

2019 Newsletter

JULY, AUGUST & SEPTEMBER

Big things are happening!

There are great things happening at the Healthpark! First, we are beginning our adult locker room wet area renovation project later this month. The project will provide multiple upgrades to our shower and toilet areas. The end result is going to offer enhanced lighting, upgraded fixtures and an open concept. The project will begin later this month and be completed in early fall. During this construction, our team is committed to keeping any disruption of service to a minimum. Showers, sinks and toilet facilities will be available in the team locker rooms during renovations. We are growing to better serve you!

The Healthpark team is excited to be partnering with Owensboro Parent magazine to host the Fourth Annual Kids Triathlon, presented by Independence Bank. The event, scheduled for Saturday, July 27, will allow kids ages 4 to 14 to swim, bike and run their way through the designated courses surrounding the Ford Avenue campus. Registration is underway and participation is capped at 250. Additional information about the Kids Triathlon is included in the newsletter.

In addition to a Doc is In Program on Colon Cancer Screenings, and multiple educational programs, many will be preparing for back to school as we near the fall months. As schedules are re-established with children back in the classroom, we remind parents of the multiple opportunities we have for classes and programs. If you are looking for a weight management program, considering a new fitness routine or just want to try something new, the Healthpark continues to provide many options to consider. Don't forget the Healthpark annual Run for Your Life Race and Kids Fun Run presented by Owensboro Health Foundation on Saturday, September 28.

Collette Carter, *Director of the Healthpark*



HOLIDAY HOURS

The Healthpark will operate on holiday hours for Labor Day, Monday, September 9. The facility will be open from **7 a.m. to 4 p.m.** and no classes or programs will be taking place. The Playpark, Health Resource Center and Cornerstone Café will be closed.



Hours of Operation:

Monday - Thursday.....5 a.m. – 10 p.m.
 Friday..... 5 a.m. – 8 p.m.
 Saturday..... 7 a.m. – 7 p.m.
 Sunday Noon – 8 p.m.

Playpark Times:

Monday - Friday.....8 a.m. - 7 p.m.
 Saturday..... 8 a.m. - 1 p.m.
 SundayCLOSED

In the event of severe weather, Healthpark programming will follow the Owensboro Public School System. Follow us on Facebook for closing information.

Fitness Events & Happenings



OWENSBORO PARENT KIDS TRIATHLON

Saturday, July 27 at the Healthpark

Info at <https://www.owensboroparent.com/owensboro-parent-magazine-kids-triathlon/>

Save the date!

OWENSBORO HEALTH HEALTHPARK/ JUNIOR LEAGUE

RUN FOR YOUR LIFE 5K/10K/KIDS FUN RUN

presented by Owensboro Health Foundation

Saturday, September 28

Registration available starting August 1 at <https://register.chronotrack.com/r/50886>

DOC IS IN: COLON CANCER

Date: Tuesday, July 23 from 11:30 a.m. to 1 p.m.

Speaker: General Surgeon Dr. Raque and Shelby Shelby, RDN

WALK WITH A DOC

July

Dr. Michael Muzoora

Owensboro Health Medical Group – Pulmonology

Topic: Exercise with lung disease

August

Dr. Reid Wilson & Adam Barnard, PA

Owensboro Health Medical Group – Orthopedics & Sports Medicine

Topic: The importance of stretching

September

Richard Higgs, APRN

Owensboro Health Medical Group

Topic: Be sure to get your flu shot!

FALL PREVENTION

Have you fallen recently? Do you have a fear of falling? Have you lost strength, balance, coordination, or agility, and feel you might be heading for a fall? We have the perfect class for you!

July 9 | September 26, Tuesdays and Thursdays from 1 - 2 p.m.

August 13 | October 31, Tuesdays and Thursdays from 2:15 - 3:15 p.m.

October 8 | December 26, Tuesdays and Thursdays from 1 - 2 p.m.

Cost: \$60 per person

Contact Jason Anderson at 270-688-4785 for details.

TAI CHI

Tai chi is shown to aid in the prevention of falls, reduce arthritis pain, improve flexibility, and help speed recovery from injury or surgeries faster.

June 25 – August 13 | August 20 – October 8

Tuesdays at either 11:30 a.m. or 6:30 p.m.

