

WINTER 2013 **HEALTHY** Outlook

HEALTH NEWS AND HAPPENINGS FOR THE COMMUNITY FROM WOOD COUNTY HOSPITAL

Doctors Carlos Gomez, orthopaedic surgeon (left) and Peter F. Lalor, bariatric surgeon (right) helped to transform Kevin Woodrum's life.



Weight loss and knee replacement surgeries make 800-pound man Superman

Kevin Woodrum of Grand Saline, Texas came to Northwest Ohio to change his life.

Kevin faced two serious health issues: one being that he weighed 894 pounds, the other being his damaged knees.

Fortunately Kevin discovered that medical professionals at one place – Wood County Hospital – could address both conditions.

“All the weight bearing down on my knees is why my knees were so messed up,” Kevin said. “It was bone on bone. That’s why I needed to have total knee replacement on both of them, but I had to get down to a certain weight before I had the knee replacements.”

Kevin learned that Wood County Hospital is recognized as a Bariatric Surgery Center of Excellence, meeting the highest standard of qualifications and credentialing. Surgeons at Wood County Hospital have been pioneers in bariatric surgery for more than 30 years, changing the lives of thousands of patients.

Bariatric surgery at the WCH Center for Weight Loss Surgery is not “one size fits all.” Peter F. Lalor, M.D., bariatric surgeon and Medical

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**WOOD COUNTY
HOSPITAL**

DEPEND ON US.

www.woodcountyhospital.org

PRESIDENT'S Message



The New Year has turned and we turn to a new chapter in our history. The world of American healthcare this year will continue to be very dynamic. We see more extensive implementation of the Affordable Care Act (often referred to as “ObamaCare,” or “the ACA”) impacting aspects of the business. Health care cost escalation remains a primary concern of the commercial sector generating changes in health insurance plan design and patient responsibility. Pressure on Congress to solve the deficit seems to be placing more pressure on Medicare payments to providers. And while all of this “structural” activity is going on, our population continues to age and require great care.

The Hospital will continue to thread its way through the many changes, regulations, and continuing ambiguities surrounding the ACA. However, we remain always focused upon our primary mission, caring for the residents of Wood county. So we have set a number of priority goals for the coming year.

First, the Hospital continues to implement program initiatives to serve patients. Thus, we are working to build a Radiation Therapy facility on our campus. This will enable oncology patients needing this service to receive care in our community rather than driving into the city. Since a course of radiation therapy is typically multiple treatment encounters, providing this service locally will be a great benefit for our patients and their families.

We also are constructing the “Falcon Health Center”, an ambulatory care facility located on the campus of Bowling Green State University. Scheduled to open in the fall, “Falcon” will provide ambulatory care for students and staff from the University in a state of the art clinic facility with laboratory, radiology, and pharmacy services.

In partnership with our Medical Staff, we continue to develop and increase our specialty services for patients. These include the “Signature” total joint replacement system in Orthopaedics; our Center for Weight Loss Surgery (Bariatric Surgery); and our Center for Special Children (Developmental Pediatrics).

The Hospital has just completed the renovation of our Emergency Department, creating additional treatment space, improved privacy, and enhanced support facilities for the families of those patients.

Last year we successfully converted our hospital medical records system to an electronic system (“EMR”). Over the course of 2013 we will work with our physicians to support conversion of their practices from traditional paper charts to an electronic format, permitting much better retrieval and transmission of medical records.

All of this is possible with the efforts of our talented and committed employees and Medical Staff; and the continued confidence and support of our community-you! We are grateful for this, and look forward to a busy and healthy 2013.

Sincerely,

Stanley R. Korducki
President

CONTINUED FROM PAGE 1

Director of the Center for Weight Loss Surgery works with each patient individually to determine the most appropriate procedure to achieve long-term health and wellness. Due to his extreme weight, Kevin’s surgery involved two separate procedures, the sleeve gastrectomy and the Roux-en-Y gastric bypass.

Gastric bypass works by malabsorption and restriction. “Because we rearrange the intestines, what is eaten is not absorbed very well,” explained Dr. Lalor. “It’s life-changing, because not only does it dramatically affect quality of life, it can erase some of the major medical problems that will otherwise shorten lives overall.”

