

YOUTH HEALTH EDUCATION PROGRAMS



FREE CANCER PROGRAMS & SERVICES

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Encore!
Hult Center
for healthy living

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Upcoming Fundraising Events:

19TH ANNUAL *Spirit of Living*

Saturday, April 8, 2017
Par-A-Dice Hotel Casino
East Peoria, IL

- 6:00 pm • Cocktails & Hors d'oeuvres
- 7:00 pm • Dinner, Program & Presentation of Awards
Guest Speaker Dr. Jill Carnahan

Please join us for an evening to honor and recognize those who are an inspiration to our community as we pay special tribute to women. Dr. Jill Carnahan, a survivor of breast cancer, will share her personal, inspirational story as we honor those who have fought cancer with tenacity, perseverance and hope.

Business Professional Attire



7th Annual Mike Seneca Golf Classic

**Saturday, June 17, 2017
WeaverRidge Golf Club**

**12:00 p.m. Lunch &
Registration
1:00 p.m. Shotgun**

www.hulthealthy.org

PNC Family Nights!



The Hult Center hosted Tazewell Woodford Head Starts PNC Family Nights in January and February! What a FUN night for all the kids and families! Special THANK YOU to these sponsors: PNC, Running Central, Peoria Zoo, Holland's Caramelcorn, Peoria Chiefs, Avanti's, Familia Dental, Peoria Museum.

Kids Connected Family Event

Our Kids Connected program hosted a fun, family event last night! This was a free family event for children and teens whose lives have been affected by a parent, grandparent, or caregiver with a past



or present diagnosis of cancer. For more information and future events, please call 309-672-5785.

Program Spotlight:

Did you know we offer a Social Emotional Learning program for grades 1-6? This program is customizable for each school and utilizes the PATHS® (Promoting Alternative THinking Strategies) curriculum to provide age-appropriate education in a variety of topics in order to promote social and emotional competence and reduce behavior problems in young children. Areas of focus vary by grade level and include a variety of topics including: building empathy, emotion management, problem solving, manners, friendship skills, self-control, respecting others, and bullying prevention. For more information, call the Hult Center at 309-692-6650.

Our Assistant Manager is UnityPoint Health-Peoria's Employee of the Month!



Congratulations to our very own Assistant Manager, Holly Bill, who was named the February UnityPoint Health-Peoria Employee of the Month!! Well deserved, Holly! Thank you for all you do for Hult Center!

Smoke-free Indoor and Outdoor Policies SAVE LIVES!

The Hult Center for Healthy Living currently works with multi-unit housing properties, local private college campuses, and outdoor spaces by advocating for and assisting with the voluntary adoption of smoke-free policies. If you are interested in learning more or would like help exploring and implementing a smoke-free policy, please contact Health Education Specialist Jessica Draper by phone: 309-692-6650 or email: jdraper@hulthealthy.org.

Why are these policies important?

- 1.) **Everybody should be able to breathe smoke-free air when out in public or indoors. Smoke-free policies eliminate secondhand smoke and thirdhand smoke.**
- 2.) **Smoke-free policies protect the environment. Trillions of cigarette butts are littered annually.**
- 3.) **Smoke-free policies create a supportive environment for those who are trying to reduce or quit tobacco.**
- 4.) **Lung cancer has been identified as a community health priority for this region, and smoke-free policies will help reduce the prevalence of lung cancer among our community.**
- 5.) **It's important to be a positive role model for the children in the community- smoke-free policies reinforce the idea that smoking is NOT the norm.**

These children do not want to breathe somebody else's smoke- the surgeon general states that any amount of second-hand smoke has harmful effects on the body.



This project was made possible by funds received from the Peoria City/County Health Department and the Illinois Department of Public Health.



Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or info@hulthealthy.org
for details, fees, and scheduling

Social-Emotional Wellness Programs

Social Emotional Learning Grades 1-6

This program is customizable for each school and utilizes the PATHS® (Promoting Alternative THinking Strategies) curriculum to provide age-appropriate education in a variety of topics in order to promote social and emotional competence and reduce behavior problems in young children. Areas of focus vary by grade level and include a variety of topics including: building empathy, emotion management, problem solving, manners, friendship skills, self-control, respecting others, and bullying prevention. Number and length of sessions varies by school.

