

LiveWell

2014
SUMMER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

A LIFE FREE FROM PAIN

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HEALTHCARE SYSTEM
GENESIS
Where you're treated well

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A Life Free From Pain

Constant pain made every day a difficult one for Matt Erman. Thanks to the experts at the Genesis Back Pain Treatment Center, Matt is right where he wants to be – outside enjoying his favorite activities like fishing.

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Phenomenal Cancer Care Right Here

When Jane Hodges was diagnosed with cancer, she wanted to be sure she got the best care possible. Read her story to find out why she decided Genesis was the right place for her.

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Counseling Helps With Pain

For Sondra Young, intense pain from multiple sclerosis made just getting out of bed and getting dressed difficult. Learn how psychological counseling helped her deal with the pain so she could get back to a more active life.

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Construction Update

Topping out the new addition, the Sarap Cancer Center and the new Behavioral Health facility – that's what's happening now as we continue building your new hospital. Read all about it here.

INSERT

For Your Life ... For Your Health

Keep this handy guide to this summer's programs and events.



genesishcs.org

TREATING YOU WELL IN SO MANY WAYS



A little over a year ago, we broke ground for your new Genesis hospital. It's amazing to see the progress we've made in such a short time. It's been years in the planning, and it's now starting to take shape. The walls are going up, the windows are going in, and your new Genesis hospital will be completed next year. I hope you'll take a few minutes to read the latest news in the Construction Update in this issue of LiveWell.

When we were designing the new facility, we wanted to make sure your needs are met at a very detailed level, so we asked members of our community for input. You'll read about one of the unique ways we used input from patients, doctors and other caregivers to finalize design of patient care areas like the chemotherapy pods in the Dr. Nick A. & Nancy R. Sarap Cancer Center.

Jane Hodges was one of the patients who gave us input for the treatment areas in the Sarap Cancer Center. You'll read about Jane's journey to find the best plan and treatment for her cancer, leading her to Genesis, where she felt she received phenomenal care.

When you're in constant pain, it can impact all areas of your life. Matt Erman had severe leg pain for months. Fortunately, he was able to get relief, thanks to the prompt and expert care by our skilled Back Pain Treatment Center team. You'll read how Matt was able to get back to work in the oil business.

We're caring for the whole you – treating more than your physical health. In this issue, you'll learn how psychological counseling helped ease Sondra Young's pain from multiple sclerosis so she could get back to work and enjoy life. This counseling has become an important part of our pain management program.

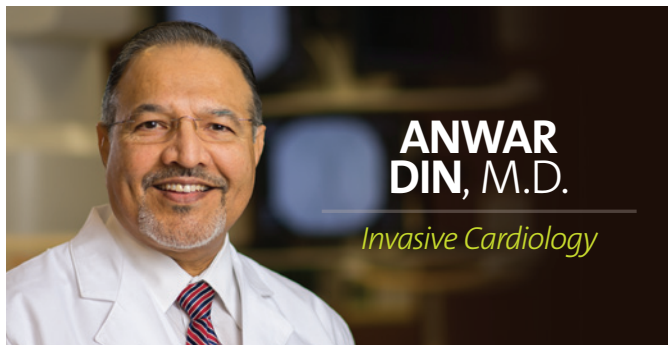
This LiveWell shows that while we're in the midst of building your new hospital, we're also finding new and innovative ways to treat you and your family well. Because YOU are why we're here.

Matthew J. Perry

President & CEO



WELCOME TO NEW PHYSICIANS



Dr. Din specializes in invasive cardiology and is board-certified in cardiovascular disease, nuclear cardiology and adult echocardiography. He earned his Doctor of Medicine degree at the University of Lagos School of Medicine in Lagos, Nigeria. He completed his residency in internal medicine and his cardiology fellowship at Marshall University School of Medicine in Huntington, West Virginia. Prior to joining Genesis, Dr. Din was an assistant professor of medicine at The Ohio State University College of Medicine. Dr. Din's office is located at 1246 Ashland Ave., Suite 107, Zanesville, and his phone number is (740) 454-7725.