Cost: FREE for Healthpark members | Non-members: \$50

**Non-members who complete the class and join the Healthpark may apply the \$50 class fee towards their joining fee!*

LIFESTEPS

Want to lose some weight? Let us lead you, step by step, to a healthier weight. LifeSteps® is a comprehensive weight management program that uses proven techniques to help you lose weight and keep it off. Led by registered dietitians, the real nutrition experts, LifeSteps at the Healthpark is offered for just \$11 a month.

Classes start in August. Upcoming information sessions offered on July 31 and August 7 at 5:30 p.m. For more information or to register for our free information session, email us at Lifesteps@OwensboroHealth.org or call 270-688-4804.

METABOLIC TESTING

Are you struggling to lose weight? Have you ever wondered how many calories you burn in a day? Do you know how many calories you should be eating each day for optimal weight loss? Each person has their own unique metabolism. Metabolic testing will determine your specific daily caloric needs, a key to successful weight management.

Tip the scale in your favor with metabolic testing. This simple, non-invasive test takes less than 20 minutes and calculates the number of calories you burn at rest. Our health and wellness professionals will help you interpret those results and assist you in developing a plan to help you reach your goals.

For more information or to schedule your metabolic test, call 270-688-4804.

COMMUNITY EDUCATION CLASSES - UPCOMING DATES

Shelby Shelby, RDN, LD; Kelci Murphy, RDN, LD are presenting educational classes which are free and open to the community.

August 29: Nutrition for Exercise – 9:30 a.m. & 5:30 p.m.

Physical activity is an important component in maintaining good health. Learn from the Healthpark registered Dietitians as they teach you how to properly fuel your body for physical activity.

Cost: FREE | Location: Classroom B, space is limited

Call the Healthpark at 270-688-5433 to reserve your seat.

NUTRITION COUNSELING

Enjoy better health with nutrition counseling services at the Healthpark. Our dietitians can provide one-on-one counseling related to a wide variety of conditions for people of all ages. You'll get personalized guidance when our dietitians help you to create an individualized meal plan that meets your needs, and to set goals for a healthier lifestyle.

Ask your health care provider for a referral to nutrition counseling. For more information, call 270-688-4804.

DIABETES SUPPORT GROUP

Come learn more about managing your diabetes while meeting and sharing with others living with diabetes. The diabetes support group meets on the third Tuesday of each month at 5:30 p.m.

For more information, call Gus Johnson at 270-688-1227.

FREEDOM FROM SMOKING

The Healthpark offers the Freedom From Smoking® program for individuals who are ready to quit smoking. Our program focuses helping participants learn how to quit smoking.

Join us at the Healthpark for an information session on August 27 at 1p.m. Classes are free and start September 3. For more information call 270-688-3291 or email Shiloh.Fisher@OwensboroHealth.org.

COOKING CLASS

TIPS FOR PRESERVING YOUR TASTY SEASONAL PRODUCE

July 11 at 5:30 p.m.

The Healthpark's registered dietitians will show you how to prepare your summer produce! Watch how the recipes are prepared, taste samples and take home the recipe cards!

Cost: \$5

**Location: Healthpark Classrooms
Space is limited.**

Call the Healthpark at 270-688-5433 to reserve your seat.



WELCOME NEW STAFF!

The Healthpark is proud to welcome new staff members to our team.

MADONNA KULLMAN,
LIFEGUARD

JAMISON BOWLDS,
RECEPTIONIST

AIJA JOHNSON,
RECEPTIONIST

ELLIE JOHNSON,
RECEPTIONIST

NATALIE SMITH,
RECEPTIONIST

Golden Partners

HEALTHPARK VAN SERVICE



The Healthpark Van Service is designed to provide non-emergency transportation to and from medical appointments only.

Telephone: 270-688-4865

**Hours of Operation:
Monday-Friday**

Time: 8:30 a.m - 3 p.m.**

Please Note:

****Last pick-up is at 3 p.m.**

SERVICE AREAS:

- North-Ohio River
- South-Towne Square Mall Area
- East-Highway 60 East to OMU entrance
- Highway 54 East to Fairview Drive
- West-Hwy. 60 West, Post Office Area

FEES:

\$2.00 per ride (\$4.00 for round trip)

Free Service to Golden Partners Plus Members

Healthpark, 1006 Ford Avenue, Owensboro, KY 42301

For exercise tips follow us on:



For class information go to:

OwensboroHealth.org/Healthpark