***In-house & Outreach**

SOS: Youth Suicide Prevention Program Grades 5-12

This program is designed to teach students how to identify the symptoms of depression and suicidality in themselves and others and how to get the help that they need.

***In-house & Outreach**

Youth Mental Health Matters Grades 6-9

This program covers a variety of mental health topics and also provides the opportunity for students to request additional counseling services. Sessions vary by grade level and include a variety of topics including: anger management, conflict resolution, bullying & cyber-bullying, suicide & depression, self-esteem, addiction, positive coping skills, body image & eating disorders, as well as self-reflection & trust building. Number and length of sessions varies by school. ***In-house & Outreach**

Youth Mental Health First Aid Adults

An interactive training designed to teach parents and teachers how to help school-aged children experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants. ***In-house & Outreach**

Youth Reproductive Health Programs

Michelle Girls only, grades 4-5

This program discusses the uniqueness of all individuals, female pubescent changes, the female reproductive system, and feminine hygiene products. (90 minutes)

***In-house & Outreach**

Matthew Boys only, grades 4-5

This program focuses on the uniqueness of all individuals, male pubescent changes, the male reproductive system, and masculine hygiene products. (90 minutes) ***In-house & Outreach**

Life Begins Grades 5-7

Students will be introduced to genetics, the male and female reproductive systems, fertilization and conception, fetal growth and development, the childbirth process, and the concept of abstinence. (90 minutes) ***In-house & Outreach**

Breast/Testicular Self-Awareness Grades 9-12

Single-gender programs discussing incidence, risk factors, anatomy and physiology, signs and symptoms, and breast/testicular self-exam (technique). (45 minutes) ***Outreach**

Teen Talk Grades 9-12

The Teen Talk program is the Hult Center's sexual health education curriculum, in which lessons and topics are customizable for each school. Lessons are derived from evidence-based comprehensive curriculum and align with the National Sexuality Education Standards. The overall goal of the Teen Talk program is to foster the growth of knowledge, attitudes, skills, and lifelong behaviors that will enable the students to assume responsibility for healthy living and personal wellbeing. Emphasis is placed building self-confidence, positive relationships, and seeking resources in the community. (Times vary, 60-90 minutes each) ***In-house & Outreach**

Hult Center for Healthy Living

Youth Health Education Programs

General Health Education Programs

Your Amazing Body! Grades Pre K-K

Your Amazing Body! Is a five-part series that highlights the wonders of the human body. Our professional health educators will provide four programs in your classroom, emphasizing the brain, heart, lungs and teeth. Following the on-site component, students will visit the Hult Center here lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Four 30-minute site visits plus one 45-minute visit to the Hult Center)**

My Special Body Grades Pre-K-1

*Only offered in March; Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes)

***In-house only**

Tooth or Consequences Grades Pre K-1

Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy vs. unhealthy snacks, and the importance of regular checkups. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste, and dental floss! (35 minutes each, 1 or 2 day programs available)

***Outreach only**

Dental Healthy Partners Pre-K-1

*Only offered in February (Dental Health Month) Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy versus unhealthy snacks, and the importance of regular dental checkups. Students will visit hands-on brushing and flossing stations that utilize dental models. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste and dental floss! (45 minutes)

***In-house only**

Super Kids, Super Feelings Grades K-1

Topics include: uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) ***In-house only**

Safe Kids, Smart Kids Grades K-2

In coordination with the Peoria Humane Society, topics discussed in this class include animal safety, safety in the home, stranger danger, how to say "no", and how to get help in an emergency (60 minutes) ***In-house only**

Healthland Grades 2-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the main food groups, the five senses, and how to care for them. (60 minutes) ***In-house only**

Food, Fitness & FUN Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will raise their heart rates. (90 minutes) ***In-house only**

Healthy Adventure Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) ***In-house only**

Healthy Classrooms Initiative Grades 4--6

Students respond to pre-assessment questions about nutrition, exercise, alcohol, tobacco, puberty, and disease prevention. Hult staff then completes an analysis of the students' assessments and provide two targeted interventions that focus on students' greatest areas of need. The students then complete a post-assessment to assess knowledge gain and positive behavior change as a result of the program. (Three educational sessions, 60-90 minutes each) ***In-house or Outreach**

