

Community Wellness Classes

The benefits of a healthier lifestyle are numerous, profound, and indisputable and include: increased life expectancy, decreased risk of chronic diseases, increased energy levels, and improved body composition. Achieving a healthy lifestyle requires physical activity, proper nutrition, stress management, and positive thinking. DeKalb Memorial Hospital offers many wellness programs for our community designed to promote healthy lifestyles.

Wellness Services Include

- Special Events
- Fitness Classes
- Wellness Education
- Health Risk Appraisals



“We offer many different programs at varied fitness levels for all ages,” said Kasie Milk, wellness coordinator for DeKalb Memorial Hospital. “The one thing they have in common is that they’re all geared toward preventing illnesses and health issues that may arise throughout your lifetime.”

Many of the small-group sessions available through the hospital’s curriculum will help northeast Indiana residents improve their general wellness.

Other classes offer health benefits beyond weight loss and aerobic conditioning. Tai Chi, an ancient Chinese system of slowly flowing movements and shifts of balance focuses the mind while strengthening the body. The constant weight shifts train balance and body awareness, increase range of motion, dissipate stress and can help patients manage pain.

The Wellness Center also offers Yoga and Pilates classes, which strengthen the body’s core muscle group and provide a low-impact workout that improves flexibility and tones problem areas like the abdomen.

“The best exercise is the one you’re actually going to do,” Milk said. “We provide a good variety of fitness and wellness class options in the hope that we have something that will interest almost anyone.” Fitness classes are also affordable – an 8-week session costs only \$40 for general community members.

Class	Description
Basic Yoga	Appropriate for beginners. This class focuses on familiarizing the student with the basics of yoga. Poses broken down with detailed instruction toward proper alignment, strength and flexibility. Class held in the Wellness Center. \$40 (eight-week session) Call Wellness Services for dates and times.
Fitness Yoga	This mind-body exercise strengthens and stretches the entire body. Relaxing music and challenging poses are highlights of this class. Class held in the Wellness Center. \$40 (eight-week session) Call Wellness Services for dates and times.
Pilates	Using body weight as your primary source of resistance, you’ll learn how to strengthen your abs, low back, glutes and thighs. Enjoy this slower paced, yet challenging form of exercise. All fitness levels welcome. Class held in the Wellness Center. \$40 (eight-week session) Call Wellness Services for dates and times.
PM Power	Charge up your afternoons with this total body workout. Using hand weights, resistance tubing, and stability balls, this effective program will work each major muscle group. All fitness levels welcome. Class held in the Wellness Center. \$40 (eight-week session) Call Wellness Services for dates and times.
Tai Chi	This mind-body exercise is known as “Moving Meditation”. Easy on the joints and great for arthritis sufferers, Tai Chi is for you. Class held in the Wellness Center. \$40 (eight-week session) Call Wellness Services for dates and times.
Health Risk Assessment	Take a “snapshot” of your current health risk status. Three easy steps. 1. A blood sample will be collected to determine a glucose reading and a full lipid profile report (total cholesterol, HDL, LDL, ratio, and triglycerides). 2. A biometric screening will measure height, weight, blood pressure, and body composition. 3. A 40-point lifestyle questionnaire will be completed by each participant. An 8-page personalized report will be mailed directly to the participant. The results will include a detailed analysis regarding health risks in 10 categories, including cardiovascular and cancer risk. \$37 Call Wellness Services for appointment.

Wellnes Services 260.920.2812