

August 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 a Budget Wednesday, August 2nd • noon or Monday, August 7th at 6:00pm

Presented By: Kristen Guenther, MS, RD, LD

Debunk the myth that eating healthy has to be expensive. Learn how smart shopping and meal planning can save you money and keep you healthy.

Weight Management- Tuesday, August 22th • 6:00 p.m.

Presented By: Michael Worley, Exercise Physiologist

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.

Stress Management- Monday, August 28th • 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.