Health and Wellness Programs

Greater DeKalb County - Spring 2020
Do Your Legs Limit You?

If you have restricted mobility due to pain or numbness in your legs, peripheral artery disease, or PAD, may be to blame. An estimated one in eight adults over the age of 60 is affected by PAD. PAD occurs when arteries in the leg become clogged, blocking blood flow. If you have PAD, you are at increased risk for other health concerns, including heart attack, stroke and amputation.

In addition to pain and numbness, symptoms of PAD may include:

- Coolness of the legs
- Impotence in men
- Loss of hair on toes, feet and legs
- Non-healing wound or gangrene
- Skin discoloration
- Thickening of toenails

If you have symptoms, talk to your healthcare team and ask about an ankle-brachial index (ABI) test, which is a quick, noninvasive way to check for PAD. The test compares blood pressure in your arms and legs to look for decreases in circulation.

Northwestern Medicine now offers complimentary ABI screenings. The screenings are held the fourth Monday of each month at Northwestern Medicine Kishwaukee Health & Wellness Center from 1 to 3 pm, and at Northwestern Medicine Valley West Hospital from 9 to 11 am. No appointment is needed.
Registration is required for all classes unless otherwise noted. **To register, please visit kish-calendar.nm.org** or call 815.748.8962 for classes near Northwestern Medicine Kishwaukee Hospital or near Northwestern Medicine Valley West Hospital. TTY for the hearing impaired 815.756.6448.

For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs, including, but not limited to, physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration. Fees subject to change.

Es obligatorio inscribirse para todas las clases, a menos que se indique lo contrario. **Para inscribirse, visite kish-calendar.nm.org o llame al 815.748.8962 para clases cerca de Northwestern Medicine Kishwaukee Hospital o cerca de Northwestern Medicine Valley West Hospital. TTY para personas con dificultades auditivas 815.756.6448.**

Para programas con tarifas, por favor, pague al momento de inscribirse. Si hay alguna tarifa implicada, el costo se indicará en la descripción de la clase. Si tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, servicios de interpretación, lenguaje de señas o ayuda financiera, por favor, déjenos saber en el momento en que se inscriba. Las tarifas están sujetas a cambios.

If you no longer wish to receive this or other health-related information from Northwestern Medicine Kishwaukee Hospital or Northwestern Medicine Valley West Hospital, kindly call 815.748.8962 to have your name removed from our list. TTY for the hearing impaired 815.756.6448.
A  Northwestern Medicine Kishwaukee Hospital Roberts Conference Center  
   1 Kish Hospital Drive, DeKalb  
B  Northwestern Medicine Leishman Center for Culinary Health at Kishwaukee Hospital  
   1 Kish Hospital Drive, DeKalb  
C  Northwestern Medicine Diabetes Education  
   626 East Bethany Road, DeKalb  
D  Northwestern Medicine Kishwaukee Health & Wellness Center  
   626 East Bethany Road, DeKalb  
E  Northwestern Medicine Kishwaukee Hospital Cancer Center  
   10 Health Services Drive, DeKalb  
F  Northwestern Medicine Kishwaukee Hospital Breast Health Center  
   1 Kish Hospital Drive, DeKalb  
G  Northwestern Medicine Behavioral Health Services  
   760 Foxpointe Drive, Sycamore  
H  Northwestern Medicine Physical Therapy  
   2111 Midlands Court, Sycamore  
I  Northwestern Medicine Valley West Hospital  
   1302 North Main Street, Sandwich  
J  Northwestern Medicine Regional Medical Group, Genoa  
   599 Pearson Drive, Genoa

Registration

Most programs require registration. Unless otherwise noted, please register online at kish-calendar.nm.org or call 815.748.8962. TTY for the hearing impaired 815.756.6448.
Convenient locations

All classes are located close to where our patients live and work. If you have questions about the location or require more detailed directions, call us at 815.748.8962. TTY for the hearing impaired 815.756.6448.

To help you and your family stay healthy, Northwestern Medicine Kishwaukee Hospital and Northwestern Medicine Valley West Hospital offer wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and nutrition. Classes are available for both children and adults.

