



# Communique

January 2, 2020

A CGH Medical Center Publication

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## HTP: Transform Your Health in 2020

**Are you are ready to work on your health and your weight in 2020?**



Please consider signing up for the CGH Health Transformation Program (HTP). HTP teaches you how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process.

HTP is a one-year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. New students



**Sherry DeWalt**  
ACE Certified  
Health Coach



**Bryan Frederick**  
Exercise  
Physiologist

may start in either January, April, July or October. The first classes will meet on Tuesday, January 14 and Wednesday, January 15 with your choice of times: Tuesdays at 5:30 p.m. or Wednesdays at 7 a.m. or 12 p.m.

The cost is only \$150.00 per year (\$6.00 per pay period) and CGH employees get their money back at the end of every quarter as long as you attend class and complete the labs.

For more information about enrollment, please contact Sherry DeWalt at ext. 5716 or Bryan Frederick at ext. 1057.



**CGH  
Employees  
can do  
payroll  
deduction  
for this  
program.**

# CGH Mt. Carroll Medical Center



**Congratulations to CGH Mt. Carroll Medical Center for winning 2nd Place in the Savanna Chamber's Ugly Christmas Sweater Contest.**

*Pictured from left to right are Miranda Burke; Karri Kloeping, PA-C; Natasha Schwarz; and Shelly Christensen.*

## THE *Sunshine* AWARD

Nominate a non-nursing caregiver (CNA, CMA or CMT) in recognition of their compassionate care and outstanding service!

[www.cghmc.com/sunshine](http://www.cghmc.com/sunshine)



100 E LeFevre Road, Sterling, IL  
(815) 625-0400  
[www.cghmc.com](http://www.cghmc.com)

## Manage the Winter Blues

*If you are diagnosed with seasonal affective disorder (SAD) or other chronic illnesses, it's easy to feel overwhelmed. But the truth is, there are people out there just like you.*

Learn how to "Manage the Winter Blues" at our next Ways to Wellness Chronic Illness Support Group on **Monday, January 6 at 11 a.m. in Classroom 2.**

The session is free and open to the public. To RSVP, call Christine at ext. 1916 or visit [www.cghmc.com/calendar](http://www.cghmc.com/calendar).

The CGH Chronic Illness Support Group is held the first Monday of each month and is provided as a service of the CGH Health Foundation in partnership with Sinnissippi Centers.



**Christine Romesburg**  
QMHP, MSW, MBA  
Ways to Wellness  
Care Coordinator

## Yoga Class

**Yoga class is being offered at 2600 N. Locust on Monday's at 5:15 p.m.**

The instructor is Sherry Prescott and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing.



## Hat and Mitten Tree

**Thank you to all that have donated to the Hat & Mitten tree in the Main Clinic lobby. More than 200 pairs of mittens and gloves, 100 hats and countless coats have been donated.**



We will continue to accept donations for the tree. The CGH Employee Caring Fund will also be doing a drive for the tree in January. Look for more information to follow in the coming weeks.

## Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays, from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays, from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**