Dr. Lalor and the Center staff also recognize what a significant step patients take when they opt for surgery, and they are available to counsel their patients both pre- and post-op.

Personalized Knees

With the bariatric surgery complete and his therapy continuing, Kevin could address the pain in his knees, as the benefits of cortisone shots he received were limited.

Wood County Hospital orthopaedic surgeon Dr. Carlos Gomez said, “Kevin was an amazing patient. We were able to give a combined effort by our bariatric surgeon, Dr. Peter Lalor, and after he started at 800 pounds, he came down to 250 pounds. In December, 2011 we were able to provide his first procedure, and then last March we were able to give him his life back, as he mentioned, with his second total knee replacement. He was 211 pounds on his last visit. He’s a very motivated patient

“ We have a facility with 10 state-of-the-art ORs, the best technology in Northwest Ohio, new floors with 53 private rooms, and I think that will give a lot of comfort to our patients. We really treat them as our family. ”



— Dr. Carlos Gomez,
Wood County Hospital
orthopaedic surgeon

with everything he’s been through with Dr. Lalor and with us. As we always tell our patients, we need to be a team; I do my part, you need to do your part. We need to be on the same page all the time. They know that we are only one call away.”

Kevin benefited from the personalized joint replacement approach, through which radiologic imaging enables the orthopaedic team to completely and precisely obtain a joint that is built exactly to each patient’s dimensions and specifications.

“We were the first hospital in Northwest Ohio to provide a specialized total knee replacement,” Dr. Gomez said. “We’re very proud of our program; we have performed more than 300 procedures, and are very happy with our results.”

And so is Kevin.

“I’m 44 years old. These total knee

replacements are personalized, so they fit me, not anybody else, and that makes a lot of difference,” Kevin said. “If they were someone else’s they wouldn’t line up right. This total knee replacement is precisely mine.”

“Dr. Gomez told me I can do just about anything I want to do,” he continued. “Before the total knee replacement, I was scared to fall because I couldn’t get up. Now, we were playing football, they threw it over my head, I reached to grab it, and I fell on the ground for the first time. I thought, ‘Oh my God!’ I got right back up. It didn’t hurt at all.”

“Furthermore, Dr. Gomez makes you very comfortable,” Kevin said. “He’s your best friend, like he’s one of the family.”

Superman

“It’s made my life expand, it’s changed everything. It’s prolonged my life,” Kevin explained. “I can play baseball. It’s done wonders to me.

Their group up here is outstanding. There’s going to be pain but to want this, to want your normal life back, you’ve got to go through this. The payoff is astronomical.”

Kevin Woodrum holds the size 8X pants that he wore when he weighed 894 pounds.

Kevin Woodrum, shown with friend Susan Meroney, boards the ambulance in Texas that will bring him to Northwest Ohio.



“From the bariatric surgery to the knee replacement, the hospital staff, doctors and nurses were great,” Kevin observed.

“With all I’ve gone through, I had to get something to symbolize it. I got my first tattoo. It’s a Superman busting through rocks. These rocks are very important to me because they symbolize what I’ve broken out of, and Superman is what they’ve called me because what I’ve been through.” ■

“ Kevin’s self-discipline, combined with advanced bariatric surgical techniques, were the tools that enabled him to achieve the quality of life that he only dreamed of before. ”

— Dr. Peter F. Lalor,
Wood County Hospital bariatric surgeon



Family Birthing Center is the choice for baby's arrival



Although Wood County Hospital has a proven and prolific 60-year record of welcoming new lives into the world, the Family Birthing Center's experienced and caring staff knows that the most important baby to be born is always the next one... and that baby's mom always discovers she made the right choice in selecting WCH for the

Melissa Headley cradles her daughter Payton.



remarkable experience of giving birth.

"You are not just another person going into a delivery," observed BG resident Annie Arthur, who, with husband Adam, welcomed their first child, Connor, on December 17.