Pregnancy, childbirth and baby

**Understanding Birth**
Join us for this two-session program to learn breathing, relaxation and comfort techniques; meditations; and the signs, stages and variations of labor. Cesarean births will also be covered. Labor companions learn about giving support during the birthing process. A tour of the hospital Maternity Suites is provided for classes held at Kishwaukee Hospital.

**Monday, Feb. 3 and 10 or Apr. 6 and 13**
5:30 – 8:30 pm
Roberts Conference Center
Kishwaukee Hospital, DeKalb

**Wednesday, Mar. 11 and 18 or May 6 and 13**
5:30 – 8:30 pm
Valley West Hospital, Sandwich

$50/couple

**Understanding Birth Weekend Express**
This condensed Understanding Birth class for the expectant mom and her labor companion provides the same basic information as our Understanding Birth class, but offers you the convenience of completing it in one day. Food is provided.

**Saturday, Mar. 7 or May 2**
8:00 am – 2:30 pm
Roberts Conference Center
Kishwaukee Hospital, DeKalb

**Saturday, Feb.1 or Apr. 4**
8:00 am – 2:30 pm
Valley West Hospital, Sandwich

$50/couple

Most programs require registration. Register online at kish-calendar.nm.org or call 815.748.8962 unless otherwise noted.
Kishwaukee Hospital and Valley West Hospital Maternity Suites Tours

We encourage expectant parents to tour our beautiful and spacious Maternity Suites. This tour is also given as a part of our Understanding Birth classes at Kishwaukee Hospital.

Tuesday, Feb. 18, Mar. 17, Apr. 21 or May 19
5–6 pm
Kishwaukee Hospital, DeKalb
Call to schedule an appointment
Valley West Hospital, Sandwich
815.786.3760

Understanding Breastfeeding

This program provides guidance for moms-to-be on the importance of breastfeeding; where to find evidence-based information and support; and how labor decisions can impact your breastfeeding experience. Your support person is strongly encouraged to attend.

Monday, Mar. 16 or May 11
6–8 pm
Roberts Conference Center
Kishwaukee Hospital, DeKalb
Wednesday, Feb. 12 or Apr. 15
6–8 pm
Valley West Hospital, Sandwich
$15/couple

Prenatal Lactation Visit

Kishwaukee Hospital Breastfeeding Center and Valley West Hospital Breastfeeding Center offer complimentary prenatal lactation visits. A lactation specialist will teach the importance of breastfeeding for you and your baby, breastfeeding basics, latch and positioning in the early days, the important role that partners play in breastfeeding support, and strategies for returning to work while continuing to breastfeed.

Northwestern Medicine Kishwaukee Hospital Breastfeeding Center, DeKalb
To schedule a visit, call 815.748.8350.

Northwestern Medicine Valley West Hospital Breastfeeding Center, Sandwich
To schedule a visit, call 815.786.3695.

TTY for the hearing impaired 815.756.6448. Programs may have a fee to participate. If no fee is listed, there is no cost for the program.
**Moms Breastfeeding Group**

Bring your baby and meet other breastfeeding moms to receive support, encouragement and assistance with issues you and your baby may be having with feeding. Topics are guided by a Northwestern Medicine lactation specialist. No registration required.

**First Thursday of each month**
10 - 11 am

**Second Thursday of each month**
2 - 3 pm

Roberts Conference Center
Kishwaukee Hospital, DeKalb
815.748.8350

**First Tuesday of each month**
10 - 11 am

Valley West Hospital, Sandwich
815.786.3695

**Infant Massage**

Research shows that touch is essential to human development. This hands-on class teaches beginner infant massage techniques and the clinical effects of massage on your baby. Limit two adults per infant.

Northwestern Medicine Physical Therapy Center, Sycamore
For pricing and to schedule an appointment, call 815.748.8900.

**Understanding Your Newborn**

Parents, grandparents and other caregivers will learn the basics of newborn care, including bathing, diapering, feeding, sleeping and comforting techniques.

