

September 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).

Nutrition for a Healthy Family Monday, September 11th at 6:00pm

Presented By: Kristen Guenther, MS, RD, LD

Living a healthy lifestyle can be difficult. Teaching your children to practice healthy choices can be impossible. Learn how to keep the whole family healthy despite busy schedules and picky eaters. Brief cooking demo and tasting included!

Pre-diabetes and Insulin Resistance Tuesday, September 12th • 6:00 p.m.

Presented By: Helen Rowland, RN, CDE

This class will focus on defining the meaning of prediabetes and insulin resistance and the related health risks and ways to prevent the development of diabetes.

Bon Secours St. Francis Nicotine Cessation & Management

Monday, September 18th • 5:30 p.m. *Presented By: Michele Sawyer, RRT, RCP*

This introductory class presents the highly successful QuitSmart® program. Quit Smart combines several powerful treatment elements—including mindfulness/hypnosis, medication recommendations and a patented simulated cigarette—to produce a potent stop-smoking treatment.

Stress Management- Monday, September 25th • 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.