Capital Region Medical Center’s (CRMC) mission remains the same as the day we started decades ago, “to improve health and promote wellness in the communities we serve.” CRMC believes that when individuals take accountability for their own health and wellness, our communities strengthen as well.

CRMC provides comprehensive primary medical care with over 120 providers. Conveniently located urgent care centers, physicians and medical professionals deliver a broad range of primary medical care including emergent care, chronic disease management and consultation.

Our goal is to be your partner on your journey to wellness. On the following page, you will find a wellness wheel that encompasses six dimensions: Physical, Environmental, Emotional/Social, Spiritual, Financial and Intellectual. These dimensions contribute to overall health and wellbeing. This guide contains a partial listing of all services for 2019 and we feel there is something here for everyone. **For questions regarding our programs and services, please call Corporate & Community Health at 573.632.5593 or visit us at www.crmc.org.**

**Please note:** dates, times and locations for wellness events listed in this booklet are subject to change. Please go to [www.crmc.org/events](http://www.crmc.org/events) for the most current information.
**Better. Every day. Wellness Wheel**

**Environmental** wellness involves creating and maintaining work and home environments that provide good nutrition, a sense of organization, peace, health and clear thinking. This part of your wellness wheel can be strengthened through meal planning, attending whole foods support group, working with a wellness navigator, attending a cooking class, participating in a decluttering campaign, cleaning house regularly including recycling and volunteering to clean up your environment.

**Emotional/Social** wellness involves assessing your mood day to day and using self-care skills such as getting enough sleep to progress toward integrity, respect, balance, compassion and accountability. This area of your wellness wheel can be strengthened through attending a self-care class, support groups, utilizing counselor, socializing, performing acts of community service and developing an attitude of gratitude.

**Spiritual** wellness involves a sense of meaning and purpose in life. This part of your wellness wheel can be strengthened through attending spiritual services, practicing mindfulness, and/or developing an attitude of gratitude. Whatever your preferred approach, these activities can give you a sense of peace, harmony, serenity, faith, trust and an understanding of your beliefs, values and ethics.

**Physical** wellness involves creating and maintaining a healthy, strong body through education, activity, nutrition, sleep, managing stress, quitting smoking and receiving preventative medical and dental care. This part of your wellness wheel can be strengthened through attending a health class, finding healthcare providers you trust, keeping scheduled appointments with healthcare providers and having an accountability partner like a wellness navigator.

**Financial** wellness involves taking steps to live within your financial means and plan for financial health. This area of your wellness wheel can be strengthened through financial education, budgeting, short-term and long-term financial goal setting, investment opportunities and creating an emergency fund.

**Intellectual** wellness involves critical thinking, curiosity and creativity. This part of your wellness wheel can be strengthened through professional growth and self-development. Seek out educational opportunities such as reading for pleasure, continuing education, TED talks, Community Lunch and Learns or pursue a new interest or hobby.
Wellness Solutions:

We understand that your organization’s journey to wellness is unique. We have a variety of programs and services that we can provide onsite to your associates. Our Corporate & Community Health Department specializes in developing programs that improve health and promote wellness that fit your needs and your budget.

**Biometrics:** Onsite services can be provided and your organization can choose from a comprehensive list of screenings that can be tailored to your wellness programs. Examples include a variety of lab screenings, blood pressure, back screenings and body measurements.

**Health Risk Assessments:** This assessment is a questionnaire that asks about lifestyle behaviors and habits such as diet and exercise, smoking and tobacco use, family and personal health history, chronic conditions and environmental factors. Upon completion, each member will receive a confidential, individual profile, which identifies major health risks and offers specific risk resolution guidelines. An aggregate group report is also included to help find gaps in the organization’s health and wellness status and build a wellness program that is as unique as your individuals.

**CPR and First Aid:** CRMC provides instruction and certification in several levels of American Heart basic life support, Automated External Defibrillator (AED) and first aid courses. All training is instructor led and provides hands on exercise. Classes can be provided onsite or in one of our classrooms for a minimum of 8 students. All certifications are valid for 2 years.