Dr. Martini is an interventional cardiologist who is board-certified in internal medicine, cardiology, interventional cardiology, nuclear cardiology, vascular medicine, endovascular medicine and cardiac computed tomography (CT). He earned his Doctor of Medicine degree at Damascus University School of Medicine in Damascus, Syria. Dr. Martini completed his cardiology fellowship at the University of Illinois at Chicago/Illinois Masonic Medical Center, and he completed his interventional cardiology fellowship at Wayne State University/St. John Hospital and Medical Center in Detroit, Michigan. Prior to joining Genesis, Dr. Martini was an assistant professor of medicine at The Ohio State University College of Medicine. His office is located at Cardiology Associates of Southeastern Ohio at 1246 Ashland Ave., Suite 107, Zanesville, and his phone number is (740) 454-7725.

Orthopedic Trauma Surgeons Join Genesis

A newly formed group of physicians, Genesis Orthopedic Trauma Surgeons, began seeing patients in March. Members of the group are available 24 hours a day, 7 days a week to see patients who come to the Emergency Department (ED) and need emergency orthopedic care. They also perform surgery, consult on inpatients, and see patients in their office for follow-up care. Having these specialists at Genesis also helps to free up Orthopaedic Associates of Zanesville physicians so they can provide orthopedic care for more scheduled and elective orthopedic patients. We welcome these surgeons:



Pooya Hosseinzadeh, M.D., Medical Director

Medical School: Isfahan University of Medical Sciences, School of Medicine

Residency: Marshall University School of Medicine, Department of Surgery in General Surgery; Marshall University School of Medicine, Department of Orthopedic Surgery in Orthopedic Surgery; Iran University of Medical Sciences, Department of Orthopedic Surgery in Orthopedics

Fellowship: University of California Irvine, Department of Orthopedic Surgery Research Fellow; Shriners Hospital for Children in Pediatric Orthopedics



Mark R. McMurray, M.D., P.C.

Board Certification: American Board of Orthopaedic Surgery

Medical School: Michigan State College of Human Medicine

Internship: Southwestern Michigan Area Health Education Center

Residency: McLaren Regional Medical Center



Norman E. Stone III, M.D.

Medical School: Tufts University School of Medicine

Residency: Maimonides Medical Center in Orthopedic Surgery



Christopher J. Tucker, M.D.

Board Certification: American Board of Orthopaedic Surgery

Medical School: Uniformed Services University of the Health Sciences, F. Edward Herbert School of Medicine

Internship: Brooke Army Medical Center in Orthopedic Surgery

Residency: Brooke Army Medical Center in Orthopedic Surgery

Fellowship: Keller Army Community Hospital in Sports Medicine



Neil C. Vining, M.D.

Board Certification: American Board of Orthopaedic Surgery

Medical School: University of North Carolina School of Medicine

Residency: Madigan Army Medical Center in Association with University of Washington/Harborview Medical Center in Orthopedic Surgery

Fellowship: Seattle Children's Hospital in Pediatric Orthopedic Surgery

A LIFE FREE FROM PAIN

Matt Erman

Matt is thankful to resume his active lifestyle as he enjoys the outdoors, hunting and fishing.

Matt Erman began having sharp pain in his left leg that wouldn't go away in August 2013. "I was in constant pain, and it affected everything I did. I didn't sleep much at night because the pain would wake me up every couple of hours," Matt recalled.

The young man in his 30s went to a chiropractor for several months, hoping the pain would lessen, but it didn't. Pain medications and anti-inflammatory drugs didn't work. Matt didn't know what the problem was – but he knew he needed relief from the constant pain.

Matt's chiropractor referred him to Robert Thompson, M.D., a neurologist. He performed an electromyography (EMG) that showed Matt's pain was due to a spinal problem. Dr. Thompson referred Matt to the Genesis Back Pain Treatment Center to have a team of specialists further evaluate his situation.

Matt explained where and when the pain occurred to the physicians and staff who are specially trained to evaluate back pain. A Magnetic Resonance Imaging (MRI) showed Matt's problem was a ruptured disc on his lower back pushing on the spinal nerve root, causing a pinched nerve and the leg pain.

Coordinated Care

Due to the care coordinated by the staff in the Back Pain Treatment Center, Matt was promptly evaluated by neurosurgeons and other experts to identify the source of his pain. "I was relieved to find out what the problem was," he said.

