



Happy Spring!

The time has come in Owensboro for flowers to begin blooming, and more people are getting outside to enjoy the sunshine. There are numerous events that are scheduled to take place in our community. Friday After Five returns downtown, numerous sports tournaments are in our local parks, BBQ and Barrels events are on the horizon, and the Owensboro Regional Farmers' Market opens for the season.

Enjoying nature and taking advantage of the great outdoors offers many health benefits. Whether you are exercising by walking in your neighborhood, enjoying a local festival with family and friends, or gardening in order to grow your own fruits and vegetables, it is important to remember to take sun-safety precautions.

Here are a few tips:

- Protect your skin from overexposure to ultraviolet light (UV) by wearing a hat to cover your face, and clothing like shirts with longer sleeves and longer pants that offers protection.
- Be sure to wear sunglasses to protect your eyes. Proper eyewear protects from UV rays and can even reduce chances of cataracts.
- Wear a sunscreen. A sunscreen with SPF of 15 or higher is recommended. Be sure to follow application instructions and check expiration dates of the product for the best protection.
- Always hydrate when outside in the warmer temperatures and sunshine. Drink plenty of fluids.
- Utilize breaks in the shade, out of the direct sunlight, when outside for longer periods of time.

We hope you will take this time to enjoy a local event and find new activities here at the Healthpark to incorporate into your wellness program. Our experts are always here to help you.

www.cdc.gov

Collette Carter, Ed D., FMFA
Director of the Healthpark



CELEBRATE MOTHERS' DAY AND FATHERS' DAY BY PURCHASING A MASSAGE GIFT CERTIFICATE AND GET \$10 OFF A ONE-HOUR MASSAGE!

**Mothers' Day
massage special
May 6-11**

**Fathers' Day
massage special
June 10-15**

*Gift certificates can be
purchased at the
Healthpark front desk.*



THANK YOU FOR PARTICIPATING IN OUR ANNUAL MEMBER SURVEY!

The recent Healthpark membership survey from NRC assists in evaluating member feedback about our facility. Here are some of the feedback highlights:

- 534 respondents completed the survey
- Overall, 99% of survey respondents indicated that they are satisfied with their experience at the Healthpark.
- Survey respondents were most satisfied with their personal safety at the Healthpark, cleanliness of the facility and friendliness of staff.

The Healthpark Management team is reviewing the survey feedback regarding programs and services in addition to feedback from recent member focus groups. We value your input!

MEMBERS ARE ASKED TO UPDATE CONTACT INFORMATION

Have you recently moved or changed your phone number?

Stop by the front desk and ask us to update your contact information to make sure that you are receiving the latest news through Healthpark texts and correspondence.

CLOSED EASTER
Sunday, April 20, 2025

MEMORIAL DAY HOURS
Monday, May 26, 2025
Fitness Center: open 7 a.m. – 4 p.m.
Playpark: open 8 a.m. - Noon
No land or water classes.



Fitness & Nutrition

DO YOU NEED ASSISTANCE WITH YOUR EXERCISE PROGRAM?

If you are finding it hard to stick to your exercise program or need to change up the routine, consider having a fitness assessment with a fitness coach to guide you in establishing a new regimen. Fitness assessments are available for all new members.

For more information contact Nick Jones at 270-688-4828.

SPRING INTO FITNESS

If you want to be your best at anything you plan on doing this spring/summer – look no further than the expertise of our personal trainers and fitness coaches here at the Healthpark. If you are someone who thrives off accountability, having fresh new ideas every session, and looking for someone to push you towards goals you never thought you'd get to – personal training is the way to go. We have several trainers that should be able to fit with any of our members, so give us a try! On another note – every member has the option to receive a free fitness assessment and exercise consultation with one of our fitness coaches. This is simply a baseline testing protocol that lets us know where you are at physically, and lets you have the opportunity to talk with one of our coaches about things you are wanting to accomplish. With that information, we can develop you an individualized exercise program that you can do while coming into the Healthpark. Both personal training and the fitness assessment are great ways to move forward with your routine and be a better version of you!!