CRMC’s Corporate and Community Health Department can coordinate a variety of occupational and employee wellness services including immunizations, Employee Assistance Program, Physical Capacity Profiles, ergonomic assessments, Workers Compensation treatment, pre-employment drug screens and physicals and much more. Please call 573.632.5593 to discuss what services are best for your organization. Visit www.crmc.org/events for regularly scheduled classes, or call 632-5593 to schedule class on-site.
KidsShape 2.0:
KidsShape 2.0 is a positive lifestyle program that includes interactive nutrition activities, physical activity time, and behavior change planning. KidShape 2.0 empowers families to live more positively in body, mind, and spirit. There are weekly incentives and a final incentive for those families who attend all 6 learning sessions. Call 573.632.5605 for more information.

2019 Sessions:
February 27-April 3          October 2-November 6

Safe Sitter:
Safe Sitter is a program designed to provide life skills, safety skills, and child care training to youth in grades 6 to 8. The program was founded by a pediatrician following the accidental death of a nurse’s young child while in the care of an adult babysitter.

The course content includes:
- Infant and Child CPR
- Care of Choking Infant and Child
- Injury Prevention and Injury Management
- Behavior Management
- Safety for the Sitter
- Child Care Essentials
- Babysitting as a Business

This class is offered to individuals through classes scheduled throughout the year and can also be brought onsite to groups like Girl Scout troops. Class fee is $50 per student. Call 573.632.5593 for more information.

Lunch & Learns:
CRMC hosts community Lunch and Learns on a variety of health and wellness topics. Each session is led by a professional and is generally scheduled on the first Wednesday of each month from 12:10-12:50 p.m.

For more information, visit www.crmc.org/events or call 573.632.5593

Speakers Bureau:
If your organization needs a health care professional to speak at a gathering or event, CRMC is here to help. We have a team of professionals that are able to provide training or information on a variety of health and wellness topics. If you have a topic in mind, we will do our best to accommodate you. We can also make suggestions based on the most prevalent educational needs of our community. Call 573.632.5593 for more information.
Wellness Navigator:

A Wellness navigator is a compliment to the services provided by your physician and helps facilitate healthy, sustainable behavior change by challenging clients to develop mindfulness, a healthy approach to eating whole foods and incorporating activity into their daily routine. Wellness Navigators help provide a practical approach for management of chronic disease (diabetes, heart disease, high blood pressure) by reinforcing the plan outlined by the physician. Wellness Navigators help provide guidance, accountability and resources for achieving and maintain a healthy weight. They can also aid in planning easy, healthy and delicious meals that help improve mood, reduce stress, enhance sleep and increase energy. Packages including lab chemistries are available. Call 573.632.5593 for more information.

Whole30 Reset:

Are you unclear what whole foods are? Do you want help learning to choose and cook whole foods? Do you like a challenge?

This six-week guided program will use the Whole30 book and provide resources for a 30-day reset focusing on real food. The cost is $100 which includes the book and offered from 5:30-6:30 p.m., call 573.632.5593 for more information.

2019 Dates: January 23 May 22

Health and Fitness Challenge for Weight Management:

This is a program that teaches you healthy lifestyle for successful weight loss and or weight maintenance. We will combine both nutrition and exercise education. Hands on activity will be performed each session to help you in your strive for a healthy weight. Classes meet one time a week for 12 weeks. Kick off dates are below, but new participants are welcome to begin at any time during the session, $25 for Healthplex members, $150 for non-members. Packages that include personal training also available. Call the Sam B. Cook Healthplex for more information at 573.632.5634.

2019 Dates: January 10 April 1 October 3

Nutrition Counseling:

This service is a one-on-one consultation with a registered dietitian to provide the client with an individualized plan to help meet nutrition goals. Some health insurance covers the cost of dietitian consultations. To find out more, please call 573.632.5093 or to schedule an appointment.
Support Groups:

AIM Diabetes Support Group • 573.632.5093  
2nd Monday of each month (Note: February meeting will be held on the 21st)  
5:30-6:30 p.m.  
Southwest Education Classroom / Capital Region Southwest Campus

Alzheimer’s Caregiver Support Group • 573.632.5593  
2nd Thursday of each month  
12:00-1:00 p.m.  
Oakview Conference Room / Capital Region Southwest Campus

Better Breathers • 573.632.5488  
3rd Thursday of each month  
12:30-1:30 p.m.  
Southwest Education Classroom / Capital Region Southwest Campus

ETC Encouragement Through Caring • 573.632.4806  
(Breast Cancer Survivors Group)  
2nd Thursday of each month  
6:30-8:00 p.m.  
Goldschmidt Cancer Center / Capital Region Southwest Campus