Our Incredible Machine- Heart Adventure Grades 4-5

*Only offered in September; Topics discussed in the program include cells, organs and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the "Heart Adventure Challenge Course" where they will be encouraged to raise their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes)

***In-house only**

Fueling Around Grades 5-9

Students will learn about portion sizes, reading food labels and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will understand the importance of exercise and maintaining a healthy weight. This program engages students through interactive remotes. (90 minutes) ***In-house and Outreach**

Substance Abuse Education Programs

Drugs: Choice or Chance? Grades 4-5

This program discussed tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students as well as collaboration through interactive remotes. (90 minutes)

***In-house only**

Steroids & Supplements in Sports Grades 6-12

Students will participate in a competitive “game” format using interactive remotes. They will be presented with information on anabolic steroids, supplements, diet and exercise and then answer questions about them.

(45 minutes) ***In-house & Outreach**

Decisions: It's Up to You Grades 8-12

Whether it's alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication through interactive remotes. (90 minutes) ***In-house only**

Generation Rx Grades 8-12

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) ***In-house & Outreach**

LifeSkills Training Grades 5 to 8

Comprehensive, evidence-based curriculum for educating youth about the harmful effects of tobacco and substance abuse. Focuses on all of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills. Examples of these sessions are: Making Decisions, Smoking: Myths and Realities, Alcohol: Myths and Realities, and Communication Skills. This program engages student interaction through Turning Technologies® response system. (5 sessions, 45-60 minutes each) ***In-house & Outreach**

School-Wide Programming



Healthy U is the Hult Center's school-wide initiative to improve students' and teachers' overall health and wellness. This program utilizes the evidence-based **CATCH** (Coordinated Approach to Child Health) curriculum that promotes physical activity and healthy food choices in preschool through middle school aged children and their families. **CATCH** promotes healthy changes within your school's cafeteria, classrooms, and physical education setting, as well as within your community. **CATCH** improves moderate-to- vigorous physical activity during P.E. classes, along with students' self-reported eating and physical activity behaviors. In **CATCH** schools, children are not just learning about health they are living healthier lives.

Healthy U is implemented over an entire school year and involves extensive training of school administration, teaching staff, cafeteria staff, and more, with the overall goal of making your school a **CATCH** school. To accomplish this, one of the Hult Center's Certified Health Education Specialists will help transform your school by establishing a Healthy U advisory committee, conducting a variety of trainings for school staff, engaging parents and caregivers in improving the health of their children, and helping your team to coordinate healthy school events.

Healthy U pricing is quoted based on the needs of each school, per school year.

Don't see what you're looking for? Contact us at 309.692.6650 or info@hulthealthy.org to have the Hult Center's team of educators create a program that will be perfect for the needs of your school!



Monthly Programs for cancer patients, survivors & caregivers

MONDAY

Aqua Survivor | 9a | Landmark Recreation Center | 3225 N. Dries Ln., Peoria

Breath of Joy Yoga | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Tai Ji for Life of Learning | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

TUESDAY

Aerobics | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria

Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

WEDNESDAY

Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Cancer Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Tai Ji for Life for Beginners | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

THURSDAY

Cancer Support Group | 3:30p | UnityPoint Health-Methodist Atrium ABC Room | 900 Main St.

Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.

FRIDAY

Living Strong | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria

Saturday, June 24, 2017, 9:00a.m-12:30pm

Touch, Caring and Cancer ...

a workshop to deepen communication and relationships through safe, effective touch techniques.

