

## GOTTLIEB MEMORIAL HOSPITAL

Visit [www.GottliebHospital.org](http://www.GottliebHospital.org) to learn more about Gottlieb.

### ROAD TO WELLNESS

#### Digital Mammography

Next-day appointments. Convenient evening and weekend hours.

Call (708) 450-4917.

#### Foot and Leg Health Clinic - FREE

Tuesday, Nov. 3, 10 a.m. – 3 p.m.

Appointments required for vein screening.

Call (708) 450-4941.

#### Flu Shot Health Fair – FREE\* See Gottlieb insert, page 3.

Saturday, Nov. 7, 8 a.m. – noon.

Shot is for seasonal flu - NOT H1N1.

Reservations required. Call (708) 450-4526.

#### 48<sup>th</sup> Annual Emerald Ball

Saturday, Nov. 7, - Ritz-Carlton Hotel

Black tie event to benefit Gottlieb Memorial Hospital.

Call (708) 450-4969 for ticket information.

#### Gottlieb's Project Fit School Grant

Deadline is Nov. 9, 2009

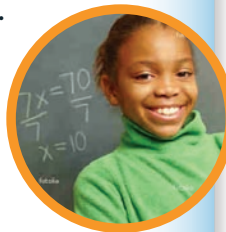
Nominate your school to receive a grant for fitness equipment and curriculum.

Call (800) 711-4348 for an application.

#### Untangle Those Medical Bills - FREE

First Wednesday of each month, 9 a.m. – noon.

Call (312) 653-6855 to make an appointment.



### BABY READINESS

Call (708) 450-4910 for more information on all classes.

#### Prepare to Breastfeed - \$10

Tuesday, June 9, 7 – 9 p.m.

A certified lactation consultant shares techniques and tips for successful breastfeeding.

#### Prenatal Class - \$35

Saturday, Nov. 7 and 21, 9 a.m. – 12:30 p.m.

Recommended during the third trimester.

#### Infant CPR - \$15

Tuesday, Nov. 10, 7 – 8:30 p.m.

#### Gottlieb Bus

Door-to-door service for patients.

Call (708) 681-3200, extension 2198, to learn more.

# Events@GOTTLIEB

### HEARYE! HEARYE!

#### Lecture Series with Sarah McDonald, MD, Ear, Nose & Throat Specialist

Saturday, Nov. 7, 9:30 a.m. - Why does my child need her hearing tested?

Thursday, Nov. 12, noon - Hearing loss in older adults.\*

Wednesday, Nov. 18, 7 p.m. - Snoring and sleep apnea in adults.

\*Free audiology test for children 3 years and older; by appointment only.

To register, call (708) 450-5790.

### GOTTLIEB CENTER FOR FITNESS

Call (708) 450-5790 to reserve your spot. Visit us at [www.GottliebFitness.org](http://www.GottliebFitness.org) for a complete list of classes, programs and more.

### ACHIEVE DRAMATIC WEIGHT LOSS

Whether you have 100 pounds to lose or that last stubborn 10, our team of experienced experts will help you achieve your fitness goals.

#### Medical Weight Loss Program

##### FREE INFORMATIONAL SESSION

Wednesday, Oct. 28 OR Nov. 11, 7 – 8 p.m.

Dave Severson lost 200 pounds. Hear how he and dozens of others have lost the weight and are keeping it off. Meet the medical team who will partner with you each step of the way during this supervised, 12-week program. Begin the program any time. \*\*

#### Movin' & Losin' - \$99 (\$325, NON-MEMBERS)

Includes three-month fitness center membership. Exercise professionals create a step-by-step plan to help you safely and successfully lose weight.

### WHATEVER YOUR GOALS MAY BE

#### Buy a Pass, Take a Class.

#### Flex Pass Group Exercise - 10 CLASSES FOR \$100

No membership required.

#### Better Balance for Seniors - \$65 (\$52 MEMBERS)

Wednesday and Friday, Oct. 28 - Nov. 20, 1:45 – 2:15 p.m.

Eight sessions.

#### Nutrition Consultation - \$60 (\$50 MEMBER)

#### Cholesterol/Glucose Screening - \$35

12-hour fast required. No appointment necessary.

#### Therapeutic Massage - ONE HOUR, \$64 (\$52 MEMBERS)



\*\* Results may vary from person to person. While most of our clients achieve favorable results, the Gottlieb Center for Fitness makes no representation regarding the suitability of any one program for a particular individual and cannot guarantee a certain outcome.



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