The Arthurs both work at BGSU and chose the Wood County Women's Care physicians and Wood County Hospital because of their proximity to BGSU. "I searched the company website for physicians on our insurance plan and found that the WCWC physicians had good ratings," Annie said. "The office of the doctors and the hospital is less than five minutes away from home, which was also important especially when I needed to go to my appointments without having to travel."

But the Arthurs found much more than convenience.

"The nursing care was excellent at WCH," Annie said. "I felt very well taken care of. I met several of the nurses at the prenatal classes before I came for my delivery so I was familiar

with them when I came to the hospital. People understand your situation. You are not just another person going into a delivery."

The Arthurs' view is shared by more and more parents who know that the highest level of skilled and compassionate obstetrical care is found at the WCH Family Birthing Center.

Bowling Green resident Melissa Headley said, "My nurse who took care of me during labor was very knowledgeable and was able to coach me through everything... and keep me calm. She was available for any questions or concerns at any point in time. The staff made us feel like we were the only ones on the floor and were all very attentive; they made both myself, my husband and my baby feel special."

"Upon arriving at the hospital I was nervous about being a first time mom," Melissa added,

CHILD SAFETY SEATS AVAILABLE TO LOW-INCOME FAMILIES

Every child under 8 years old, unless they are at least 4 feet 9 inches tall, must now ride in a booster seat or other appropriate child safety seat while riding in a motor vehicle, according to Ohio's child restraint law.

To help parents assure their child's safety, the Ohio Department of Health created a program called The Ohio Buckles Buckeyes (OBB) program. The OBB supplies safety seats and child passenger safety education to eligible low-income families. Wood County Hospital is the only facility in Wood County to offer the program.

The Family Birthing Center at Wood County Hospital offers the Ohio Buckles Buckeyes child passenger safety seat program by appointment on Tuesdays and Thursdays. The program provides families in need with a safety seat, as well as education on the importance of the safety seat, and how to find the right safety seat for their vehicle. Reservations are required. Participating families are asked for a \$20 donation.

For more information or to make a reservation, contact the WCH Family Birthing Center at 419-354-8932.



Wood County Hospital's OB/Gyn team are (left) Marcia Amstutz, CRNP, MSN; Mary Testa, DO; Abeer Ahmed, MD; Ian Leggat, MD; and Megan Porter, DO.

"but upon leaving the hospital I felt well-equipped and ready to take on parenting."

Skilled team, superb technology

The Family Birthing Center nurses' average 11.5 years of experience means that patients benefit from the highest levels of skilled care. Furthermore, more than half of the nurses hold a certification in at least one obstetrical specialty, preparing them to deliver extra services such as breastfeeding support, car-seat education and inspections, neonatal resuscitation and infant massage instruction.

The department's four obstetricians, supported by the Center's nurses, deliver babies in comfortable, home-like surroundings that camouflage the state-of-the-art medical equipment available for any special-needs deliveries. Wood County Hospital provides the latest in technology, amenities and capabilities in a safe, secured department that further ensures a safe, positive experience for mothers and their families.

One aspect of technology is the state-of-the-art fetal monitoring system through which the expectant mother in labor is under constant surveillance. The physicians and nursing staff can view the fetal heart rate in real time during labor from the nurses station, and the physicians can even view it from their home.

"Having a baby is an incredibly exciting time in life, but it also can be a little overwhelming," said Sue Johnson, Family Birthing Center nurse manager. "We aim to partner with our patients at every step along the way."

For more information about services at the Family Birthing Center, visit woodcountyhospital.org or call the department at 419-354-8932. ■

New WCH Mobile Website:

On-the-Go Access to Information and Services



When you're on the go, you can still get all the information you need about Wood County Hospital from our website. We've created an abbreviated site available for mobile devices, like smart phones and iPads, with details about our available services, locations, doctors, and contact information. You can even reach the department or doctor you want simply by pressing a button.

To visit our mobile site, just type in WoodCountyHospital.org on your mobile device.

