



## Is Healthy Motivations for you?

We strive to engage people who are motivated to get healthy or stay healthy as well as those who might need a little extra inspiration.

### To put it simply: We are here for everyone.

We designed Healthy Motivations to be as accessible as possible. We make every effort to offer our programs free of charge and provide programming during days as well as evenings. Accommodations for participants with limited mobility, including valet services for daytime programs, are also available.

## Want to learn more?

Our classes and events — most of which are held at Rush Oak Park Hospital — are listed at [roph.org](http://roph.org).

**TO SIGN UP FOR CLASSES OR FOR MORE INFORMATION, CALL 708.660.4636.**

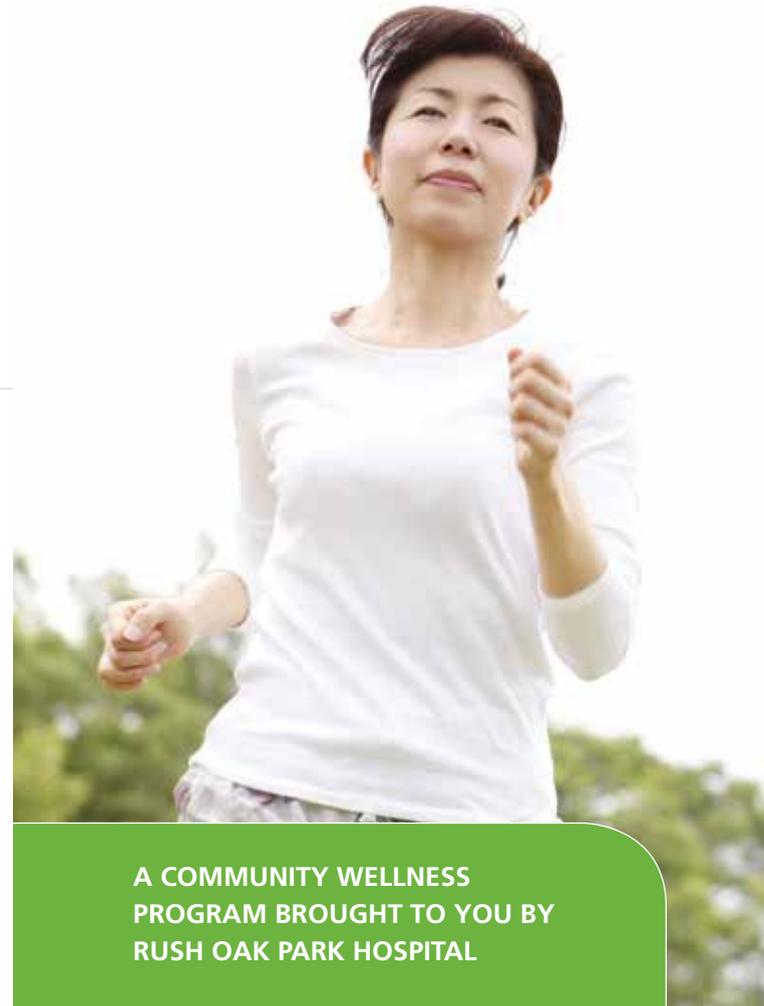


**FOLLOW** Rush Oak Park Hospital on LinkedIn, Twitter and Facebook to stay up to date on events.

## About Rush Oak Park Hospital

Rush Oak Park Hospital has been a key health care provider in the community for more than 100 years. As a partner of Rush University Medical Center, Rush Oak Park Hospital combines the convenience and personal touch of a community hospital with the technology and expertise of a major academic medical center.

PLEASE NOTE: All physicians featured in this publication are on the medical staff of Rush Oak Park Hospital or Rush University Medical Center. Some of the physicians are in private practice and, as independent practitioners, are not employees or agents of Rush Oak Park Hospital or Rush University Medical Center.



**A COMMUNITY WELLNESS PROGRAM BROUGHT TO YOU BY RUSH OAK PARK HOSPITAL**



## What is Healthy Motivations?

Rush Oak Park Hospital has a long and rich history of promoting healthy living in its community. For years, its community wellness program was known as Age-WISE, which primarily served older adults.

To better meet the needs of the diverse community Rush Oak Park Hospital calls home, we reimagined this program and renamed it Healthy Motivations. Through Healthy Motivations, Rush Oak Park Hospital does the following:

- **Offers** health lectures and fitness classes
- **Performs** health screenings and participates in health fairs, often in collaboration with other local organizations
- **Provides** wellness information through the Rush Oak Park Hospital website
- **Works** with local support groups, providing meeting space and promotional support



520 S. Maple Ave. | Oak Park, IL 60304 | [roph.org](http://roph.org)



## Our focus

Healthy Motivations has four major areas of focus:

### EDUCATION

We hold lectures and panel discussions, featuring health experts from Rush, on a variety of health topics:

- Heart disease
- Cancer
- Diabetes
- Gastrointestinal disorders
- Weight management
- Prevention strategies
- And more...

### FITNESS

Want to get moving but don't know where to start? We have exercise classes designed to help everyone get moving, regardless of physical or emotional limitations.

### SUPPORT

Several support groups are held at Rush Oak Park Hospital and led by community members, including groups for people affected by the following:

- Epilepsy
- Parkinson's disease
- Heart disease (specifically, women).

### COMMUNITY

We collaborate with local organizations to promote health awareness throughout our community.

## Our experts

Our speakers are typically clinicians at Rush Oak Park Hospital who volunteer their time. These include physicians, nurses, occupational therapists, dietitians, social workers and more.

Many of the physician speakers are among the more than 100 doctors at Rush Oak Park Hospital who are also on staff at Rush University Medical Center. Because they work in an academic medical center, they are often researchers as well as practicing physicians and can bring to you information about the latest research findings and technological advances.

And because Rush Oak Park Hospital is home to subspecialists — doctors who zero in on specific types or aspects of a disease, or a particular population affected by that disease — our speakers are exceptionally knowledgeable.



## Perks of participation

The benefits of participation in Healthy Motivations programming can be significant. Here are just a few possible perks:

### EMPOWERMENT

Educating yourself allows you to take a more active role in your health care and become a better decision maker.

### SOCIAL ENGAGEMENT

Healthy Motivations offers opportunities to gather with people who have similar interests. And that's a good thing: Research shows that social engagement combats not only depression but dementia.

### HEALTHIER BODIES AND BRAINS

Our fitness classes are designed to get your body moving and heart pumping. Exercise helps with weight management and keeps your mind sharp as well as helps combat heart disease, depression and more.

### CONNECTIONS

We can help connect you to resources you need to get well and stay well.

 **HEALTHY**  
motivations

Education Fitness Support Community

