

Spectrum Health Lakeland: Upcoming Wellness Events

[Community Announcements](#) | Posted on April 30, 2019

Bariatric Surgeons to Discuss Weight Loss Options

(ST. JOSEPH)—The Lakeland Weight Loss Center is offering a series of free seminars titled “Lose Weight...Find Health.” The first seminar will take place on Wednesday, May 1, in the Community Room at Caring Circle, located at 4025 Health Park Lane in St. Joseph. A second seminar will be held on Wednesday, May 15, in the Community Conference Room at Lakeland Medical Suites, located at 41 N. St. Joseph Avenue in Niles. Both seminars will take place from 6:30–8 p.m.

Bariatric surgeons Michael Schuhknecht, DO, and Seth Miller, MD, will discuss programs available for losing weight and maintaining a healthy weight for years to come. The Lakeland Weight Loss Center specializes in working with each person to create a customized lifestyle plan through bariatric surgery, diet and nutrition counseling, and monthly support groups.

According to the National Center for Health Statistics, about 190 million adults in the United States are overweight and obese. Individuals more than 40 percent overweight are twice as likely to die prematurely as someone of average weight. However, the good news is that losing as little as 5–15 percent of your initial body weight can reduce your risk of diabetes and other illnesses and can even eliminate your need for some medications.

For more information or to register for the seminar, visit lakelandweightlosscenter.com/events or call 269-927-5361.

Good Grief: Bereavement Sharing and Education Program

(ST. JOSEPH)—Good Grief is a free program that covers topics such as how to cope with loss, guilt and regret; why you feel the way you do; and finding a sense of peace. Each seven-week session meets for one and a half hours of meaningful information and sharing. For more information, and to find out about other ongoing bereavement programs, call Lory’s Place at 269-429-7100.

Buchanan

Thursdays, May 2–June 13

3:30–5 p.m.

Caring Circle, 4017 Chamberlain Road

South Haven

Fridays, May 3–June 14

2:30–4 p.m.

Caring Circle, 05055 Blue Star Highway

St. Joseph
Tuesdays, May 7–June 18
3:30–5 p.m.
Caring Circle, 4025 Health Park Lane

Learn to Live Well with Heart Failure

(NILES)—Spectrum Health Lakeland will offer “Living Well with Heart Failure,” a free class for community members about congestive heart failure (CHF), a chronic condition characterized by the heart’s inability to meet the blood flow needs of the body. The program will take place on Tuesday, May 7, from 5–6 p.m. in the Buchanan Health Resource Library at Lakeland Hospital Niles, located at 31 N. St. Joseph Avenue in Niles.

Participants will learn to identify common causes and symptoms of heart failure, as well as new daily routines that can dramatically improve one’s quality of life. Preregistration for the class is required; call (269) 556-2808 or (866) 260-7544.

Free Pre-Diabetes Class in Watervliet

(ST. JOSEPH)—Spectrum Health Lakeland is offering a free program designed to help anyone with higher-than-normal blood sugar levels learn about lifestyle changes which may help them avoid or delay the onset of diabetes. The class will take place on Thursday, May 2, from 5–7 p.m. in the Buchanan Health Resource Library at Lakeland Hospital Niles, located at 31 N. St. Joseph Avenue in Niles.

During the first hour of the program, a registered nurse will guide attendees through the disease process of diabetes and introduce healthy lifestyle changes. The final hour will be spent with a registered dietitian who will suggest meal selections that can help you maintain health and manage weight.

This program does not require a physician referral. Pre-registration for this free class is required, and class size is limited. For more information or to register, call 269-556-2868.

Free Wellness Event in Benton Harbor

(BENTON HARBOR)—Community members are invited to attend an upcoming Neighborhood Centered Health Home event on Thursday, May 9, from 2–6 p.m. at Elite Barbershop, located at 1301 Pipestone Road in Benton Harbor.

Free blood pressure screenings will be offered during the event. A nurse and clinical educator will be on-site for personal health coaching sessions. Those in attendance will also have the opportunity to meet with a Lakeland resident physician and participate in discussion about key medical topics. Walk-ins are welcome. For more information, call 269-556-2874.

Bones in Balance Classes Helps Individuals with Osteoporosis

(ST. JOSEPH)—Lakeland Orthopedic Physical Therapy is now enrolling participants for Bones in Balance, a four-week program designed to teach those diagnosed with osteoporosis and osteopenia how to successfully live with these conditions through self-management. Bones in Balance incorporates education and exercise and is led by specially trained physical therapists. The program includes valuable self-management tips from a pharmacist, registered dietitian, and nurse educator.

Classes meet twice a week on Tuesdays and Thursdays for a four-week period at the Center for Outpatient Services, located at 3900 Hollywood Road in St. Joseph. Registration is now open for the next set of classes which will run from May 7–30 and be held at 9–11:30 a.m. or 5–7:30 p.m.

Osteoporosis is a debilitating disease that affects over 44 million Americans, and although both men and women can develop the disease, over 80 percent of sufferers are women over the age of 45. Osteoporosis is commonly referred to as “the silent disease,” because bone loss occurs without any visible symptoms at first. Many people don’t realize they have osteoporosis until their bones are so weak that the smallest strain or fall causes a bone to fracture.

A physician’s order is required to participate. There is a \$25 registration fee to cover the cost of materials; the remaining amount is billable to your insurance. For more information or to register, call 269-556-7150.

General Surgeons to Discuss Treatment for Diverticulitis

(BENTON HARBOR)—Community members are invited to join general surgeons, Elizabeth Jeffers, MD, and Craig Kline, MD, for a free educational seminar titled “Trust Your Gut.” The seminar will take place from 6–7 p.m. on Thursday, May 9, at Lakeland at Meadowbrook, located at 2550 Meadowbrook Road in Benton Harbor. During the seminar, Drs. Jeffers and Kline will discuss the causes, complications, and treatment options for diverticulitis. Guests will learn how minimally invasive surgery, using the da Vinci Xi ® robot, can result in less pain and quicker recovery for patients undergoing surgery.

“Diverticulitis occurs when small pouches called diverticula form in the colon wall,” said Dr. Kline. “When these pouches become inflamed or infected and can become painful and cause symptoms ranging from abdominal pain to fever.”

Preregistration is encouraged; walk-ins are welcome. For more information, or to register, call 269-927-5361 or visit swmc.org/stomachpain.