, \$25 for attending partner

Book: \$20

A seminar to complete the *Gracefull Farewell* workbook with the information that will matter to your loved ones, and give you peace of mind. In this seminar, you will hear from an attorney about the difference between a will and trust, you will complete the Five Wishes Advanced Directive, and you will fill in the workbook with your personal information.

Class Locations & Registration:

Unless noted otherwise, most of our lectures, workshops and classes are held in the Redwoods Room, near the admitting entrance of MCDH.

Your advance registration ensures that our lecturers come prepared with enough materials for all. Thank you.

VOLUNTEER

We invite you to join our hospital auxiliary. Cheerful, caring help is needed in many locations throughout the hospital. Helping others, and maintaining connection to community is recognized for the beneficial affect on one's overall health. Just ask one of our many wonderful auxiliary volunteers. It doesn't matter if you are sixteen or seventy-six, you can become a part of this vital organization. For information pick up a brochure near the gift shop or please call and leave a message at 961-1234 ext 291.

**Therapeutic Music Program
Benefit Concert****Transformative Healing Concert:
Anton Miserak and Laura Berryhill****Saturday, November 19****7:00 pm****Registration Hall at MCDH**

Donations only

Mount Shasta keyboardist, harmonica and tabla player Anton Miserak and singer Laura Berryhill will present an evening of transformational healing music, Celtic songs, and chants from around the world.

The newly formed MCDH Therapeutic Music Program (TMP) provides patients, patient families, and staff the beneficial effects of live, personalized music through the efforts of volunteer musicians. With the support of the nursing staff and volunteer musicians, patients of MCDH are able to be soothed and relaxed through sound vibrations.

SUPPORT GROUPS

There are many support groups who meet at MCDH. Please check our Website at www.mcdh.org/info/support-groups/ for groups that meet at MCDH and in the community.

Diabetic Support Group

Meets fourth Saturday of each month, 10:30 am–12:00 pm, MCDH Redwoods Room. Call Lynn Unroe at 961-4744 for more information.

Parkinson's Support Group

Meets first Friday of each month, 2:00–3:30 pm, MCDH Redwoods Room

Lupus Support Group

Meets fourth Wednesday of each month, 5:30–7:00 pm, MCDH Redwoods Room

Pilates*Sarah Wagner, MPT, PI***Tuesdays and Thursdays, 5:15–6:00 pm****Neva Cannon Room**

This is a mat-based Pilates class which uses postural alignment, Pilates-style breathing techniques, and concentration on the core muscles to lengthen and strengthen all the muscles of the body. We will use Pilates props to activate muscles and add challenge to exercises. This class is for all levels. Please bring a mat. Mats and some props available for purchase.

Start Where You Are Yoga*Helen Jacobs, CMT, RYT***Mondays, 5:30–6:45 pm****Neva Cannon Room**

Beginning hatha yoga class—no previous experience required. Helen Jacobs has taught gentle Yoga for more than 25 years. She accommodates for conditions such as arthritis, osteoporosis and scoliosis. Her yoga class will help you reduce stress and improve cardiac health. Ask Helen about her back care class to relieve chronic low back pain.

**Try our affordable
FITNESS CLASSES****PUBLIC: Drop In, \$10**

Save with a Fitness Pass!

\$6 per class with 20 class purchase

\$7 per class with 10 class purchase

MCDH EMPLOYEES AND VOLUNTEERS:**Drop In, \$7**

Save with a Fitness Pass!

\$5 per class with 20 class purchase

\$6 per class with 10 class purchase