Within 10 days Matt had a procedure done by Albert Camma, M.D., neurosurgeon, to remove a portion of the disc that was pushing on the nerve root. "I was expecting to have to wait six to eight weeks to get the surgery, but it was less than two weeks. I was impressed I got in quickly."

The Sooner the Better

Correctly identifying and treating back problems early is important not only to lessen pain but also prevent further complications. "Matt had muscle weakness, and since fast treatment is important when patients have this symptom, we did an accelerated review to get him scheduled for the procedure as soon as possible," said Dr. Camma. "The sooner you can get treatment, the more likely there is to be success. We have specialists trained to evaluate patients and help get them treatment as soon as possible."

Matt is grateful to receive the expert care close to home and be pain-free. He was walking a few hours after the back surgery and went home the same day. He had physical therapy close to his home near Coshocton, and Dr. Camma coordinated care with the rehabilitation therapists. Less than two months after the surgery, Matt was back to work in an oil field/pipeline construction business.

Pain-free & Active

Matt is also thankful to resume his active lifestyle as he enjoys the outdoors, hunting and fishing. His situation shows you don't have to travel far from home to get expert care. We have the experts who can help you get back to enjoying life – just like Matt did.



"The sooner you can get treatment, the more likely there is to be success. We have specialists trained to evaluate patients and help get them treatment as soon as possible."

— **Albert Camma, M.D.**
Neurosurgeon

PHENOMENAL CANCER CARE RIGHT HERE

Jane Hodges had a stabbing pain in her back that wouldn't go away, so she made an appointment with her family doctor, Jack Butterfield, M.D. In less than two weeks, she had gone through testing and had a diagnosis.

"I was shocked to learn I had Stage 4 lung cancer," Jane said. She didn't have any family risk factors for lung cancer and had only smoked a little bit in her 20s. She had been through cancer before when she was diagnosed with breast cancer in 1987, so she knew how important it was to get the best care. Now she had a decision to make – where should she go for treatment?

To help her decide, she met with Shyamal Bastola, M.D., hematology/oncology at the Genesis Cancer Care Center to discuss her options. Jane also decided to get a couple of second opinions, and Genesis Cancer Services staff set the appointments for her at two hospitals in larger cities. She discovered the plan of care Dr. Bastola recommended was the same as the other two hospitals suggested – right down to the specific treatments.

Jane Hodges

No Better Care Than Here

Jane decided to have her care at Genesis, and she's glad she did. "You're not going to get better care than here – it has been phenomenal," she said. "Whenever I had a question, the staff would have an answer for me before I left the doctor's office. If I left a voice mail or an email – they always got back to me the same day – even if it wasn't urgent. They were always right on top of everything. You couldn't ask for better quality."

"We provide a level of care and compassion you can't get in a big city. You're our friends and neighbors – and that makes us part of your family when it comes to your care."

*– Scott Wegner, M.D.
Medical Director of Genesis Cancer Services*

"Our care here is equal to or better than any cancer center in the nation," said Scott Wegner, M.D., medical director of Genesis Cancer Services. "We're one of 100 practices nationwide certified by the American Society of Clinical Oncology. I would send any of my family here because I know our quality care is up to par with anyone."

"We provide a level of care and compassion you can't get in a big city," Dr. Wegner said. "You're our friends and neighbors – and that makes us part of your family when it comes to your care."

Grateful for Compassion

Jane is thankful for the compassionate, family atmosphere and is back to work as a part-time speech pathologist at a local middle school. "The doctors and nurses are so caring and treat you like family," she said. "I have my family, and then I have my Cancer Services family, and they mean the world to me. I'm grateful to them. I couldn't have asked for better care."



