

# healthyU

Education That Lasts a Lifetime

## Stress and Emotional Eating

**Monday, February 5 at 6:00 p.m. or Wednesday, February 7 • Noon**

*Presented by Kristen Guenther, MS, RD, LD*

Emotional eating is eating for any reason other than hunger, such as boredom, stress or social pressure. This class helps you identify your personal triggers for emotional eating and develop skills for positive change.

## Rev Up Your Metabolism!

**Tuesday, February 13 • Noon**

*Presented by Helen Rowland, RN, CDE*

How can you increase your metabolism? Learn what factors affect metabolism and the truth about the current myths.

## Stress Management

**Monday, February 26 • 6:00 p.m.**

*Presented by Krishna Patel, FNP*

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

## Weight Management

**Tuesday, February 27 • 6:00 p.m.**

*Presented by Kristen Guenther MS, RD, LD*

This recurring class presents a long-term approach to a healthy lifestyle—a balance of healthy eating, appropriate physical exercise, and the creation of positive accountability—and includes a discussion on 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 programs available to help you achieve successful weight management.

**Bon Secours St. Francis Health System offers a variety of complimentary health classes to help you achieve a healthier life. Call 864-400-3651 to register.**

presented by

