

## Hello Everyone,

Fall is one of my favorite times — full of activities, vibrant colors of the leaves, and cooler outdoor temperatures. This season is a busy time at the Healthpark, celebrating our anniversary and reintroducing many programs. It feels excellent to reinstate the community wellness opportunities after a pause with COVID-19 concerns. In this newsletter, you will find a variety of upcoming programs and ways to support a healthy lifestyle. Be sure to attend a cooking class or engage with a fitness coach to enhance your exercise program.

We value our members and look forward to feedback during our annual survey. Be sure to take the time to provide comments to us and receive a t-shirt! During our anniversary celebration, we also want our members to know how much we value them. Watch for activities as we celebrate 24 years of serving our community.

Our team members are proud to work with you and continue the commitment to making our community the healthiest in Kentucky.

### Collette Carter

Director of the Healthpark



## HEALTHPARK ANNIVERSARY

The Healthpark will be celebrating its 24th anniversary of serving the community with various events and offerings during the last week of October. Please take the opportunity to join members of our team for the following events:

- **Tuesday, October 25 | Walk with a Doc** featuring Dr. Andrew Collins, Topic: Dementia  
Noon, meet in the front lobby
- **Free chair massages in the lobby:**
  - October 24, 10 a.m. to noon
  - October 26, 10 a.m. to noon
- **Wednesday, October 26 | Member Appreciation Lunch**  
11:30 a.m. to 1:30 p.m.  
(Snacks will be available throughout the day)
- **Friday, October 28 | Connections Art Exhibit**  
Main lobby, 9 a.m. to 3 p.m.
- Daily giveaways for prizes such as 1-hour massage, personal training session & Playpark punch card

## Enrollment Special

Help us celebrate the Healthpark's 24th Anniversary! Join for only \$24\* any time between October 24-31.

\*Primary and Associate members only. Must be 18 years or older.



## THINGS TO REMEMBER

### ANNUAL MEMBER SURVEY

We value member feedback! The Healthpark will conduct the annual member survey between November 1-15 to hear from you about how we are doing with services and programs. This survey also allows us to see if there are other offerings our members would like to see. **Those who complete the survey will receive a t-shirt for providing their feedback.** Surveys will be available in the Healthpark lobby and on the 2nd and 3rd floors. The survey link will also be sent out through member email on November 1.

### GIFT CERTIFICATES

**Give the gift of wellness this holiday season!**

Gift cards are available for purchase at the front desk in any amount for all Healthpark services!

### WALK WITH A DOC

**Tuesday, October 25**  
Noon | Healthpark Lobby  
Topic: Dementia

Dr. Andrew Collins  
Owensboro Health Medical Group Family Medicine

**Tuesday, November 22**  
5:30 p.m. | Healthpark Lobby  
Topic: Atrial Fibrillation

Dr. David Charles  
Owensboro Health Medical Group Cardiology



### HOLIDAY HOURS

**Thursday, November 24 | Closed**  
for Thanksgiving

**Friday, November 25 | 5 a.m.-8 p.m.**  
(Fitness and water classes taking place)  
Playpark open, Health Resource Center and Café are closed.

**Saturday, December 24 | Christmas Eve**  
Open 7 a.m. to noon (no classes)  
Playpark closed

**Sunday, December 25 | Closed**  
for Christmas

**Saturday, December 31 | 7 a.m. to 4 p.m.**  
(Classes taking place)  
Playpark open 8 a.m. to noon  
**Sunday, January 1 | Noon to 7 p.m.**

# Fitness Events & Happenings

## PARISI SPEED SCHOOL

### Parisi offers training benefits

Could your young athlete benefit from specialized training to make them better for their chosen sport? Do they need a program to build their self confidence and injury resiliency? We have an ideal program for you! Contact Nick Jones, Head Performance Coach of our Parisi Speed School, right here at the Healthpark. He will be glad to talk to you about your needs and our programs to see how we can help.

**Contact Nick at 270-688-4828 or by email at [Nick.Jones@OwensboroHealth.org](mailto:Nick.Jones@OwensboroHealth.org).**

## JOIN A CLASS

### Healthpark app allows easy class enrollment

Don't be left out in the cold! Use the Healthpark App to secure your place in your favorite Group Exercise Class! As we continue to move toward colder weather and more people come inside for exercise, our group exercise classes grow in size. With limitations on how many we can support for each class, make sure you are securing your place in class by signing up using the Healthpark App. Please stop by the Membership Services desk for assistance if you don't have it already.