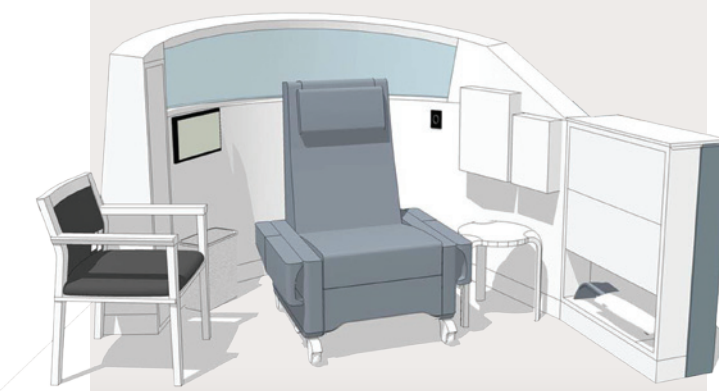
DESIGNING THE PATIENT EXPERIENCE

When it came time to design the new Dr. Nick A. & Nancy R. Sarap Cancer Center, we wanted to make sure patients would have the best possible experience. "We sat down with patients, doctors and nurses and designed the ideal patient experience before we even met with the architects," said Scott Wegner, M.D., medical director of Genesis Cancer Services. "The cancer center started with a plan for patient care and became a building – rather than the other way around."

One of the unique features of the new center is the chemotherapy pods, which are similar to first-class seating on an airline. The pods are designed to make the visit more calming – like views of the fitness trail, large windows and private treatment areas. Patient Jane Hodges had an opportunity to try out the new pods during her treatment, and she appreciated the privacy of them. Like other patients, she provided her feedback to help finalize the design.

"We've worked hand-in-hand with patients to design the best possible experience for people in our community dealing with cancer," Dr. Wegner said. "The Sarap Cancer Center is a realization of a long-term vision completely focused on patient-centered care."

The new center will open in late fall 2014. Read the Construction Update on page 10 for more details on the progress of the center.



Design rendering of a chemotherapy pod.

COUNSELING HELPS WITH PAIN

"Counseling saved me. It helped me realize I can do this. I have to fight and keep moving forward."

-Sondra Young

Sondra Young was an ambitious career woman when she was diagnosed with multiple sclerosis (MS) in 2004. She had to quit working and ended up in a wheelchair. She was hospitalized because the MS symptoms caused pain so intense she had problems getting out of bed and couldn't dress herself.

The young woman began outpatient physical therapy at Genesis to improve her balance and strength. Her physical therapist suggested psychological counseling to help improve Sondra's outlook and perhaps lessen her pain.

Positive Results

Sondra met with Brenda Verhey, LPCC, a counselor at Genesis Rehabilitation Services, who helps patients and families learn how to cope with the emotional consequences resulting from constant pain. "The counseling helped give her an outlet to have someone to talk to – to work on things that create stress – which can make MS symptoms worse because the muscles tighten and increase pain," Verhey said. Verhey meets with Sondra before her physical therapy at the Genesis Center for Occupational & Outpatient Rehabilitation.

Incorporating counseling with treatments for MS and physical therapy helped Sondra feel better. "When I first started, the pain was off the charts – above a 10 on a scale of 1 to 10. Now, it's a 2 or 3," she said.

A New Outlook

Today Sondra has a new outlook on life. "Counseling saved me," she said. "It helped me realize I can do this. I have to fight and keep moving forward."

Counseling also gave her the confidence to return to work and attend college. She has been working for a year helping others with disabilities, and she's taking college classes to pursue a degree in social work.

"If I hadn't had counseling, my depression would probably have worsened, and I would have had more pain," Sondra said.

A couple of years after being diagnosed with MS, Sondra couldn't lift her leg an inch off the floor. Now she can walk about 280 feet with forearm crutches. And she's back to enjoying life – going to restaurants and movies, and visiting family and friends.

"The counselor helped me tremendously," Sondra said. "From where I was before – not being able to get out of bed – to where I am now is a huge difference. It's been amazing."

COMBINING COUNSELING WITH PAIN MANAGEMENT

If you've ever been in constant pain, you understand the psychological toll it can have on you and your family. Genesis began offering psychological counseling along with pain management for many different types of pain including back and neurological. "There's a high incidence of depression among people suffering from chronic pain," said Yahya Bakdali, M.D., pain management/physiatry. "Psychological counseling plays an important role in pain management, and it's part of the comprehensive care in treating patients with a history of chronic pain."

Many people with constant pain suffer from depression, anxiety, frustration and anger, which can impact day-to-day activities, relationships and the ability to work. The emotional responses can increase physical pain. Managing the stress and emotions associated with pain becomes an important part of healing.