**Monday, Mar. 9 or May 4**
6 - 8 pm

Roberts Conference Center
Kishwaukee Hospital, DeKalb

**Wednesday, Feb. 5 or Apr. 8**
6 - 8 pm

Valley West Hospital, Sandwich
$15/couple

**Milk Depot**

The Milk Depot at Kishwaukee Hospital Breastfeeding Center is a place where pre-approved mothers can drop off their extra breastmilk to help save the lives of premature and sick babies whose mothers cannot produce enough milk of their own. The Milk Depot sends frozen donated milk to a milk bank, where it is processed, pasteurized and dispensed in compliance with the Milk Banking Association of North America guidelines. Donated milk is distributed to the most at-risk babies and can be lifesaving for preterm infants. For more information, call 815.748.8350.
Counseling and support

**Mental Health First Aid Training for Adults**
Discover more about mental health and how to help an adult who may be experiencing a mental health problem.
Friday, Feb. 7, Mar. 13, Apr. 10 or May 8 8:30 am - 4:30 pm
Kishwaukee Health & Wellness Center, DeKalb
To register, send an email to barbara.stagner@nm.org or call 815.766.3170.

**Mental Health First Aid Training for Youth**
Discover more about mental health and how to help a youth (ages 12 to 18) who may be experiencing a mental health problem.
Monday, Feb. 3, Mar. 2, Apr. 6 or May 4 8:30 am - 4:30 pm
Kishwaukee Health & Wellness Center, DeKalb
To register, send an email to barbara.stagner@nm.org or call 815.766.3170.

**Find a physician**
Looking for a primary care physician or specialist? Visit nm.org and use our search function to find the physician that's right for you. Or, you can call the physician referral line at 815.748.2974. TTY for hearing impaired 815.756.6448.
Mindfulness for the Anxious Mind
Learn how to better manage anxious thoughts and feelings in this ongoing four-week group led by Megan Orr, LCSW. Attend any or all sessions. There will be a brief phone assessment prior to participating in the group. Insurance is billed and most insurance plans are accepted.

Call for dates, times and fee
Northwestern Medicine Behavioral Health Services, Sycamore 815.748.8334

Dialectical Behavioral Therapy Groups
For those struggling with various behavioral health conditions, it can be overwhelming to manage aspects of their lives. Dialectical behavioral therapy (DBT) uses an evidence-based curriculum developed to empower people to learn skills to build their lives into “a life worth living.” The DBT groups include people at all levels of learning and implementing their skills.

The beginners group meets weekly. Group members are taught the full curriculum as developed by University of Washington Psychologist Marsha Linehan, PhD, ABPP. At the end of the program, members will have been given a solid foundation of DBT skills.

The intermediate group meets weekly and is designed for people who have the foundation, but may need reinforcement in applying their DBT skills. This group reviews the skills while aiding group members in processing how to apply them in their daily lives.

The advanced group meets every other week. The purpose of this group is to continue to support members in using their skills and processing situations in their lives.

Groups are led by Megan Orr, LCSW; Sarah VanMeter, LCSW; and Lynette Swedberg, APN. To participate in one of these groups, please call to schedule an assessment. Insurance is billed and most insurance plans are accepted.

Call for dates, times and fee
Northwestern Medicine Behavioral Health Services, Sycamore 815.748.8334

Stay on top of your health with the new MyNM app.
The MyNM app combines the experience of NM MyChart with new ways to access your information.

Text MYNM to 43506 to download the app.
Diabetes

Diabetes Management
This six-week class, developed by Michelle May, MD, a nationally recognized expert on mindful eating, offers a practical mind-body approach to diabetes that shifts the focus from rigid nutrition rules and strict exercise to awareness of beliefs, habits, thoughts, feelings and physical sensations. A Northwestern Medicine diabetes educator will teach how to focus on changing thoughts and feelings first, so behavior changes will last. A physician referral is required.

Tuesdays, Mar. 3 - Apr. 7
10:30 am-12:00 pm or 6:00-7:30 pm
Kishwaukee Health & Wellness Center, DeKalb
For fee, registration and information, call 815.748.8378.