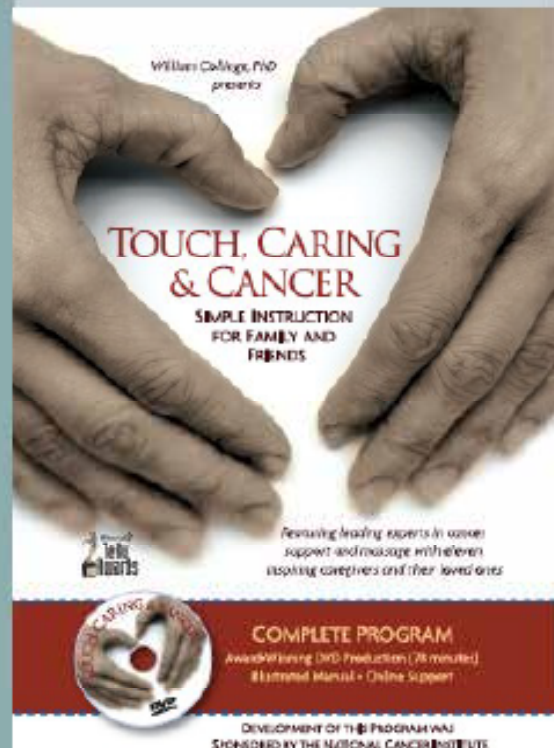
Based on the award winning, evidence based research program funded by the National Cancer Institute this program's intention is to empower family/ friends to be active participants in a loved one's care, overcome feelings of helplessness, enjoy new satisfaction in caregiving, and deepen a sense of connection with one another.

- Space is limited--14(total) —7caregiver/ receiver pairs
- Lecture/DVD viewing
- Hands-on learning
- Q&A's
- Light refreshments/snacks provided.

To register please contact:

Renea Gatson
309-692-6650 or
rthomas@hulthealthy.org

Registration Deadline: Friday June 16, 2017



To be held at:

Hult Center for Healthy Living
5215 N. Knoxville Ave.
Peoria, IL

Spring Healthy Cooking Demonstration

presented by

**Hult Center for Healthy Living Cancer Program
Oncology Dietitians & OSF Dietetic Interns**

Tuesday, April 25, 2017

Hy-Vee Sheridan Village

12:00 pm & 5:00 pm

FREE of charge

Seating is limited!

RSVP Required: 309.692.6650



**Join us for a demonstration of delicious recipes as part of
our Cancer Prevention Series. For more info visit
www.hulthealthy.org or 309.692.6650**



Cancer Programs

CANCER CAREGIVER SUPPORT GROUP

First Tuesday of the Month

5:00—6:30 p.m.

Illinois CancerCare

8940 Wood Sage Rd.

Peoria, IL



*For more information, contact
Kitty Bienemann at 309-243-3461
or kbienemann@hulthealthy.org*

The National Diabetes Prevention Program

Who is it for? At-risk, pre-diabetic individuals.

What is it? A lifestyle change program designed to prevent and delay type 2 diabetes.

Sessions: 16 group sessions are held weekly during Phase One. Monthly sessions are held during Phase Two for remainder of year.

Dates: The first session will begin on Monday, May 1st from 10:00-11:00 AM at the Hult Center and continue weekly.

For more information, please contact Nicki Bushman by calling 309-672-4926.

The logo for Encore! Hult Center features the word "Encore!" in a blue script font, with the Hult Center logo (a green and blue stylized 'H') to its right.

SAVE THE DATE!

Annual Senior Health Fair

Wednesday, September 20, 2017

7:30-11:30 AM

Hult Center for Healthy Living



To register or for *Encore!* related questions, call the *Encore!* line at 309.672.4926.

April Events:

3rd: Importance of Brain Health (3:00-4:00 PM) @ Evergreen Senior Living (404 S. Stillwater Drive, Chillicothe)

Come out and learn about the importance of brain health and ways to keep your brain healthy. You don't want to miss this fun afternoon of creative thinking and trivia to get your brain fired up!

5th: Travel Forum (1:00-2:30 PM) @UnityPoint Health-Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join Encore to learn about three Bucket List Trips that will strengthen your faith, including Greece: In the Footsteps of Paul the Apostle, Israel: A Journey to the Holy Land, and On the Trail of Martin Luther. If you make your trip reservation at the presentation, you will receive a special discount!

6th: Sunshine Café: Severe Weather in Central Illinois (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Join Chris Yates, WMBD|WYZZ Chief Meteorologist, as he discusses the ins and outs of severe weather in Central Illinois.

6th: Advance Care Planning (5:00-7:30 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

This interactive class taught by experts from OSF, UnityPoint, and Pekin Hospital, will help you think about what kind of care you want at the end of life, who you would want to make your health care decisions, and the next steps you can take to complete advance care planning.

7th: Brain Fitness (3:00-4:00 PM) @ Heartis Village (8201 N. IL Route 91, Peoria)

Come out and learn about brain health, how to break routine, and ways to see things in a new light. You don't want to miss this fun afternoon of creative thinking and trivia to get your brain fired up!

12th: Nutrition Basics (9:30-11:00 AM) @Heartland Health Services (1701 W Garden St, Peoria)

Join Encore for a basic class that discusses nutrition recommendations and explores through the five food groups that provide the nutrients you need.

12th: Basics of Diabetes (12:30-1:30 PM) @ Liberty Village of Peoria (6900 North Stalworth Drive, Peoria)

Did you know approximately 11.8 million seniors suffer from diabetes? Join Encore Coordinator, Nicki Bushman, as she discusses the basics of diabetes and ways to create a healthier lifestyle!

13th: Know Your Numbers: Blood Pressure (2:00-3:30 PM) @UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join Dr. McMillin, UnityPoint Health-Methodist physician, as he explains everything you need to know about your blood pressure levels, including ranges and how to improve elevated levels. *The UnityPoint Health- Methodist|Proctor Wellmobile will be available at no cost from 12:30-2:00 PM for blood pressure readings, in order to take your results to the presentation.*

17th: Beginner iPhone & iPad (2:00-3:30 PM) @ Snyder Village Retirement Center (1200 E. Partridge Street, Metamora)

Join us for a very popular introductory class on using your Apple-based iPhone or iPad. This class has limited space and fills quickly, so please register early AND bring your Apple-based iPhone or iPad!

19th: Seniors on the Go: COPD & Lung Health (10:30 AM-12:00 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Did you know that chronic lower respiratory disease, primarily COPD, was the third leading cause of death in the U.S. in 2014? Join Dr. Gupta, Pulmonologist, as she discusses COPD and methods to keep your lungs healthy. *The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, spirometry, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.*

20th: Sunshine Café: Medication Safety (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Join Walgreens Pharmacy as they discuss everything you need to know about keeping yourself and loved ones safe with medications.

26th: Know Your Numbers: Blood Glucose (9:30-11:00 AM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join Holly Miller, Certified Diabetes Educator, as she explains everything you need to know about your blood glucose levels, including healthy ranges and how to improve elevated levels. The UnityPoint Health-Methodist|Proctor Wellmobile will be available at no cost from 8:00-9:30 AM for you to receive your blood glucose levels, in order to take results to the presentation.

27th: Writer Within (1:30-3:00 PM) @UnityPoint Health-Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

****Help us go green!****

Opt out of our printed newsletter for the email version by calling 309-672-4926.

28th: Beginner Facebook (9:00 AM-12:00 PM) @ UnityPoint Health- Proctor Professional Building Basement (PC Training Room 1)

Participants are required to have a Facebook account prior to attending and must bring username & password to log-in to provided computer. *Directions to classroom: Enter the Proctor Professional Building at Entrance 1, take elevator to basement, and take a left out of the elevator to PC Training Room 1.*

May Events:

2nd & 3rd: AARP Smart Driver Course (8:30 AM-12:30 PM) @UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

The AARP Smart Driver Course is the nation's largest classroom driver safety course and is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. *Please, bring your Membership card, Driver's License, and a pen. Must attend full session on both days to qualify for Insurance Discount.*

4th: Sunshine Café: Horticulture- Container Garden (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

April showers bring May flowers! This program will discuss all the ins and outs of starting your own container garden.

9th: Medicare Made Clear (1:00-2:30 PM) @UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and some of the questions you should be asking yourself prior to picking the best plan for you this year.

10th: Basics of Diabetes (9:30-11:00 AM) @Heartland Health Services (1701 W Garden St, Peoria)

Join Encore Coordinator, Nicki Bushman, as she discusses the basics of diabetes and ways to create a healthier lifestyle!

11th: Beginner iPhone & iPad (5:00-7:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join us for a very popular introductory class on using your Apple-based iPhone or iPad. This class has limited space and fills quickly, so please register early AND bring your Apple-based iPhone or iPad!

16th: Advanced iPhone & iPad (5:00-7:00 PM) @ UnityPoint Health-Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

It is recommended that you take "Beginning iPhone & iPad" before this course. This class has limited space and fills quickly, so please register early! Please register for this event by calling AARP at 1-877-926-8300.