Genesis is the only hospital in the area offering on-site counseling. Brenda Verhey, LPCC, a licensed social worker and licensed professional clinical counselor, meets with patients and families.

"There can be stress, pain and coping issues when you're managing pain," Verhey said. "When the psychological therapy is combined with pain management, we're finding patients have less pain and more self-confidence, and get better faster."

Verhey helps patients and families understand the body's response to stress caused by pain, and how to develop coping strategies to manage stress and decrease depression, anxiety and anger. She focuses on helping patients enjoy a better quality of life, find new ways to enjoy old activities, and for many, to actually reduce their physical pain.



"Psychological counseling plays an important role in pain management, and it's part of the comprehensive care in treating patients with a history of chronic pain."

– Yahya Bakdali, M.D.
Pain Management and Physiatry

CONSTRUCTION UPDATE

Topping Out!

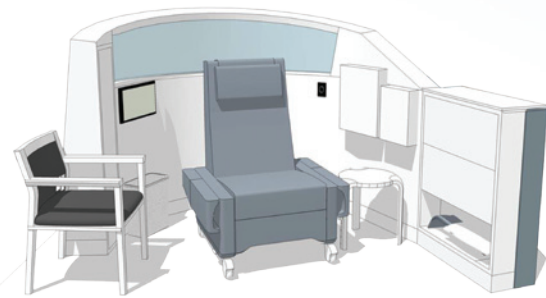
An exciting milestone was celebrated in a topping out ceremony on Wednesday, March 5. Genesis, Turner Construction Company representatives and construction workers were on hand for the event. During the ceremony, the final steel beams were lifted into the hospital's new addition. A small evergreen tree, symbolizing growth and good luck, was atop the three beams, which were signed by employees, physicians, volunteers, board members and donors.



Sarap Cancer Center Progresses

The Dr. Nick A. & Nancy R. Sarap Cancer Center is getting closer to completion. The exterior panels and roof have been installed. The interior of the building is now the main focus of construction. As we planned the interior space, we wanted to meet the needs of patients and those who care for them.

To do this, we set up two chemotherapy pods (where patients receive chemotherapy and other treatments) in the current Genesis Hematology & Cancer Care Center. Patients received their treatments in the pods, and their feedback, along with input from physicians, nurses and other staff, helped to finalize the design. The center is expected to open in late fall.



Design rendering of a chemotherapy pod.

New Addition Shapes Up

After the new addition topped out, the roof and exterior panels were installed. The crane that has been a part of the skyline over Bethesda Hospital was removed, marking another milestone as the phase of construction that included heavy lifting of materials came to a close. Windows were put in place, and now crews are focusing mainly on the interior space of the new addition.



Behavioral Health Update

Genesis Behavioral Health, located behind Bethesda Hospital, will open later this summer. The site of the former Forest View Health Campus, the building is being renovated. Members of our community no longer need to travel around Zanesville for behavioral health care offered by Genesis; everything will be found in one, convenient location that is secure and private.

Behavioral Health includes the following among other services:

- Inpatient adult, child and adolescent psychiatric care
- Partial hospitalization program
- Outpatient adult, child and adolescent psychiatric care
- Help for substance abuse and addictions such as alcohol and drugs

Construction Begins on Medical Office Building

Construction began early this year on the medical office building on the west side of the Physicians Pavilion. It will connect to the pavilion and the hospital to make it easy to move between the buildings. The first floor will include outpatient neuroscience and orthopedic services, as well as physician offices. The second floor will be physicians and outpatient services for heart and vascular care. The new medical office building will open in 2015.

Parking and More

If you've driven around Bethesda lately, you've certainly noticed detours and road closures. All of this is happening to create a beautiful campus with ample parking for patients and visitors. The Gorsuch Fitness Trail was closed for a few months to ensure everyone's safety, and it's expected to reopen in early July. A small portion of the trail will close again this fall, but walkers and joggers will still be able to enjoy the trail with a minor route change.

We appreciate your patience while we build your new hospital.