GROUP EXERCISE

New Tai Chi class series begins April 29!

If you have been waiting to try Tai Chi, sign up for a new series of classes beginning April 29 through June 19. Classes are held either at 1 p.m. or at 6 p.m. on Tuesdays and Thursdays (sign up for a specific time). Tai Chi is an excellent resource to improve balance and stability, reduce stress, and even improve arthritic conditions. The program is FREE for Healthpark members and \$50 for non-members.

For more information contact Jason Anderson at 270-688-4785. If you miss this class, the next opportunity will be June 24!

Fall Prevention/B.A.S.E. – New class starting April 8

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, coordination, and reduce your likelihood and fear of falling. This program requires a physician referral. Classes meet on Tuesdays and Thursdays from 10:45-11:45 a.m., and the next class series will run from April 8 – June 26.

To find out more about this program or to sign up, please contact Jason Anderson at 270-688-4785.

NUTRITION COUNSELING

Making healthy food choices is vital to good health. Registered Dietitian Nutritionists (RDNs) can help you improve your health and wellness by providing evidence-based nutrition information and practical advice. Whether you need help managing a health condition or are seeking a healthier lifestyle, you can rely on our team of RDNs. Visits are often covered by insurance.

Referral is required. Call 270-688-4804 for more information.

THE RIGHT STUFF

Are you at risk? More than 1 in 3 American adults have prediabetes, yet more than 80% don't know they have it. The Healthpark offers The Right Stuff, a one-time free class that provides an overview of prediabetes and how healthy diet and activity can reduce your risk of developing Type 2 diabetes.

Held in Classroom B

Upcoming Class Dates: April 1 at 5:30 p.m., May 6 at 1 p.m., June 3 at 5:30 p.m.

Call 270-688-4804 or register online at

OwensboroHealth.org/DiabetesPrevention



Community Wellness

REGISTER FOR THE NEXT SESSION OF PEEP

If you have prediabetes or want to learn how to prevent Type 2 diabetes, join our 12-week Prediabetes Exercise and Education Program, known as PEEP. You will learn how to reduce your risk of diabetes through changing your eating habits, maximizing sleep and reducing stress, and you'll get 30 minutes of exercise during each class!

Linda Ivey, a participant in the Summer 2024 PEEP class has this to say about her experience:

"The class was 30 minutes of education and 30 minutes of exercise. I don't think I ever missed. I loved all the visuals, the education, the exercise, and all of the instructors who contributed. I can't say enough about it!"

She shares that she thinks often on the things she learned in class. She especially appreciates learning the difference between hunger and emotional eating and how to stop those habits. Linda says that what she has learned has helped her in her health journey.

To learn more about our program and cost, call 270-688-4804 or email DiabetesEducation@OwensboroHealth.org. Financial assistance options available for qualified participants.

TYPE 1 DIABETES SUPPORT GROUP

Managing Type 1 diabetes can be a challenge. Our monthly support group is open to adults, children and their parents or caregivers living with Type 1 diabetes. Discuss challenges, share resources and tips, and explore a variety of topics related to living with Type 1 diabetes.

There will be breakout groups for children, adults and caregivers.

Meetings are held at 5 p.m. on the third Tuesday of each month in Classroom B.

Upcoming 2025 dates: April 15 | May 20 | June 17

For more information call 270-688-4804 or email Jenny.Young@OwensboroHealth.org

TYPE 2 DIABETES SUPPORT GROUP

Join us to learn more about living with Type 2 diabetes. Make new connections, learn tips from others, and find emotional support and improved well-being.

The group meets on the third Tuesday of each month at 12 p.m. in Classroom B at the Healthpark.