## TAI CHI

### The New Tai Chi class series begins October 11!

If you have been waiting to try Tai Chi, sign up for a new series of classes beginning October 11 through December 1. Classes are held at 1 p.m. and 6:30 p.m. on Tuesdays and Thursdays (sign up for a specific time). Tai Chi is an excellent resource for improving balance and stability, reducing stress, and even improving arthritic conditions. The program is FREE for Healthpark members and \$50 for non-members.

**For more information, contact Jason Anderson at 270-688-4785.**



## FALL PREVENTION

### Fall Prevention/B.A.S.E. starts October 11

Do you struggle with balance issues or have a fear of falling? Is your stability not as sure and secure as you want it to be? Our Fall Prevention/B.A.S.E. program can help you improve your stability, agility, and coordination and reduce your likelihood and fear of falling. Classes meet on Tuesdays and Thursdays from 10:45-11:45 a.m. The next class series will run from October 11 through December 29. Physician referral required.

**For more information, contact Jason Anderson at 270-688-4785.**



## AQUATICS

### High School Swimming is back in business at the Healthpark competition pool!

We are excited to welcome our four local high schools and their swim teams starting in October! The pool will be a busy place day in and day out, so make sure you know about lane space availability. Please refer to the weekly schedule on the wall behind the lifeguard stand. We can add you to the weekly email sent by our Aquatics Supervisor, Mackenzie Morris, so you get the schedule right in your inbox! If you want to be added to this list, please email Mackenzie at [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org).

As always, we are glad to have the local year-round swim team – the Owensboro Marlins practicing and competing at the Healthpark too! If you are looking for a swim program for your child, check into the Marlins team. You can find info in the pool area.

## TOBACCO CESSATION PROGRAMS – OFFERED AT NO CHARGE

### Freedom from Smoking

The American Lung Association's Freedom From Smoking® program has been ranked as one of the most effective cessation programs in the country and has been helping people quit smoking for more than 35 years. The Freedom From Smoking® program, offered at the Healthpark, will help participants learn how to quit smoking.

**Call 270-688-3263 or 270-688-3291 or email [Emily.Galloway@OwensboroHealth.org](mailto:Emily.Galloway@OwensboroHealth.org).**

### Tobacco Treatment Specialists (TTS)

Let one of our Tobacco Treatment Specialists help you kick the habit. One-on-one meetings with these specialists will help participants identify triggers, discuss concerns and set attainable goals. Routine follow-up visits are provided to monitor progress and offer ongoing support.

**For more information or to meet with a TTS at the Healthpark, call 270-688-3263.**

## LIFESTYLE AND SPORTS MEDICINE

Lifestyle medicine is the prevention, treatment and often reversal of diseases caused by lifestyle factors. It focuses on educating and motivating patients to develop healthy eating habits, effectively manage stress, increase physical activity, get adequate sleep, acquire supportive social connections and avoid substance abuse.

Sports medicine seeks to prevent illness and injury in active people and restore function in injured patients to get them moving again. Goals include:

- Diagnosing and treating anyone sore or injured from physical activity, such as playing golf or tennis.
- Preventing illness and injury in professional and amateur athletes and other physically active individuals.
- Educating patients on nutrition, physical fitness and injury prevention.

**Dr. Scott Black offers Lifestyle and Sports Medicine right here at the Healthpark and is accepting new patients. For more information or to schedule an appointment, call 270-688-2110 or visit [OwensboroHealth.org/Black](http://OwensboroHealth.org/Black).**

## DIABETES PREVENTION PROGRAM

An estimated 96 million American adults had prediabetes in 2019. The National Diabetes Prevention Program, a lifestyle change program offered at the Healthpark, has been proven to lower the risk of developing type 2 diabetes. Participants will get a full year of support from our trained lifestyle coaches. They will learn to eat healthier, get regular physical activity, solve problems, manage stress, and stay motivated. \*Eligible Medicare B beneficiaries may participate in the program at no cost.