FOR YOUR LIFE... FOR YOUR HEALTH

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EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS

Spirit of Women Programs

To register for Spirit of Women programs, go to genesishcs.org, and select "Education & Events," or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Top Tests to Save Your Life

Thursday, July 10 • 5:30 to 8 p.m.
Genesis HealthPlex Conference Center

Everybody is busy. Sometimes we're so busy that we ignore our health, and the number of tests we think we need to stay healthy can seem daunting. But there may not be as many as you think. At this program, we'll tell you about the top tests you should get based on your age. Keep yourself healthy by having these lifesaving tests.

Back to School With Spirit

Wednesday, Aug. 6 • 5:30 to 8 p.m.
Genesis HealthPlex Conference Center

Children, moms, dads, grandmothers, grandfathers — join us! Start the school year on the right foot at Back to School With Spirit. You'll get great tips on dealing with stress, choosing nutritional snacks, and keeping your children safe from abductors. You and your child can also take part in KidEscape. This nationally recognized program teaches children easy-to-use techniques to escape from a potential abductor. Many other activities and great door prizes will also be part of this popular annual event.

Spirit of Pink

Friday, Sept. 26 • 5:30 to 8:30 p.m.
Ohio University Zanesville/Zane State College

Throw on some pink and join us for Spirit of Pink! Come celebrate our breast cancer survivors and visit with our vendors. Enjoy fun, short presentations on preventative measures and options for breast cancer treatment. And don't miss our Bras Because We Care display.

Spirit P.A.D. & Higher Level Screening

Thursday, Sept. 4 or Sept. 18 • 4 to 8 p.m.
Genesis HealthPlex Conference Center

September is P.A.D. Awareness Month, and Spirit of Women is offering free screenings. P.A.D. stands for Peripheral Arterial Disease, which is the narrowing and hardening of arteries in the legs because of fatty deposit buildup. Signs of P.A.D. include numbness or tingling in the legs, loss of hair on toes or feet, and cramping in the legs that feels better with rest. The risk factors are diabetes, high blood pressure and history of coronary artery disease.

We're also offering a higher level screening package at a special rate of \$99 that includes:

- Abdominal Aortic Aneurysm
- Atrial Fibrillation
- Stroke/Carotid Artery



Other Events

Walk With a Doc

Saturdays, July 12, Aug. 9 & Sept. 13
8:30 to 9:30 a.m.
Check Genesis website for locations.

Walk about a mile with the doctor. Learn fitness tips, get health advice and ask the doctor general health questions before and during the walk. Go to genesishcs.org and select "Education & Events" for locations of the walks. You can also call Tara Poorman or Sharon Francis at (740) 454-4336 for more information.

Childbirth & Parenting

Classes

Genesis offers childbirth and parenting classes to help you navigate the joys and challenges of being a parent. Whether you're a first-time parent or one with a little more experience, we have a class to fit your needs. For more information, call Lauren Wood at (740) 450-6262 or go to genesishcs.org, and select "Education & Events." You can also call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Babysitter's Training

Wednesday, July 2; Monday, July 14;
or Monday, July 28
8 a.m. to 4:30 p.m.
Genesis HealthPlex Conference Center

Cost: \$50 — includes two snacks and a pizza lunch, first-aid kit, CPR and babysitter's certification from the American Red Cross



Continued on back >>



For updates on programs or events, go to genesishcs.org.

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Cancer Support Groups

Call Shannon White, Radiation Cancer Care Center, at (740) 454-5017 for more information on cancer support groups.

Man to Man – Prostate Cancer

Monday, Sept. 8 • 6 p.m.

Radiation Cancer Care Center, 800 Forest Ave.

Speaker: Benjamin Gibson, M.D., Urologist

Topic: Updates on Treatment for Prostate Cancer

Young Women Survivors Network

Women age 49 or younger with cancer can learn about the disease and issues that are unique to them, such as fertility and pregnancy, impact of hormones, intimacy and self-esteem, and psychological and social aspects of dealing with cancer.

Support Buddies – Breast Cancer

Wednesday, Sept. 3 • 6 p.m.