Upcoming 2025 dates: April 15 | May 20 | June 17

For more information call 270-688-4804 or register online at OwensboroHealth.org/patient-visitor/support-groups

TYPE 2 DIABETES ESSENTIALS CLASS IS AVAILABLE MONTHLY

If you have Type 2 diabetes and would like to learn about ways to manage it, this class is for you. This is a free, one-hour, one-time class that will be offered once a month.

In the class, we will discuss the basics about diabetes and how to manage it. Diet, exercise, and ways to reduce complications will be included.

Healthpark Classroom A

Upcoming Dates: April 10 at Noon, May 8 at 5 p.m., June 12 at Noon

Registration is required by calling 270-688-4804.

DIABETES EDUCATION

The Healthpark's diabetes education program meets the diabetes national standards of care according to the American Diabetes Association. Patients can meet for individual or group sessions, get support, and learn more about medications, self-care, meal planning, physical activity, blood glucose monitoring, coping with diabetes, reducing risks, problem solving and more. A referral from your doctor or healthcare provider is required. Many insurance plans cover diabetes education. Financial assistance may also be available.

Call 270-688-4804 for more information.



WELCOME TO THE TEAM!

MATTIE MCFADDEN

FITNESS COACH

LINDSEY MOORE

*OFFICE SUPPORT REPRESENTATIVE,
HEALTH RESOURCE CENTER*

LORA PROUTY

*OFFICE SUPPORT REPRESENTATIVE,
HEALTH RESOURCE CENTER*

CORNERSTONE CAFÉ

The café is now offering a limited Starbucks menu as part of a "We Proudly Brew" program.

The limited menu offers Starbucks fresh brewed coffee, cold brew nitro and hot tea products!



AQUATICS



Heatwaves Summer League Swim Team: The Healthpark Heatwaves is a competitive swim team that meets for seven weeks in the summer. It focuses on fun and improving technique for kids ages 5-18. Evaluations will take place before the first day of practice. You have the choice to come Monday, May 12, Monday, Tuesday, May 13 OR Wednesday, May 14 from 6 to 7 p.m. You do not need to come to all sessions, just pick one and show up anytime between 6 and 7 p.m. The first day of practice will be on Wednesday, May 21 starting at 9 a.m. for the younger group and 10 a.m. for the older group.

For more information, please reach out to Aquatics Supervisor Mackenzie Morris at 270-688-4772 or MacKenzie.Morris@owensborohealth.org

LIFEGUARD CLASSES SCHEDULED FOR JUNE

If you are needing to be recertified as a lifeguard, there is still one open recertification opportunity available. This will be held on Friday, June 6 and Saturday, June 7.

For more information, please reach out to Aquatics Supervisor Mackenzie Morris at 270-688-4772 or MacKenzie.Morris@owensborohealth.org.

SCUBA CLASSES OFFERED MONTHLY

Interested in Scuba classes? Please look for Scuba flyers placed throughout the Healthpark facility for more information on classes taking place once a month from April through September 2025.

To reserve a spot today call 317-897-2822.

POOL NEWS!

If you want to stay in-the-know about the competition pool-lane schedule, a regular update is available by email. The update provides a list of any scheduled events or practices and what lanes are open for member lap swimming.

Please email MacKenzie.Morris@owensborohealth.org to be placed on the list.

SHOWER BEFORE SWIMMING

A reminder to all swimmers to help keep our pools clean by always showering before getting into the water to prevent any lotions or products from infiltrating the pool. For safety, water shoes are also recommended when participating in aquatics classes or programs. Any shoes worn into the pool or surrounding area should be water shoes and not outside shoes.



**Owensboro
Health**

Connections

HEALTHPARK MEMBERS ELIGIBLE FOR CONNECTIONS MEMBERSHIPS

Any Healthpark member 55 or older can enroll in a Connections membership. This program is a wellness program focused on aging. Resources provided through membership include educational opportunities discounts and travel.

For additional information, contact the Connections office at 270-688-4855 or email Connections@OwensboroHealth.org.

For exercise tips, follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark