

Nov/Dec Workshops for Adults by ZOOM

Managing Diabetes

A 3 part workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

Nov 3, 10, 17	9:00am - 12:00pm	Nov 25, Dec 2, 9	9:00am - 12:00pm
Nov 3, 10, 17	5:00pm - 8:00pm	Nov 26, Dec 3, 10	1:00pm - 4:00pm
Nov 10, 17, 24	9:00am - 12:00pm	Dec 1, 8, 15	5:00pm - 8:00pm
Nov 12, 19, 26	1:00pm - 4:00pm		

Weight Management

Classes are 1:00pm - 3:30pm

Classes are 9:30am - 12:00pm

The 4 P's for Meal Planning	Oct 22	Getting Started -Planning for Success	Oct 28
Eating Well for Weight/Health Part 1	Oct 29	Lifestyle Change - A Toolkit for Success	Nov 4
Eating Well for Weight/Health Par2 2	Nov 5	Moving Matters - Daily Physical Activity	Nov 18
Eating Away from Home	Nov 12	The 4 P's for Meal Planning	Nov 25
Getting Started - Planning for Success	Nov 19	Eating Well for Weight/Health Part 1	Dec 2
Lifestyle Change - A Toolkit for Success	Nov 26	Eating Well for Weight/Health Part 2	Dec 9
Moving Matters - Daily Physical Activity	Dec 3	Eating Away from Home	Dec 16

**** Evening Classes are also available, please call for dates and times ****

Heart & Stroke

Managing Blood Pressure & Cholesterol

A 2 part workshop on learning about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Nov 16 & 23	1:00pm - 4:00pm	Nov 18 & 25	1:00pm - 4:00pm
Nov 18 & 25	9:00am - 12:00pm	Nov 24 & Dec 1	5:00pm - 8:00pm

Better Choices Better Health[®] Workshop

Take control of your health, feel better take small steps, plan for the future.

A 6-week workshop.

Nov 12 - Dec 17 9:30am - 12:00pm

Minding Stress

A 2 part workshop on Stress Management

Nov 2 & 9	1:00pm - 3:30pm
Nov 19 & 25	5:00pm - 7:30pm
Nov 25 & Dec 2	9:30am - 12:00pm
Dec 10 & 17	1:00pm - 3:30pm

Managing Emotional Eating

A 3 part workshop to increase understanding of emotional and mindful eating behaviors, and build skills to help manage them.

Nov 3, 10, 17	1:30pm - 4:00pm
Nov 16, 23, 30	1:00pm 0 3:30pm

Be Supported on your Journey to Better Health – right from Home!

For more information, or to register for a Zoom class call:

1-877-349-5711