Happy Achiever’s Stroke Support Group • 573.632.5440  
1st Wednesday of each month  
1:00-2:00 p.m.  
Tunnell/Wherritt Community Room / Capital Region Medical Center

Heart to Heart Support Group • 573.632.5488  
3rd Thursday (Feb, May, Aug, Nov)  
11:30 a.m.-12:30 p.m.  
Tunnell/Wherritt Community Room / Capital Region Medical Center

Living in Recovery • 573.632.5560  
(Relapse Prevention)  
Every Thursday  
5:15-7:00 p.m.  
Viewpoint Conference Room / Capital Region Southwest Campus

Men’s Cancer Support Group • 573.632-4813  
3rd Thursday  
7:00-8:00 a.m.  
Goldschmidt Cancer Center / Capital Region Southwest Campus

Continued....
Support Groups Continued:

Parkinson’s Support Group • 573.632.5613
3rd Friday of each month
1:00-2:00 p.m.
Tunnell/Wherritt Community Room / Capital Region Medical Center

Social Skills Group • 573.632.5614
Once a month
5:30-6:30 p.m.
Sam B. Cook Healthplex / Capital Region Southwest Campus

Warriors to Lean On • 573.632.4813
(Cancer Support Group)
1st Thursday of each month
6:00-8:00 p.m.
Goldschmidt Cancer Center / Capital Region Southwest Campus

Wings of Hope CRMC • 573.632.5035
(For Grieving Families in the Loss of a Baby)
4th Thursday of each month
6:00-7:00 p.m.
Perkins Restaurant

For more information about these support groups, visit www.crmc.org/supportgroups.
CRMC Center for Mental Wellness:

We have a team of trained mental wellness professionals that provide counseling and therapy services on common disorders and problems.

Common Disorders/Problems Treated:
- Disorders
- Anxiety Disorders
- Alcohol/Drug Abuse
- Grief/Loss
- Eating Disorders
- Anger
- Adjustment disorders
- Depression
- Marriage/Relationship Problems
- Parent-Child Problems
- Stress Management
- Trauma
- Job-Related Problems

Counseling/Therapy Services: Psychotherapy is also referred to as talk therapy, counseling, or therapy. Individuals and Families can benefit from therapy services as it offers ways to address or solve problems in a clinical setting. Therapy is usually time limited and focuses on specific goals you want to accomplish. Our professional counselors are prepared to assist you with virtually any issue or problem that affects performance or personal health. Our Counselors are educated in traditional and innovative modes of treatment and trained in evidence-based treatment methods.

Medication Management: The use of medication is based on a comprehensive psychiatric medical assessment by the psychiatrists. Medication can be an effective part of the treatment for several psychiatric disorders and help with functional impairment. Research provides evidence that patients who receive cognitive behavioral therapy in combination with a psychotropic medication regimen will stabilize quicker and remain healthier longer. Our staff psychiatrists will work with you to determine if you would benefit from medication.

Ages Served: 4 and older

To schedule an appointment with one of our clinicians, call 573.632.5560.

Volunteer Opportunities:

The Partners, Capital Region Medical Center’s hospital auxiliary, support the hospital in its mission. Partners members volunteer throughout the medical center, assist with community outreach events and hold fundraisers that provide financial support for various hospital projects. The Partners have dedicated 2019 to promoting sleep apnea awareness. If you are interested in participating in educational activities or becoming a Partner, please contact Karen Sholes at 573-632-5032 or ksholes@crmc.org.
Capital Region Family Maternity Center:

Capital Region Family Maternity Center’s team is comprised of physicians, nurses and other professionals that design a care plan that is right for each individual patient. The cornerstone of our obstetric care is education and family involvement; promoted throughout the childbirth experience. Call 573.632.5366 or igreen@crmc.org for more information or to register for any of these sessions:

**Beginning Childbirth Preparation:** Having a baby is an exciting time. Capital Region Medical Center would like to help you prepare for the birth of your baby. Please join us to learn more about labor, delivery and care of yourself and your new baby. This Class is held on Saturdays from 9:00-3:30 pm. Light snacks provided.

**2019 Dates:**

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<td>February 16</td>
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**Breastfeeding Class:** This class is designed for those families who are thinking about breastfeeding and/or who have already made the decision to breastfeed. We will cover the latest breastfeeding techniques and information. Dads are encouraged to attend. Class is held on Monday evenings from 6:00-7:30 pm.

