

# Winter 2010 Wellness Classes

## Simple Steps to a Healthy Blood Pressure:

Wednesday, January 13

In this hour long class you will learn five easy to remember strategies that have been proven to help manage your borderline or high blood pressure.

\$18

6:00-7:00pm

## Building Better Bones:

Tuesdays, January 19 - February 2

If you have a family history of bone disease or been diagnosed with osteoporosis, this class is for you! Over 3-sessions you'll learn about risk factors associated with osteoporosis and what you can do to positively affect them. Dress comfortably, as you will have an opportunity to practice some exercises.

\$48

6:00-7:30pm

## Healthy Weight:

Tuesdays, January 19 - February 23

It's not just about losing weight; it's about improving health. This 6-week class promotes a proven, nutritious food plan with unlimited variety and includes strategies for establishing a more active lifestyle. Our program is taught by a Registered Dietitian, Behavior Modification Specialist and Fitness Professional.

\$125

6:00-8:00pm

## KidShape (ages 8-14):

Wednesdays, January 20 - March 17

KidShape is a 9-session, fun, family-based program for children ages 8-14 who are interested in losing weight. The program is multi-disciplinary with a team of instructors who promote healthy eating habits, active lifestyles, as well as goal setting and motivational approaches to help children and families commit to healthier lives.

\$325

6:00-8:15pm

## Tobacco-Free Program:

Thursdays, January 21 - February 25 (follow-up class March 11)

This program is meant for the person who is serious and determined to stop using tobacco. A workbook is provided that covers a wide range of topics, along with a comprehensive resource list and a follow-up class.

\$100

6:30-8:00pm

## Vegetarian Eating Basics:

Monday, January 25

Do you find yourself making more vegetarian eating choices? Vegetarians are at lower risk of cardiovascular disease, cancer, diabetes, obesity and gallstones. This class will introduce you to the meatless way of eating, including more convincing reasons to choose it and recipes to help you apply it.

\$23

6:00-8:00pm

## Delaying Diabetes:

Thursday, January 28

If you've been diagnosed with insulin resistance or pre-diabetes, or you're just hoping to prevent or delay the onset of diabetes that has affected your family members, this class is for you. You will learn about choices you can make each day to protect yourself.

\$23

4:00-6:00pm

## R & R: Relief and Relaxation

Mondays, February 15 & 22

During uncertain times, stress can be high and over time the impact of stress can take a toll on your health. The good news is that there are several approaches to getting relief and managing the stress we encounter on a daily basis.

\$43

6:00-8:00pm

## Eating for a Healthy Life:

Tuesdays, March 2 - 16

In this 3-session class learn how to identify sources of hidden fat, incorporate fiber into your meals, read food labels, discover new food products and shopping techniques to put your knowledge into action.

\$48

6:30-8:00pm

## Brain Boosters:

Saturday, March 13

To keep our brains sharp and alert, we need to challenge it by engaging in new, stimulating activities. This interactive class includes "ten steps to boost your brain" and covers "how to use it so you don't lose it" techniques. The brain boosters learned in class may be practiced any time and will benefit those of all ages.

\$23

10:00am-12:00pm

LifeQuest



St. Joseph Hospital  
PeaceHealth

To Register call:  
(360)788-6720

