

## NEXT GENERATION WELLNESS

# Holy Cross Health Classes for Montgomery College Employees



**For additional classes, more information or to register, please call 301-754-8800 or visit [HolyCrossHealth.org](https://www.HolyCrossHealth.org).**

There you also may download a printable class registration form. Class dates, instructors and fees are subject to change.

**Locations:** Classes and events are at the following locations unless otherwise noted.

- 1 Holy Cross Hospital, Holy Cross Health Conference Center**  
1500 Forest Glen Road, Silver Spring, MD  
*For parking information and fees, visit [HolyCrossHealth.org/parking](https://www.HolyCrossHealth.org/parking)*
  - 2 Holy Cross Germantown Hospital**  
19801 Observation Drive, Germantown, MD  
*Parking is free.*
  - 3 Holy Cross Resource Center**  
9805 Dameron Drive, Silver Spring, MD
  - 4 Holy Cross Senior Source**  
8580 Second Avenue, Silver Spring, MD
- MC Montgomery College**
- **Germantown** – 20200 Observation Drive, Germantown, MD
  - **Rockville** – 51 Mannakee Street, Rockville, MD
  - **Takoma Park** – 7600 Takoma Avenue; Takoma Park, MD

# SPECIAL EVENTS FREE

## HEALTHY YOU CHALLENGE

Tuesday, March 7, 14, 21 & 28 / 6:30 to 8:30 p.m. / Location: **1**

Join us for this four-part series to learn more about fitness, nutrition and healthy cooking, all to improve health outcomes. Pre- and post-measurements will be taken to determine body changes, with a celebration at the conclusion for becoming a healthier you. Registration required.

## DIVERSITY IN ACTION HEALTH & WELLNESS EXPO

This two-day event focuses on health issues that affect minority communities. Sponsored by Holy Cross Health and the Minority Communities Empowerment Project with support from the Office of Minority Health and Health Disparities, Maryland Department of Health and Mental Hygiene.

• **Saturday, April 1 / 8 a.m. to Noon / Location: **1****

Free clinical breast exams and Pap tests for women. Call 301-754-8800 for an appointment.

• **Saturday, April 8 / 9 a.m. to Noon / Location: **1****

Bring the family to this interactive community event spotlighting topics that affect minority communities, including health insurance access and health literacy.

## NATIONAL HEALTH AWARENESS EVENTS

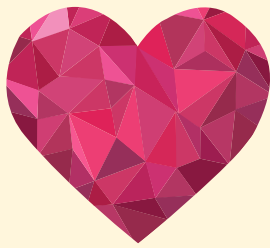
Wednesdays, 11 a.m. to 1 p.m. / Location: **HCH Cafeteria **1****

The Community and Minority Outreach department provides health awareness information/resources on the topics below. Blood pressure screenings will be available at each date.

- **March 15:** Colorectal Cancer
- **April 5:** Minority Health/Oral Cancer

## KEEP A HEALTHY HEART FAIR

Friday, Feb. 3 / 11 a.m. to 3:00 p.m. / Location: **2**



Wear Red Day is Friday, February 3. Stop by our health fair and take steps toward a healthy heart. Join us for an informative afternoon event on cardiovascular health, including free health information, health screenings, raffle prizes and refreshments. The first 50 guests in red receive a free chair massage.

## KEEP A HEALTHY HEART LECTURE

Wednesday, Feb. 15 / 6:30 to 8 p.m. / Location: **1**

High blood pressure can often be improved or even reversed with simple diet and lifestyle changes. Bring a friend and learn about tools to help you take charge of your heart health.



TAKE TIME FOR YOUR HEALTH

- 1** Holy Cross Hospital / Holy Cross Health Conference Center
- 2** Holy Cross Germantown Hospital
- 3** Holy Cross Resource Center
- 4** Holy Cross Senior Source

## Disease Management & Maintenance

### BETTER BONES **FREE**

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 to request a physician's consent form to register and for a schedule of classes.

### DIABETES SELF-MANAGEMENT EDUCATION

**Mondays, Jan. 9 - Feb. 6**  
**Feb. 27 - March 20**  
**April 3 - May 1**

- **1 to 4 p.m. / Location:** 4
- **6:30 to 9:30 p.m. / Location:** 3

A four-week class series taught by a registered nurse to help you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

### JOINT REPLACEMENT CLASS **FREE**

- **Mondays, Feb. 6 & 20, March 6 & 20. April 3 & 17**  
**2 to 4 p.m. / Location:** 1
- **Wednesdays, March 1, 15 & 29, April 12 & 26**  
**11 a.m. to Noon / Location:** 2

Learn what to expect before, during and after surgery.

### LIVING WELL: A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM **FREE**

This six-week program teaches adults how to live a healthy life with chronic conditions and includes tools for improved self-management and ways to be your own best health care advocate. Call 301-754-8800 for workshop dates and locations.

- 1 Holy Cross Hospital / Holy Cross Health Conference Center
- 2 Holy Cross Germantown Hospital
- 3 Holy Cross Resource Center
- 4 Holy Cross Senior Source

## Fitness & Movement

### BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

**Tuesdays, Feb. 14 - March 21 or April 11 - May 16**  
**6:30 to 7:30 p.m. / Location:** 3  
*6-week session: \$70*

Learn the social style of ballroom dancing in a friendly, fun and supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. Couples and singles welcome.

### BUILDING RESILIENCE **NEW**

**Feb. 12 - March 19 or March 26 - May 7**  
*(no class April 16)*  
**3:15 to 4:15 p.m. / Location:** 3  
*5-week session: \$60;*  
*6-week session: \$70*

Learn how to use breathing, meditation, healing foods and gratitude practices to build your resilience for better health. Enjoy a positive coaching environment and the accountability of a group for sustainable results.

### GENTLE YOGA

**Thursdays, Feb. 16 - March 23 or March 30 - May 4**  
**6 to 7:15 p.m. / Location:** 3  
*6-week session: \$70*

Learn how to relax using yoga techniques. This class is taught on the floor with modifications for people with movement limitations.

### PILATES

**Wednesdays, Feb. 22 - March 29 or April 12 - May 17**  
**6:30 to 7:15 p.m. / Location:** 3  
*6-week session: \$70*

A mat class to improve flexibility, core strength and posture.



### SENIOR FIT **FREE**

Senior Fit is a 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. **Offered at 24 locations** in partnership with National Lutheran Communities and Services, Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 to request a physician's consent form to register and for a class schedule and locations.

### SWEET DREAMS, SLEEP MATTERS

**Sundays, Feb. 12 - March 19 or March 26 - May 7** *(no class April 16)*  
**6 to 7 p.m. / Location:** 3  
*5-week session: \$60;*  
*6-week session: \$70*

iRest® Yoga Nidra is a guided meditation practice to reduce stress and anxiety to help improve sleep. Includes gentle stretching.

### YOGA FOR WOMEN

**Sundays, Feb. 12 - March 19 or March 26 - May 7** *(no class April 16)*  
**4:30 to 5:45 p.m. / Location:** 3  
*5-week session: \$60;*  
*7-week session: \$70*

A yoga class designed for women age 30 and older to help reduce muscle tension.

### YOGA I

- **Mondays, Feb. 13 - March 20 or March 27 - May 8** *(no class April 10)*  
**6:15 to 7:30 p.m. / Location:** 3
- **Thursdays, Feb. 16 - March 23 or March 30 - May 4**  
**9 to 10:15 a.m. / Location:** 3  
*6-week session: \$70*

This physically active, meditative experience develops flexibility and strength.