You can also get the latest news on our social network! Follow us on Facebook (www.facebook.com/WoodCountyHospital) and YouTube (www.youtube.com/WoodCountyHospital). ■

BGSU Health Center Update



"We continue to develop the plans of the interior spaces of the new Falcon Health Center, states Bill Kidd, WCH Vice President of Support Services, "as we work with BGSU and our design build team on a comprehensive and efficient solution that will fulfill our mission of providing the best healthcare possible for the university." The groundbreaking is scheduled to take place in mid-February. Plans for a formal groundbreaking ceremony will be announced soon.

FROM THE Foundation



We depend on each other

All of us at Wood County Hospital are proud of the fact that area residents “Depend on Us” for their comprehensive healthcare needs, and have done so for more than six decades.

But the simple truth is, we also depend on you.

Wood County Hospital was built on philanthropy, on the kind and generous gifts of area individuals and businesses which made this hospital possible. Year after year, decade after decade, volunteer support and financial donations allowed WCH to respond to the evolving health needs of hundreds of thousands of Northwest Ohio residents — your family and friends, and our neighbors.

Your recent contributions enabled WCH to complete its extensive and essential renovation in the past few years. The

expansion of the Emergency Department alone will mean more advanced care provided in more private, comfortable surroundings for 30,000 people each year.

Giving means life, both to the development of Wood County Hospital’s staff and services, and to the thousands and thousands of people who expect and receive high quality care here each year.

Powerful life-changing, life-saving events happen every day at Wood County Hospital: the birth of a child, the diagnosis of a heart attack, the treatment of cancer or another life-threatening disease, or the continuing care of elderly patients with chronic health needs.

To such patients, every act of caring is precious. Similarly, every charitable contribution we receive is important to us, and wisely used. Your philanthropic

gift makes it possible for us to keep our technology up-to-date, to attract excellent health professionals to our staff, and to best serve the constantly evolving health needs of this region.

Yes, people know that they can depend on us, and we ask you for your continued support. Philanthropy is the key to our inception and our growth. We will be deeply grateful for any amount you are able to give. Please make your check payable to “Wood County Hospital Foundation” and return to WCH Foundation, 950 W. Wooster Street, Bowling Green, OH 43402. Your gift is tax-deductible to the full extent allowed by law. If you have any questions, please call 419.373.7627.

From all of us at Wood County Hospital Foundation, thank you for your kindness and support, both today and always. ■

WCH Guild Funds New Meditation Room

The WCH Guild is funding the hospital's new Meditation Room, a place for prayer and reflection that will feature a stained glass window designed by a former WCH patient.

"We are happy to be able to provide a dedicated meditation and contemplation area for our patients and visitors," said Laurie Newlove, Director of Volunteers and Lifeline. "The Guild will complete their funding of the Women's Center in March 2013 and we are ready to take on a new project."

The focal point of the new Meditation Room will be a mosaic, stained glass window themed, The Tree of Life, created by local artist Amanda Fleming. Ms. Fleming and her children were WCH patients following an automobile accident. Because of the positive experience she had at the hospital, Ms. Fleming wanted to create a stained glass piece that would convey her feelings about Wood County Hospital.

The hospital's previous chapel was located on the second floor but was removed in the 1990s as part of a renovation project. The new Meditation Room will be located on the corner of the old 2 South unit by the Walkway Respite.

Members of the Meditation Room Committee are: Jan Finn, Ruth Milliron, Laurie Newlove, Barbara Sanchez, Jane Schimpf and Julie Thayer. Anticipated completion date of the Meditation Room is the second quarter of 2013. ■



WCH Holiday Functions Support Special Projects



Wood County Hospital hosted holiday activities in November and December that supported several special projects. At left, Jennifer Feehan, WCH Administrative Secretary, gift wraps packages at the WCH employee holiday party in exchange for nonperishable food items. Four boxes of food were donated to the BG Food Bank.

Above, WCH Guild member Holly Barker helps with the Guild's annual Holiday Sale. Money raised by the Sale is specifically used for special hospital projects.

