

# Education Calendar

## September 2019



Healthworks Fitness & Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Class Descriptions
<u>2</u>  <b>CLOSED</b>  <b>HAPPY LABOR DAY!</b>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<b>Healthy Weight Management</b> <ul style="list-style-type: none"> <li>Balancing calories</li> <li>Portions and portion sizes</li> <li>Changing to healthier behaviors and goal setting</li> </ul> <b>Heart Protective Foods (Cholesterol &amp; Blood Pressure)</b> <ul style="list-style-type: none"> <li>Foods that protect your heart</li> <li>Mediterranean diet</li> </ul> <b>Evening Nutrition Class</b> <ul style="list-style-type: none"> <li>One condensed class of the above two classes</li> </ul>
<u>9</u> <b>Stress Management</b>  -8:15-9:15 am -12:15-1:15 pm -4:05-5:05 pm  <i>New Health Park Classroom</i>	<u>10</u>  <b>Healthy Weight Management</b>  12:15 -1:15 pm	<u>11</u>  <b>Healthy Weight Management</b>  -8:15-9:15 am -12:15 -1:15 pm  <i>Health Park Café</i>	<u>12</u>	<u>13</u>	  <b>Diabetes Management</b> <ul style="list-style-type: none"> <li>Diabetes basics</li> <li>Balanced eating</li> <li>Managing carbohydrate intake</li> </ul> <b>Smoking Cessation</b> <ul style="list-style-type: none"> <li>A four week course to prepare you to quit smoking</li> </ul>
<u>16</u>  <b>Smoking Cessation Session #1</b>  -9:30-10:30 am  <i>New Health Park Classroom</i>	<u>17</u>	<u>18</u>  <b>Heart Protective Foods</b>  -12:15-1:15 pm -4:05-5:05 pm  <i>Health Park Café</i>	<u>19</u>	<u>20</u>	  <b>Stress Management</b> <ul style="list-style-type: none"> <li>Stress's effect on health</li> <li>Tools to help manage stress</li> </ul> <p style="text-align: center;"><b><u>COST</u></b></p> No charge for: <ul style="list-style-type: none"> <li><b>Cardiac Rehab, Pulmonary Rehab, &amp; PAD Patients</b></li> <li><b>Safeway to Fitness Participants</b></li> <li><b>Healthworks Members</b></li> </ul> <b>General Public</b> \$90 for two class series or \$50/individual class
<u>23</u>	<u>24</u>	<u>25</u>  <b>Diabetes Management</b>  -8:15-9:15 am -12:15-1:15 pm  <i>Health Park Café</i>	<u>26</u>	<u>27</u>	
<u>30</u>  <b>Smoking Cessation Session #2</b>  -9:30-10:30 am  <i>New Health Park Classroom</i>					