

# April 2018 HealthyU 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).

## **30 Minute Nutritious Meals** Wednesday April 4<sup>th</sup> • noon or Monday, April 9<sup>th</sup> • 6:00pm *Presented By: Kristen Guenther, MS, RD, LD*

Busy, hectic lifestyles often make getting a healthy meal on the table seem impossible. Come and learn how to stock the perfect pantry for quick and easy meals to keep you and your family healthy.

## **Hypertension** Tuesday, April 10<sup>th</sup> • 6pm

*Presented By: Helen Rowland, RN, CDE*

This course will look at why it is important to know about Hypertension (high blood pressure) and how to manage this condition.

## **Making Friends with Grief** Monday, April 16<sup>th</sup> • noon

*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, April 23<sup>rd</sup> • 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, April 24<sup>th</sup> • 6:00 p.m.

*Presented By: Kristen Guenther MS, RD, LD*

This recurring 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 the medical implications of obesity in our society. Following this session, those interested may take a tour through the Health Self Gym and learn about the various programs available to assist in weight management.