RECOGNIZING OUR DONORS

Memorial / Tribute Donors

*Thomas Baer, Net and Janet Challen,
Richard and Patti Cox, Dave and Marty
McKenzie, David and Rebecca Smith,
Anonymous*

Some of the gifts recognize those who
recently passed:

*Betty Kidd
Peg Smith*

Annual Fund Donors

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Katherine A. Zachel*

New Electronic Medical Records system enhances patient care, safety

MEDICAL STAFF News

The physicians, staff and patients at Wood County Hospital embarked on an exciting, important high-tech journey one year ago, and the excellent news is they all arrived together in good health.

The experience was the introduction of Electronic Medical Records (EMR), equipment which enable doctors, nurses, laboratory technicians, therapists and others to enter patient information, test results, orders and more via computers into a connected system that facilitates the sharing of that information with other healthcare professionals – no matter where they are physically located – involved with caring for the same patient.

“The EMR system is about enhancing teamwork, efficiency and safety throughout all patient care services in every corner at Wood County Hospital,” noted Stan Korducki, Wood County Hospital President. “It is yet another method through which the hospital implements its deep commitment to consistently advance all aspects of care and safety for our patients.”

“The EMR system implemented by Wood County Hospital meets the government requirements for “meaningful use” of certified

Electronic Health Record technology to improve patient care,” noted Joanne White, WCH Chief Information Officer. “Wood County Hospital is one of a few hospitals in Northwest Ohio that has met these requirements for Medicare and Medicaid this year.”

“Use of the EMR contributes directly to patient safety,” noted Michael Lemon, M.D., WCH Chief Medical Information Officer. “For example, our EMR allows us to research usage patterns of medications and treatments, diagnoses, as well as diseases and treatments. It allows the option of embedding in orders for some conditions, such as pneumonia, to facilitate effective treatment. Interactions between drugs and foods are automatically checked when a medication is ordered. Even something as simple as the fact that prescriptions can now be printed instead of handwritten is significant.”

Other WCH skilled caregivers also praised the benefits of EMR.

“Since starting with the EMR, I feel that it has been easier to access patient information when needed to care for your patient rather than having to stop what you are doing to find a paper chart,” noted Lori Watson LPN, on 2East.

Wood County Hospital recently added the following new physician to our medical staff of more than 190 primary care and specialist physicians:



John C. Davis, DO

John C. Davis, DO, an anesthesiologist joined the Anesthesia group at Wood County Hospital in November. A board certified anesthesiologist with more than 20 years experience, Dr. Davis obtained his medical degree from the Michigan State University College of Osteopathic Medicine in East Lansing, Michigan. He completed his residency at Bi-County Community Hospital in Warren, Michigan.

“Legible orders,” declared Kelsey Grosteffon, RN on 2East. “Physicians can put in orders from home. The EMR is also easier to look at and understand. Being able to sign off medications and bring the computer into the patient’s room increases safety and decreases errors. Patients’ past and present labs and tests are easily pulled up.”

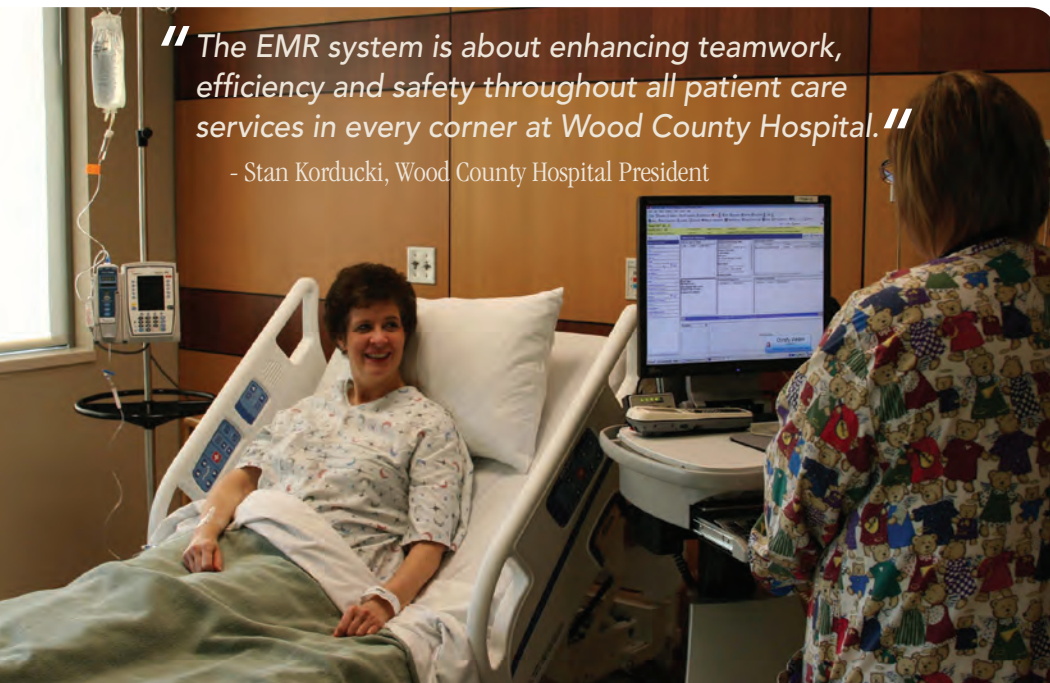
So analysis of the EMR system’s first year showed enhanced, efficient, faster communications, leading to even better healthcare.