Eat to Beat: Diabetes
Learn how food can be an effective tool and how to apply the power of your plate to help prevent and manage diabetes. See more information on page 14.

Thursday, Mar. 19
10 - 11 am
Health and wellness

Next Steps
This medically integrated lifestyle program is designed to provide additional support for individuals transitioning from an illness or managing a chronic medical condition.

This program may be appropriate for you if you are:

• Completing physical therapy, diabetes education, cardiac rehabilitation or pulmonary rehabilitation
• Recovering from a recent surgery or preparing for surgery
• Living with arthritis, fibromyalgia, lupus or another autoimmune condition
• Wanting to lose weight and keep it off

Programs include: Cancer Fitness, Cardiac Fitness, Diabetes Fitness, Functional Fitness, Orthopaedic Fitness, Fit for Surgery, Pulmonary Fitness, Transitional Care and Weight Management.

Kishwaukee Health & Wellness Center, DeKalb
For more information, call 815.754.1098.

Family and Friends CPR
This non-certification program teaches basic CPR techniques and how to recognize and respond to infants, children and adults who are choking. The program is taught by a certified American Heart Association CPR instructor. No written or skills test is required. Minimum age is 13. Children ages 13-17 must be accompanied by an adult who is also registered for the class.

Thursday, Feb. 6
6:00-8:30 pm
Kishwaukee Health & Wellness Center, DeKalb

Wednesday, Apr. 8
5:30-8:00 pm
Valley West Hospital, Sandwich
Fall Risk Screening
A physical therapist will perform a comprehensive screen, including a risk factor questionnaire, and assessment of gait, balance, strength, sensation and positional blood pressure changes. If you or a loved one is identified as a fall risk, we can connect you with clinical and community resources for help.

Northwestern Medicine Physical Therapy Center, Sycamore
To schedule an appointment, call 815.748.8900.

Valley West Hospital, Sandwich
To schedule an appointment, call 815.786.8550.

Courage to Quit®
Receive support, education and information about addiction, withdrawal, medications, cravings, avoiding triggers, and the health benefits of being smoke-free.

Tuesdays, Mar. 3 - 17
3:00 – 4:30 pm
Tuesdays, May 5 - 19
5:30 – 7:00 pm
Kishwaukee Health & Wellness Center, DeKalb
Mondays, Feb. 3 - 17
5 – 6 pm
Valley West Hospital, Sandwich

Looking to quit, but can’t find a class that works with your schedule?
If you’re ready to quit smoking but the class times listed here don’t work for you, call us at 815.748.8962 for additional class options.

Stop Smoking, Clear the Air
Learn about the benefits of quitting smoking and the strategies and tools that have helped others quit.

Second Tuesday each month
3:30 – 5:00 pm
Kishwaukee Health & Wellness Center, DeKalb

Third Wednesday of each month
2:00 – 3:30 pm
Valley West Hospital, Sandwich

TTY for the hearing impaired 815.756.6448. Programs may have a fee to participate. If no fee is listed, there is no cost for the program.
Ingredients for healthy living

The Leishman Center for Culinary Health, an innovative teaching kitchen at Kishwaukee Hospital promotes healthy living through food. Culinary instructors and registered dietitians offer a range of demonstrations and classes with instruction in healthy cooking and food preparation methods. Recipes and tastings are provided unless otherwise noted. Registration is required and closes 3 to 5 days prior to the class start date. Please register early.

**Lunch at Leishman**

Join us for lunch to experience what the Leishman Center for Culinary Health has to offer. A pre-determined menu each month will feature recipes from the various cooking classes offered in this state-of-the-art teaching kitchen.

**Thursday, Mar. 26, Apr. 23 or May 28**

12–1 pm

**Seniors Connect and Cook**

Join us for a relaxing morning full of social interaction and fun while learning cooking techniques and recipes.

**Wednesday, Feb. 5, Mar. 4, Apr. 1 or May 6**

10 am–12 pm

Most programs require registration. Register online at kish-calendar.nm.org or call 815.748.8962 unless otherwise noted.
5 Ingredients or Less: Heart Healthy Meals
Learn how to create delicious, heart healthy recipes using 5 ingredients or less to save time and money.