**2019 Dates:**

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**Sibling Class:** Having a new baby is both exciting and mysterious. We would like to help big brothers and big sisters with the transition of having a new addition to your family. All ages are welcome but content most appropriate for children ages 3-10. This class is held on Wednesday evenings from 6:00-7:00 pm.

**2019 Dates:**

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**Parenting Class-Care of the Newborn:** The joy of parenthood. Topics include but not limited to; safety, feeding and basics of newborn care. This class is held on Wednesday evenings from 6:00-8:00 pm.

**2019 Dates:**

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Mind, Body & Wellness Classes:

The Sam B. Cook Healthplex offers the following classes:

**Tai Chi:** This ancient Chinese martial art is excellent for improving physical and mental health. Class consists of a series of slow, gentle movements to improve balance, flexibility, coordination and reduce stress. For all ages and abilities. Class is 45 minutes.

**Les Mills BODYFLOW™:** Ideal for anyone and everyone, BODYFLOW™ is a yoga-based class that will improve your mind, your body and your life. You’ll bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates, leaving you feeling calm and centered. 55, 45 and 30-minute classes offered.

**Pilates:** This class focuses on basic Pilates principles: core strength, increased flexibility, breath control and correct alignment to improve posture. Class is typically 40 minutes.

**Sit & Stretch:** Sit & Stretch is done sitting in a chair or using a chair for balance. This class is designed for everybody and is a great way to stretch, balance and release. Class is 30 minutes.

For more information call the Sam B. Cook Healthplex at 573.632.5634.
Diabetes 101:
This four-part series covers the basics of diabetes, including nutrition, exercise and pharmacy education. The class meets on Tuesdays 12-1 p.m. on odd numbered months and Tuesdays 5:30-6:30 p.m. on even numbered months. All classes are at the Southwest Education Room at Capital Region Southwest Campus.

**2019 Start Dates (12-1 p.m.):**
January 8       May 1       September 3
March 5         July 2      November 5

**2019 Start Dates (5:30-6:30 p.m.):**
February 5      June 4      October 1
April 2         August 6    December 3

Diabetes Self Management:
This program is FREE and is held in a small group setting. Diabetes Self-Management Program teaches participants the skills to successfully manage diabetes and ways to take control of their health. The program is evidence-based and was developed and tested at Stanford University. This workshop is a seven-week series that meets once a week for 2 ½ hours. Class is appropriate for those with a prediabetes or diabetes diagnosis &/or their caregiver.

**2019 Start Dates:**
January 3       May 2       September 5
March 6         July 3      November 4

Chronic Disease Self-Management:
This program is FREE and is held in a small group setting. Chronic Disease Self-Management teaches participants the skills to successfully manage their chronic conditions and ways to take control of their health. The program is evidence-based and was developed and tested at Stanford University. This workshop is a seven-week series that meets once a week for 2 ½ hours. Class is appropriate for those with any chronic disease diagnosis &/or their caregiver.

**2019 Start Dates:**
February 7      June 3      October 2
April 4         August 1    December 6

To register for above classes, call 573.632.5593 or visit www.crmc.org/events.
Smoking Cessation:

Leslie-Cam® Auriculotherapy Treatment:  Leslie-Cam® Stop
Smoking comes to CRMC several times a year for auriculotherapy. Call 314-878-7867 to schedule an appointment. The history of Leslie-Cam® and success stories can be viewed at www.lesliecamstopsmoking.com.

2019 Dates:

January 30  May 15  September 18
March 20  July 17  November 20

Freedom from Smoking®:  Freedom from Smoking® is an American Lung Association program that helps individuals overcome their tobacco addiction so they can enjoy the benefits of better health, extra money in your pocket and healthier relationships. Held in small group settings once a week for seven weeks and address these key issues:

- Managing Stress
- Nicotine withdrawal
- Weight control
- Long-term strategies for staying free from tobacco

People who use the program are six times more likely to be smoke free one year later than those who quit on their own. Classes are offered throughout the year in the community. Call 573.632.5593 for dates and locations of classes.

Lab Screenings:

Bi-monthly Lab Screenings are offered through our Corporate and Community Health Department located in the Sam B. Cook Healthplex wing of our Southwest Campus. Screenings available are Lipid Profile, Total Cholesterol, Comprehensive Metabolic Panel, Complete Blood Count, Hemoglobin A1c, Thyroid Stimulating Hormone, Vitamin D and Prostate Specific Antigen. 12-hour fast recommended, water and morning medications are encouraged.