Breast Care Center in the Genesis HealthPlex

Speaker: Jeremy Cale, Genesis Information Technology

Topic: How to Use MyChart®

I Can Cope Classes

These classes are for anyone with cancer and their families. Learn about diagnosis, treatments, side effects, ways to communicate with your doctors and nurses, and more. Topics include managing fatigue, relieving pain, nutrition, physical activity and self-esteem. To schedule a personal meeting or a speaker for your group, call Shannon White at (740) 454-5014.

Look Good ... Feel Better

Female cancer patients learn beauty techniques to stay positive and maintain self-confidence through treatments. Each participant receives a free makeup kit worth \$300. Participants are encouraged to bring a support person. Registration is required by calling the American Cancer Society at 1-800-395-LOOK.

Tuesdays, July 15, 5 p.m.; Aug. 19, noon;
or Sept. 16, 5 p.m.

Genesis Hematology & Cancer Care Center
1246 Ashland Ave., Suite 205

Grief Support

Genesis Hospice offers a variety of support groups to help you share, heal and grow during this time in your life. Individual counseling sessions are also available. For more information, call (740) 454-5353 or 800-953-7673, or go to genesishcs.org and select "Education & Events."

Respiratory Support Group

Better Breathing Club

Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 for more information or to register.

Thursday, July 17 • 1:30 to 3 p.m.

Genesis HealthPlex Conference Room A

Speaker: Roslyne Stevens, RD, LD

Genesis Wellness

Topic: Healthy Eating

Thursday, Aug. 14 • 1:30 to 3 p.m.

Genesis HealthPlex Conference Room A

Speaker: Jackie Ritchie, RN, Heart &

Vascular Rehabilitation

Topic: Heart Health

Thursday, Sept. 11 • 1:30 to 3 p.m.

Genesis HealthPlex Conference Room A

Speaker: Linda Bishop, Genesis

Resource Counseling

Topic: Medicare Part D

Rehabilitation

Back to Basics – Back Pain Program

These classes offer ways to help you control your lower back pain. Classes are on the first and third Thursdays of each month at the Genesis Center for Occupational & Outpatient Rehabilitation, 740 Adair Ave., from 5:30 to 6:30 p.m. The program includes six one-hour sessions conducted by licensed therapists. The cost is \$5 per session or \$25 for all six sessions. If you complete all six sessions, you'll get a free one-month membership to the Muskingum Recreation Center. To register, call (740) 455-5151.

Delay the Disease – Parkinson's Exercise Class

This is a weekly exercise program for managing Parkinson's disease. Cost is \$50 for 10 weeks. You may join any Tuesday. Call (740) 455-5151 for more information.

Tuesdays • 10 to 11 a.m.

North Terrace Church of Christ
1420 Brandywine Blvd., Zanesville

Pain Partnership Support Group

Wednesday, Aug. 27 • 6 to 7:15 p.m.

Genesis Interventional Pain

Management Clinic

2945 Maple Ave., Zanesville

Support Groups

Genesis Rehabilitation Services also offers a variety of support groups including stroke, brain injuries and pain and fibromyalgia. Call (740) 454-4324 or 800-225-7957, ext. 4324, for more information.

Northside Pharmacy Wellness

For more information on Northside wellness services, visit Northside's website at northsiderx.com or call (740) 454-5666, ext. 8405.

Cholesterol Screening

Northside is offering total lipid profile and cholesterol screenings for \$20 in September. Fasting for 8 to 12 hours is required for this screening. Check the Northside website for dates, time and locations.

Diabetes Exercise

This program is for anyone who has Type 1 or 2 diabetes or is prediabetic. Friends and family members may join the program at the same price if coming as a support person or an exercise buddy. Call (740) 454-4336 or 866-351-6688 to register. The cost is \$100 for a 16-class session; reduced fee of \$60 for payment before classes begin. Financial aid is available.

Mondays & Wednesdays • 3 to 6 p.m.

Tuesdays & Thursdays • 10 a.m. to noon
Genesis-Bethesda Meeting Rooms 1 & 2

Community AHA Classes

Genesis and Zane State College partner to provide American Heart Association (AHA)-certified CPR and first aid training. The classes will be held at Zane State College Campus Center, Room T400 (PTA lab). The costs are:

Heartsaver CPR – \$45

Healthcare Provider CPR – \$60

First Aid – \$35

To sign up for classes or for more information, call Zane State College at (740) 588-1288.

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