

# March 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).

**Portion Distortion** Wednesday, March 7<sup>th</sup> • noon or Monday, March 12<sup>th</sup>  
• 6:00pm

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

Portion sizes in America have dramatically increased. Learn what an actual portion should look like and techniques to prevent you from over eating. Too much of anything can lead to extra calories and extra weight. This class can help prevent the mindless munching!

**Metabolic Management** Thursday, March 15<sup>th</sup> • noon

***Presented By: Helen Rowland, RN, CDE***

The focus of this discussion will be to review the 5 components that lead to the diagnosis of Metabolic Syndrome and discover ways to reduce the risk of heart disease and manage those issues.

**Bon Secours St. Francis Nicotine Cessation & Management**

**Monday, March 19<sup>th</sup> • 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, March 26<sup>th</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.