“The long hours and dedication shown contributed by hospital staff in almost every department made this project happen,” White said. “Everyone should be proud of this accomplishment.”

“All of these efforts are being implemented to achieve the ultimate goal of providing ever better quality healthcare,” Korducki said, “for all the patients we are honored to serve.”

“The EMR system is about enhancing teamwork, efficiency and safety throughout all patient care services in every corner at Wood County Hospital.”

- Stan Korducki, Wood County Hospital President





Renovation of expanded Emergency Department completed

Area residents requiring immediate, sophisticated emergency care are already benefiting from the completion of WCH Emergency Department's (ED) renovation and expansion project.

The five-phase, 15-month construction process resulted in the growth from 15 beds to 20 comprehensive treatment rooms, as well as the addition of a two-room triage area. As a result of these renovations, patients enjoy increased privacy and faster treatment times. Furthermore, the ED staff has access to all the advanced medical equipment, such as cardiac monitors, in each room.

"Particular emphasis has been placed on creating a more private, quiet environment for

the comfort of our patients," said William Kidd, WCH Vice President of Support Services.

The new, spacious treatment rooms are enclosed by glass and aluminum doors, providing patients greater privacy as and quieter surroundings. Two nurses stations and a physician station are partially enclosed in glass, further reducing the noise level which patients experience.

The new ED now has a dedicated fast track section where patients who have less severe health issues can be treated and then return home as soon as possible.

Another important feature of the Emergency Department is the new triage area at the department's main entrance. Patients can meet with the triage nurse in one of two private triage rooms, have their vital signs such as their temperature and blood pressure taken, and discuss what brought them to the ED.

◀ The renovated WCH Emergency Department features a new triage area at the department's main entrance. Patients can meet with the triage nurse in one of the two private rooms and discuss what brought them to the ED.

“We can start the ball rolling in these triage rooms when the patients first come into the hospital,” says Dodi Thompson, ED Department Director. “We can get the lab draws and X-rays underway so that the doctor has something to look at when he meets with the patient.”

Other features of the new Emergency Department include:

- Four spacious, fully-equipped trauma rooms where the patients with the most severe injuries can be treated
- Eight negative pressure rooms, with isolation and reverse isolation capabilities for protection of all patients in the ED
- A secluded, private room for sexual assault victims that includes a private bathroom and shower

Furthermore, the ED renovation allows for future growth when it is needed.

Process Improvements Speed Patients Length of Stay

In addition to the physical renovation, new processes have been put in place that will speed up wait times and improve the patient's experience in the ED.

“Our goal is to bring the patient from the triage room directly to a bed where we will complete the assessment and registration process. If the ED beds fill up and we need to triage prior to bringing the patients back, this will happen in the two private triage bays,” says Thompson. “The new processes have already shortened our average length of stay in the ED by 30 minutes.”