Tuesday, Feb. 4, 6–7 pm
Tuesday, Feb. 18, 10–11 am

Creative Uses for Chocolate
Learn about the heart healthy properties of chocolate during this demonstration of creative ways to use this sweet treat.

Wednesday, Feb. 12
10–11 am or 6–7 pm

Immunity-Building Sips and Soups
Learn how spices used in teas and soups can help build your immunity.

Thursday, Feb. 6, 1:00–2:30 pm
Thursday, Feb. 20, 6:00–7:30 pm

Basic Knife Skills
Learn proper cutting techniques while preparing simple recipes in this hands-on experience.

Wednesday, Feb. 27
6–8 pm

Managing Your Blood Pressure with the DASH Eating Plan
Learn to identify your individual risk factors for high blood pressure, and learn dietary strategies to increase fruits and vegetables and reduce sodium intake. Blood pressure screening is included, along with information focused on lifestyle changes. DASH recipes and tastings included.

Mondays, Feb 10 and 24, 6:00–7:30 pm

Lentil Love
Learn about the role lentils can play in preventing cancer, while creating healthy recipes.

Tuesday, Mar. 3, 10 am–12 pm
Tuesday, Mar. 31, 6–8 pm

Simple Side Dishes
Learn how to prepare simple sides that you and your family will love.

Thursday, Mar. 5, 6–8 pm

5 Ingredients or Less: Mediterranean Meals
Learn how to create delicious, anti-inflammatory recipes using 5 ingredients or less to save time and money.

Tuesday, Mar. 10, 10–11 am
Tuesday, Mar. 24, 6–7 pm
Most programs require registration. Register online at kish-calendar.nm.org or call 815.748.8962 unless otherwise noted.

**Cooking with Cabbage**
Learn three different ways to prepare cabbage and how this cruciferous vegetable can help prevent cancer.

Wednesday, Mar. 11, 10–11 am
Wednesday, Mar. 11, 6–7 pm

**Eat to Beat: Diabetes**
Learn how food can be an effective tool and how to apply the power of your plate to help prevent and manage diabetes.

Thursday, Mar. 19, 10–11 am

**5 Ingredients or Less: Flavors of Spring**
Learn how to create delicious, springtime recipes using 5 ingredients or less to save time and money.

Tuesday, Apr. 7, 6–7 pm
Tuesday, Apr. 21, 10–11 am

**Springtime Meals for One or Two**
Learn tips and tricks for cooking beautiful, seasonal meals for a smaller audience.

Tuesday, Apr. 28, 6–8 pm
Thursday, Apr. 30, 10 am–12 pm

**5 Ingredients or Less: Mexican Fiesta**
Learn how to create delicious recipes inspired by Mexican cuisine, using 5 ingredients or less to save time and money.

Tuesday, May 5, 10–11 am
Tuesday, May 19, 6–7 pm

**Eat to Beat: Pain and Inflammation**
Learn what foods can lower your pain levels by reducing inflammation.

Thursday, May 7, 6–7 pm
Thursday, May 14, 10–11 am
Heart health

Know Your Numbers Screening Appointment
Receive complimentary screenings and education in one appointment: blood test for cholesterol and blood sugar levels, blood pressure, waist measurement, body mass index (BMI) and education. Must be 20 years or older; limit one time per year.

Second Thursday of each month
Morning appointments available
Kishwaukee Health & Wellness Center, DeKalb
To schedule an appointment, call 815.748.8962.

Third Monday of each month
Morning appointments available
Valley West Hospital, Sandwich
To schedule an appointment, call 815.748.8962.

Blood Pressure Clinic
A community wellness educator will monitor your blood pressure weekly. You will receive blood pressure information and a tracking card. No registration required.

