

November 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 Thanksgiving Monday, November 6th at 6:00pm or Wednesday, November 8th at noon

Presented By: Kristen Guenther, MS, RD, LD

Thanksgiving can be an easy time to lose focus of our nutrition goals. Learn how to make better choices for this year's turkey dinner!

How Will I Get Through the Holidays? Thursday, November 9th at noon

Presented By: Dan Kirkpatrick, MDiv, BCC

The holiday season has always been filled with joy, excitement, and anticipation. Once again, family and friends are making plans to gather. Shopping for the perfect gift is a national pastime. It's supposed to be "the most wonderful time of the year," but why am I feeling so blue? We will consider how grief and loss can be magnified during the holidays and learn some ways to prepare for the days ahead.

Bon Secours St. Francis Nicotine Cessation & Management

Monday, November 13th • 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.

Living Well with Diabetes Tuesday, November 14th • 6:00 p.m.

Presented By: Helen Rowland, RN, CDE

A review of the 7 Self-care behaviors that impact the success of living well with diabetes is the focus of this discussion.

Stress Management- Monday, November 20th • 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.