17th: Seniors on the Go: Stroke Basics (10:30 AM-12:00 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Join Dr. Neekhra, UnityPoint Health-Peoria Neurologist, as he discusses the basics of stroke and how to lower your risk. ***The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.***

18th: Sunshine Café: Writing My Story (10:00-11:30 AM)

@ Fondulac Park District (201 Veterans Drive, East Peoria)
Join Brooks McDaniel, former Professor at Illinois Central College, as he discusses how to start your journey into writing!

22nd: Brain Fitness (2:00-3:30 PM) @ Snyder Village Retirement Center (1200 E. Partridge Street, Metamora)

Come out and learn about brain health, how to break routine, and ways to see things in a new light. You don't want to miss this fun afternoon of creative thinking and trivia to get your brain fired up!

24th: Writer Within (1:30-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

25th: Taming the Legal Lions (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Find out the difference between Wills, Trusts, Power of Attorney, and much more. Tim explains things in a clear and simple way that is easy to understand. Learn which option is best of you and how to go about getting it done!

30th: Seven Brides for Seven Brothers Film Event (10:00 AM-12:30 PM) @ Peoria Riverfront Museum (222 SW Washington St, Peoria)

Viewing of the film Seven Brides for Seven Programs. Be sure to stay and enjoy a moderated discussion with Robin Hunt- Eastlight Theatre group member, choreographer, and dance instructor. Reserve your seat today! Cost to attend is \$5.00.

31st: Know Your Numbers: Cholesterol (9:30 AM-11:00 AM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Join Dr. McMillin, UnityPoint Health-Methodist physician, as he explains everything you need to know about your cholesterol levels, including ranges and how to improve elevated levels. ***The UnityPoint Health- Methodist Proctor Wellmobile will be available at no cost from 8:00-9:30 AM for cholesterol screenings, in order to take your results into the presentation.***

To register or for *Encore!* related questions, call the *Encore!* line at 309.672.4926.

June Events:

1st: Sunshine Café: Know Your Local Government (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Join Illinois State Representative, Mike Unes, as he discusses all you need to know about your local government.

2nd: Senior Care Network's Picnic in the Park (11:00 AM-2:00 PM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Come on out for an afternoon full of education, resources, entertainment, and a lunch at no cost!

6th: Incontinence: NOT Part of Normal Aging (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

It is a common misconception that urinary leakage is part of normal aging. Even though it is common, it is NOT normal. Join Janet Forinash, PT, DPT, WCS, CL, Lead Physical Therapist at UnityPoint Health-Proctor Outpatient Therapy, as she discusses common types of urinary leakage and exercises to reduce the occurrence.

7th: Digital Photography & Your iPhone/iPad (1:00-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

AARP has identified all the skills you need to take great photos, organize and protect your images, tell powerful visual stories, and safely share your images with family and friends through your iPhone and iPad. Please register for this event by calling AARP at 1-877-926-8300.

8th: Beyond the Numbers (2:00-3:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Dr. McMillin, UnityPoint Health-Methodist physician, is back for the final portion of the "Know Your Numbers" series to discuss how the results of your blood glucose, cholesterol, and blood pressure all tie in and discuss your cardiovascular disease risk.

7th: Men's Edition (3:00-4:00 PM) @ Heartis Village (8201 N. IL Route 91, Peoria)

Come out and learn about brain health, how to break routine, and ways to see things in a new light. You don't want to miss this fun afternoon of creative thinking, trivia, and games to get your brain fired up!

14th: Healthy Living as You Age (9:30-11:00 AM) @ Heartland Health Services (1701 W. Garden St, Peoria)

This program will discuss proper nutrition, physical activity recommendations, importance of sleep, and stress management techniques to help you live a happier, healthier life.

15th: Sunshine Café: Benefits of Physical Activity (10:00-11:30 AM) @ Fondulac Park District (201 Veterans Drive, East Peoria)

Join Dana Combs, Exercise Specialist at UnityPoint Health-Peoria, as she discusses physical activity recommendations, benefits, and demonstrations!