Mondays, 9-11 am
Northwestern Medicine, Genoa

Mondays, 1-3 pm
Kishwaukee Health & Wellness Center, DeKalb

Mondays, 9-11 am
Valley West Hospital, Sandwich

Managing Your Blood Pressure with the DASH Eating Plan
Learn to identify your individual risk factors for high blood pressure, and learn dietary strategies to increase fruits and vegetables and reduce sodium intake. Blood pressure screening is included, along with information focused on lifestyle changes. DASH recipes and tastings included. See more information on page 13.

Mondays, Feb 10 & 24, 6:00 – 7:30 pm
Peripheral Artery Disease Screening

Peripheral arterial disease (PAD) is a common condition that can narrow the arteries in your legs and reduce blood flow. PAD can cause leg pain when walking and increases the risk of amputation, heart attack and stroke. The ankle-brachial index (ABI) test is a quick, noninvasive way to check for PAD.

Who should be checked?

Individuals who:

- Are older than 70
- Are older than 50, and have either diabetes or a history of tobacco use
- Have a prior history of heart attack, coronary stent, bypass or stroke
- Are younger than 50 and have diabetes and at least one additional risk factor, including history of smoking, high blood pressure or high cholesterol

Fourth Monday of each month, 1–3 pm
Kishwaukee Health & Wellness Center, DeKalb
630.938.8576

Fourth Monday of each month, 9–11 am
Valley West Hospital, Sandwich
630.938.8576

Interested in volunteering at Kishwaukee Hospital or Valley West Hospital?

To learn more about opportunities at each campus, call 815.756.1521 for Kishwaukee Hospital (TTY for hearing impaired 815.756.6448) or 815.786.8484 for Valley West Hospital (TTY for hearing impaired 815.786.3711).
Cancer

Cancer Support Group
If you have been impacted by cancer, this is an opportunity for you to connect, share and learn from fellow patients, survivors and caregivers in a fun and encouraging environment. Throughout the year, we invite healthcare professionals to join us and talk about specific topics such as nutrition, exercise and medication. Snacks provided. No registration required.

Thursdays, 9:30 – 11:00 am
Kishwaukee Hospital Cancer Center, DeKalb
815.748.2958

Dietitian’s Dish at the Cancer Center
Becky Sisler, Kishwaukee Hospital Cancer Center clinical dietitian, provides food demonstrations and nourishing healthy eating strategies for those living with cancer. No registration required.

Fourth Thursday of each month
9:30 – 11:00 am
2700 DeKalb Avenue
Hy-Vee Club Room, Sycamore
815.748.2958

Women Matter Cancer Screenings
Because your health is an important matter. For women ages 40–64 who are uninsured or insured with no screening coverage and are residents of DeKalb County.

You may receive one or both of these screenings at no cost:
- Breast Exam
- Mammogram

Kishwaukee Hospital
Breast Health Center, DeKalb
Valley West Hospital, Sandwich
To schedule an appointment, call 815.756.1521 x156076.

Cooking with Cabbage
Learn three different ways to prepare cabbage and how this cruciferous vegetable can help prevent cancer. See more information on page 14.

Wednesday, Mar. 11
10 – 11 am

Wednesday, Mar. 11
6 – 7 pm
Wellness for kids

**Handwashing Kits**
Designed for children in preschool through fifth grade, Northwestern Medicine Kishwaukee and Valley West Hospitals’ handwashing kits are available to area teachers and youth group leaders to help kids learn the importance of handwashing. Each kit includes tools to present a fun and engaging lesson, including a lesson script, worksheets and parent information.

Kishwaukee Health & Wellness Center, DeKalb
For more information, please call 815.981.7412.

Valley West Hospital, Sandwich
For more information, please call 815.786.3978.

**Safe Sitter Essentials®**
This internationally recognized babysitting program prepares 11- to 13-year-olds with the safety, child care, first aid and life skills necessary to care for children. Includes Safe Sitter backpack, manual, supplies and light refreshments.

**Saturday, Mar. 7, 8:00 am – 12:30 pm**
Kishwaukee Health & Wellness Center, DeKalb

**Saturday, Mar. 28, 8:00 am – 12:30 pm**
Valley West Hospital, Sandwich
Kids Can Cook

Kids ages 9 to 12 learn to prepare simple, healthy dishes using basic cooking techniques. Recipes and tastings are provided. Come ready to cook with hair pulled back and closed-toe shoes. Classes are held in the Leishman Center for Culinary Health at Kishwaukee Hospital, DeKalb, unless otherwise noted.