2019 Dates:

January 16  April 2 & 17  July 2 & 17  October 1 & 16
February 5 & 20  May 7 & 15  August 6 & 21  November 5 & 20
March 5 & 20  June 4 & 19  September 3 & 18  December 3 & 18

Cash, check or card accepted. No appointment necessary. Additional lab tests drawn if order you’re your physician is presented and can be billed to insurance. Call 573.632.5593 for questions.
Sports Physicals:
Sports physicals are offered once a year for all of our local 5th-12th grade athletes in our Sam B. Cook Healthplex. These physicals are completed by our multidisciplinary staff including nurses, athletic trainers, physical therapists and physicians utilizing the MHSAA exam form. Cost of the physical is $25. Call 573.632.5593 or crmr.org/events to register.

2019 Date: July 23

Balance Screenings:
Balance Screenings for fall prevention are provided by our physical therapy staff at the Sam B. Cook Healthplex for FREE. These individualized balance screens help in determining areas needed to reduce your fall risk. We also provide demonstrations of various classes the Fitness Center provides for balance. Call 573.632.5593 or www.crmc.org/events to register.

2018 Dates: April 5 September 20

Arthritis/Joint Seminar:
Top 10 Things You Can Do for Arthritis- Do you suffer from joint pain? Attend a free educational seminar offered by Capital Region Medical Center which focuses on getting a proper diagnosis as well as the latest surgical and non-surgical treatment options to help control your symptoms. We also discuss bone health, screenings and treatment for osteoporosis. Seminars are scheduled quarterly. For more information, call 573.632.5593 or visit www.crmc.org/events.
Sam B. Cook Healthplex:

The Sam B. Cook Healthplex is Mid Missouri’s only medical health and fitness facility which provides rehabilitation services, supervised fitness services and specialized programs to meet the diverse needs of our members.

Your membership includes all of our land group fitness classes with the exception of LesMills GRIT™. Classes range from low level stretch and balance to higher intensity cardio and strength based classes, including:

- Les Mills Bodyattack™, Bodyflow™, Bodypump™, Bodystep™, CxWorx™
- WOW - Work Out in Water
- Low & Light Aerobics, Functional Fitness, Young at Heart, Pilates, Simple Stretch, Barre, Tabata and Tour de Core

Along with our regular group fitness schedule, we have group and individualized training, metabolic testing, weight management classes, water classes, and walking for wellness classes to help you get started on your fitness goals.

Membership Opportunities:

- **Community Fitness** – monthly or 6 month membership options for any community member to become a member and have full access to our Fitness Center and group fitness classes. As a member, you also get reduced rate for other services provided.
- **Senior Fitness** – monthly or 6 month membership options for seniors 62 and over.
- **Corporate Fitness** – let one of our staff talk to you about options for your company to get reduced group rates for membership.

The fitness center hours of operation are: Monday–Friday 5am to 8pm, Saturday 7:30am to 1:00pm, and Sunday 10am to 2pm. Members can come in anytime during these hours.

The Sam B. Cook Healthplex is also home to our outpatient therapy departments for physical, speech and language and occupational therapies. In addition, we provide cardiac and pulmonary rehabilitation services. Capital Region has two additional locations for outpatient therapy. Healthplex West is located on West Edgewood and also offers aquatic therapy. Our Outpatient Therapy Clinic is located at the Physician Office Building next to the main hospital. **For more information, please call 573.632.5614 or visit us at www.sbchealthplex.crmc.org.**
Financial Health Classes:

Using a Snow Ball to Reduce and Master Debt
Strategies to reduce debt and win the race to Financial Freedom and Success!
Develop an easy strategy to reduce and master your debt. This course will help you develop a winning formula to defeat debt and keep it at bay.

Social Security: Strategies on how to make it work best for you and your family. Capitalize on your years of hard work!
Determining when to begin taking Social Security is a must. There are no do-overs!

Increasing Your Retirement in Three easy Steps: Tic, Tack, Toe; Three in a Row!
Easy steps to increase your retirement for one year and every year after!

Direct YOUR Money, Don’t Let it Direct YOU! A Winning Budget Plan!
Strategies for how to develop a budget, stick to it and “WIN BIG” for you and your family’s future!

Registration is required for all financial classes. Call 573.632.5593 or www.crmc.org/events for dates, times and locations of classes.