**Ask your healthcare provider if you may qualify for the program or contact us at 270-688-4804 or email [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org).**

**The 2023 session dates are coming soon.**

## DIABETES EDUCATION

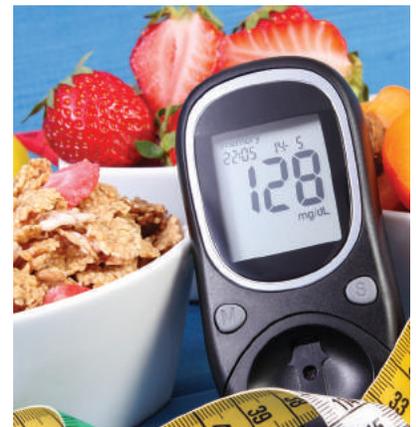
The Healthpark's Diabetes Care and Education Specialists team is here and ready to help you if you are living with diabetes. These registered dietitians and nurses, specially trained in diabetes management, will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to diabetes education at the Healthpark.

**For more information, call 270-688-4804.**

## NUTRITION COUNSELING WITH A REGISTERED DIETITIAN NUTRITIONIST

Nutrition information is everywhere and can be complex, confusing and complicated. The registered dietitian nutritionists at the Healthpark are the real nutrition experts who can guide you through the nutrition misinformation while providing easy-to-follow, sound nutrition advice. Whether you need help managing a medical condition, want to assess your eating style or just need some tips and inspiration, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success. Ask your healthcare provider for a referral to nutrition counseling at the Healthpark.

**For more information, call 270-688-4804.**



# WELCOME TO THE TEAM!

CODY JACKSON, Fitness Coach  
SAVANAH NORTHERN, HRC Office Support Representative  
JOHN PAYMENT, Lifeguard  
EMMA PUTMAN, Yoga Instructor



## HOLIDAY COOKING CLASS

### Comfort Food Makeover

Join the Healthpark Registered Dietitians for a live cooking class that will revise some of our favorite comfort foods so that they are both tasty and healthy. The Healthpark will provide samples and recipes.

**Tuesday, December 6 at 5:30 p.m. in Classrooms A and B**  
**Fee: \$5 | Space is limited. Call 270-688-5433 to reserve your spot.**



## LIFESTEPS® WEIGHT MANAGEMENT

### Information Sessions

Small changes and proven results are the foundation of our LifeSteps® weight management program. LifeSteps® is a comprehensive lifestyle change program that will help you assess what you eat and how and why you eat. By incorporating healthy eating habits, physical activity, behavior change strategies and group support, you will gain the skills to meet your lifestyle and weight-loss goals. Registered dietitians and exercise physiologists lead classes, and ongoing support is available after completion.

**Watch for 2023 class dates. For more information, please email us at [LifeSteps@OwensboroHealth.org](mailto:LifeSteps@OwensboroHealth.org) or call 270-688-4804.**



## RUNNING CLINIC

### Tri-State Runners Clinic

Runners train hard and expect great results for their work. When you are injured, our goal is to get you safely and successfully running again as soon as possible. Dr. Scott Black has been a runner for nearly 40 years and has worked with individuals of all skill levels. He can help with tendon injuries, muscle strains, stress fractures, exercise-induced breathing problems, over training and excessive fatigue.

**For more information or to schedule an appointment, call 270-688-2110.**



## LUNG HEALTH EVENT

### Lung Cancer Awareness Event

Wednesday, November 2  
3:30 p.m. – 5:30 p.m.

Please join us for an event that will focus on lung health. Walk through the inflatable lungs, visit information booths or plan to attend our panel of experts!  
Watch for additional details!



## Connections

Membership to Connections, our program for people 55 & older, is a benefit perk for Healthpark members. That's right – if you are a Healthpark member, there is no cost for you to join Connections – stop by the Connections office to pick up a brochure or get more details!

**For additional information, contact the Connections office at 270-688-4855 or email [Connections@OwensboroHealth.org](mailto:Connections@OwensboroHealth.org).**



For exercise tips follow us on:



**Healthpark | 1006 Ford Avenue, Owensboro, KY 42301**

For class information go to:

**[OwensboroHealth.org/Healthpark](https://OwensboroHealth.org/Healthpark)**