Lunch & Dinner
Learn to create a variety of healthy lunch and dinner recipes.
Wednesday, Feb. 19, 4:30–6:30 pm

Better for you Burgers and Fries
Learn to create a variety of healthy burgers and fries recipes.
Wednesday, Mar. 18, 4:30–6:30 pm

Instant Pot 101
Learn how to use an instant pot to create a variety of healthy recipes.
Wednesday, Apr. 15, 4:30–6:30 pm

That’s a Wrap!
Learn to create a variety of wraps perfect for dinners, packed lunches or a simple snack.
Wednesday, May 20, 4:30–6:30 pm
Additional classes at other locations

**Dinner with the Doc**

Enjoy a dinner while getting the latest news and information from medical specialists on a wide variety of topics.

**Integrative Medicine Approach to Chronic Medical Conditions**

Dhruvil Pandya, MD, an interventional neuroradiologist with Northwestern Medicine Regional Medical Group, will discuss holistic approaches to preventing and treating chronic medical conditions, such as stroke, heart attack, high blood pressure, diabetes, obesity and high cholesterol. Learn about the important role of nutrition, physical activity, stress management and proper sleep, as well as the use of supplements and herbs.

**Wednesday, Feb. 12**

6:00 – 7:30 pm Dinner Program

The Abbington, Glen Ellyn

$5/person, non-refundable

**Heart Failure Overview**

Join Michelle Montpetit, MD, a cardiologist with Northwestern Medicine Regional Medical Group, as she discusses the many causes of heart failure, including hypertension, diabetes, obesity and sleep apnea. The use of oral medications, pacemakers and other management options that are tailored to the cause of the condition will also be reviewed.

**Wednesday, Feb. 19**

6:00 – 7:30 pm Dinner Program

Hilton Lisle/Naperville, Lisle

$5/person, non-refundable

**Cancer and Metabolic Health**

Many cancers are associated with obesity, but obesity itself is unlikely to be the cause of the disease. Rather, obesity can be a symptom of damaged metabolism. We will review the literature that digs deeper into metabolic health and the underlying drivers of cancer. The program will be presented by Christy Kesslering, MD, an independent radiation oncologist and medical director of Radiation Oncology at Northwestern Medicine Cancer Center Warrenville.

**Wednesday, Mar. 4**

6:00 – 8:00 pm Dinner Program

Arrowhead Golf Club, Wheaton

$5/person, non-refundable

*In the spirit of keeping you well-informed, the physician and/or individual identified is neither an agent nor employee of Northwestern Memorial HealthCare or any of its affiliates. He or she has selected our facilities as places to treat and care for private patients.
DeKalb County Prescription Drug Drop Box Locations

There are a number of locations across DeKalb County that provide prescription drug drop boxes to allow community members to properly dispose of unused drugs, which helps to save lives and protect the environment.

**DeKalb County Sheriff’s Office**
150 North Main Street
Sycamore, IL 60178
Hours: M-F 8 am – 5 pm

**DeKalb Police Station**
700 West Lincoln Highway
DeKalb, IL 60115
Hours: M-F 8 am - 5 pm

**Kingston Village Hall**
101 East Railroad Street
Kingston, IL 60145
Hours: M-F 8 am-12 pm; 1 pm - 5 pm

**Northern Illinois Police Department**
375 Wirtz Drive
DeKalb, IL 60115
Open 24/7

**Sandwich Walgreens**
30 West Church Street
Sandwich, IL 60548
Hours: M-F 7 am – 10 pm
S/S 8 am - 10 pm

**Sandwich Police Department**
308 East College Street
Sandwich, IL 60548
Hours: 24/7 in Lobby

**Sycamore Walgreens**
1340 DeKalb Avenue
Sycamore, IL 60178
Open 24/7

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

Northwestern Medicine Ben Gordon Center