21st: Seniors on the Go: Don't Get Burnt! Skin Care & Cancer Prevention (10:30 AM-12:00 PM) @ Hult Center for Healthy Living (5215 N. Knoxville, Peoria)

Did you know that nearly 5 million individuals are treated for skin cancer each year in the United States? Join Michelle Roth, MPAS, PA-C from Soderstrom Skin Institute as she discusses methods to protect your skin, skin cancer prevention approaches, and signs of skin cancer. *The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.*

22nd: Who Gets Grandma's Yellow Pie Plate? (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Almost all individuals have valued personal belongings. Join Cara Allen, Family Life Educator with University of Illinois Extension, as she explores ways to talk to family members about the difficult subject of distributing family items with emotional and sentimental value, while still keeping relationships intact.

23rd: Eating Right with Encore: Anti-Inflammatory Foods (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

Join Colleen Hamilton, UnityPoint Health- Methodist|Proctor Registered Dietitian, and learn what foods may have anti-inflammatory effects. Help protect your health and reduce your risk of disease by avoiding foods that cause inflammation and adopting an anti-inflammatory diet.

28th: Writer Within (1:30-3:00 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

All kinds of writing are welcome at Writer Within, not limited to memoir. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

29th: Medicare Made Clear (1:00-2:30 PM) @ UnityPoint Health- Methodist @ N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

Dan Smith from Fortner Insurance will provide an easy to understand explanation of Medicare, the various types of plans, and some of the questions you should be asking yourself prior to picking the best plan for you this year.

**A special THANK YOU to our current
2017 *Encore!* sponsors!**

**Heyl Royster
Meridian Health Plan
UnityPoint Health– Methodist|Proctor**

*If you are interested in financially supporting the Encore program, please contact
Nicki Bushman at (309) 672-4926 or nbushman@hulthealthy.org*

Community Education Classes

| | April | May | June |
|--|-------------------------------|------------------------------|--------------------------------------|
| Location | Pekin Hospital | Chillicothe Public Library | Proctor Center |
| Heart Failure Nutrition Education (2:00-3:00 PM) | 4, 11, 18, 25 | 2, 9, 16, 23 | 6, 13, 20, 27 |
| Diabetes Nutrition Education (3:00-4:00 PM) | 4, 11, 18, 25 | 2, 9, 16, 23 | 6, 13, 20, 27 |
| Diabetes Education (1:00-3:00 PM) | 5, 12, 19, 26 | 3, 10, 17, 24 | 7, 14, 21, 28 |
| To Register, Contact: | Valerie Trent 309-671-3529 | Maggie Hovey 309-274-2102 | Brittany Baumgardner 309-282-3819 |

Spring Healthy Cooking Demonstration

*presented by Hult Center for Healthy Living Cancer Program Oncology Dietitians
& OSF Dietetic Interns*

Tuesday, April 25, 2017

Hy-Vee Sheridan Village

12:00 pm & 5:00 pm

FREE of charge



Seating is limited!

RSVP Required: 309.692.6650

Join us for a demonstration of delicious recipes as part of our Cancer Prevention Series. For more info visit www.hulthealthy.org or 309.692.6650

Encore Member Discounts

| Location | Discount |
|---|--|
| Alignlife North Peoria | 15% Off All Alignlife Nutrients 15% Off Orthotics & Pillows 15% Off All Massages |
| Auto Owners Insurance Company | 5% off Auto Insurance 7% Off Mature Home Owners Insurance |
| Avanti's Restaurant (Peoria, East Peoria & Pekin locations) | 10% Off |
| Methodist Wellness Center | 25% Off Membership |
| Perkins Family Restaurant | 20% Off Regular Menu Items *Not valid with discounted menus or other discounts |
| Riverview Senior Living Community | \$400.00 application fee will be credited |
| UnityPoint Health-Methodist Cafeteria | 10% Off |
| UnityPoint Health- Proctor Cafeteria | 10% Off |
| Villas of Holly Brook & Reflections (Washington, Morton, Pekin & Bloomington Locations) | \$400.00 Community Fee Waived |



Hult Center for Healthy Living
5215 N. Knoxville Avenue
Peoria, IL 61614
(309) 692-6650
www.hulthealthy.org



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SAVE the DATE

Spirit of Living
April 8, 2017

Mike Seneca Golf Classic
June 17, 2017

Whitney's Walk for Life
July 29, 2017

Lobster Boil
September 16, 2017

Uncorked!
October 13, 2017



MISSION

Empowering people to live healthier lives

VISION

The Hult Center for Healthy Living is the premier non-profit provider of comprehensive health education and wellness services for people of all ages.