

October 2017 Education Classes

Call 400-3651 to register.

Classes are AT NO COST and take place in the Community Education Classroom on the first floor of the Medical Office Building at ST. FRANCIS millennium (2 Innovation Drive).

Healthy Eating on the Go Monday, October 2nd at 6:00pm

Presented By: Kristen Guenther, MS, RD, LD

It can be difficult to know the healthiest option when eating out. Learn how to read menus to understand how to make a better choice.

Rev Up Your Metabolism Tuesday, October 10th • 6:00 p.m.

Presented By: Helen Rowland, RN, CDE

In this class, you will learn what factors affect metabolism and find out about the existing myths. How can you increase your metabolism?

Making Friends with Grief Tuesday, October 17th • 6:00 p.m.

Presented By: Dan Kirkpatrick, MDiv, BCC

Grief is an internal response to loss. Each person responds to grief differently, and it may affect us spiritually, emotionally and physically. We will explore some practical ways to "make friends" with our own grief and ways to respond to others who are grieving.

Stress Management- Monday, October 23rd • 6:00 p.m.

Presented By: Krishna Patel, FNP

Stress is what you feel when you have to handle more than you are used to. Learn techniques for managing everyday stressors, and ways to gain a new, healthier perspective.

Weight Management- Tuesday, October 24th • 6:00 p.m.

Presented By: Kristen Guenther MS, RD, LD

This recurrent class presents a long-term approach to a healthy lifestyle, which includes a balance of healthy eating, appropriate physical exercise and the creation of positive accountability. This educational session will discuss weight management with a medical approach. Following this session, those interested may take a tour through the HealThy Self Gym and learn about the various programs available to assist in weight management.