As Wood County Hospital continues to build the progressive hospital with the comprehensive healthcare services and facilities area residents need, other construction projects in the works include:

- Creation of a radiation oncology facility to be located in the 960 Medical Office Building
- Upgrades to the former 2 South wing that include a new meditation room, which is generously being paid for by the WCH Guild
- New Intensive Care Unit
- Cosmetic updates to the Family Birthing Center
- Relocation of ReadyWorks to the second floor of the Medical Office Building ■

Patients with the most severe injuries can be treated in one of four spacious, fully equipped trauma rooms in the new WCH Emergency Department.





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Wellness Programs

Wood County Hospital is committed to improving the health and wellness of community members of all ages by providing health education, health screenings, weight loss and aquatics programs. Listed below are some of the programs we offer. For a more detailed information and to register, visit us online at, www.woodcountyhospital.org/classes or follow us on Facebook. You can also call us at (419) 354-8887.

Presentations and Events

2013 Health Fair

Saturday, January 26

9:00 am – 1:00 pm

Location: Simpson Building 1291 Conneaut Ave., BG.

Free health screenings, health talks & samples

Sponsored by WCH and the *Sentinel-Tribune*

Personalized Knee Replacement Surgery

Wednesday, February 20

6:00 – 7:30 pm

Carlos Gomez, M.D., orthopaedic surgeon will discuss the latest technology used for personalized knee replacement surgery at Wood County Hospital. Call 419-373-4164 for more information.

Reorganizing Our Looks...Our Lives for 2013

Thursday, February 21

6:30 – 9:00 pm

In this Positively Pink Women's Health program, Barbara Moran from Personal D'signs will be here to help us go from Frumpy to Fantastic, looking 10-15 pounds slimmer and 2 inches taller in 10 easy steps. Clutter reduction expert, Angie Weid will share tips on how to organize our homes, offices, and lives so that you can be ready to love your space again.

Vaccine Checkup: Shingles – Get the Facts

Tuesday, March 26

5:30 – 6:30 pm

In this Health Matters program, Coral Matus, MD, family medicine physician will discuss important vaccinations that adults often overlook. Thousands of adults in the United States die each year from diseases against which they could have been vaccinated. Come and learn what vaccines (Shingles, Pneumonia, Influenza, etc.) are available and whether these are for you and your loved ones.

Weight Loss Programs

Weight Loss Surgery Information Session

Peter F. Lalor, M.D. and members of the Center for Weight Loss Surgery team will discuss obesity and the weight loss surgery options available at Wood County Hospital. Call 419-373-7699 for more information.

Saturday, January 19	9:00 – 11:00 am
Saturday, February 16	9:00 – 11:00 am
Tuesday, February 19	6:30 – 8:00 pm
Saturday, March 16	9:00 – 11:00 am
Tuesday, March 19	6:30 – 8:00 pm

Choose to W.I.N.

Learn how to lose weight and keep it off through this 16-week weight management program. Choose to W.I.N incorporates nutrition, fitness and stress management information essential to any successful weight

loss plan. There are no "special" foods or required exercise programs. Weekly meetings are held every Saturday from 9:30 to 10:15 am. A one time "roll-in" class is required to begin the program. For more information: Call (419)354-8887.

Session 2 Roll-in Class Feb. 2 10:30 – 11:30 am

Session 3 Roll-in Class Mar. 2 10:30 – 11:30 am

Diabetes Interest Group

Free monthly meetings held on the second Thursday from noon to 1 p.m. for individuals who have diabetes, or their significant others. Each session covers current topics and information about diabetes.

Fitness Classes

Healthy Steps: Moving You to Better Health with the Lebed Method

Tuesdays, January 22 – March 12

6:00 – 7:00 pm

A gentle exercise program that promotes increased range of movement, improved balance, stimulation of lymphatic system, increased energy and enhances a positive self-image.

Learn Belly Dancing with Aegela

Wednesdays, January 16 – March 13

4:00 – 5:00 pm

Location: WCH meeting rooms.

Kids Wellness

Safe Sitter

Saturday, January 19 & Saturday, March 30

9 am – 4 pm

The Best Babysitter is a Safe Sitter. Join our babysitting class for adolescents ages 11 to 13.

