



YMCA HEALTHY LIVING CENTER

NUTRITION AND WELLNESS CLASSES

Free classes open to all February & March 2012

Mercy Weight Loss & Nutrition Center is pleased to offer the following classes taught by weight loss and wellness experts. If you have questions please call 358-9400 or stop by the Mercy Weight Loss & Nutrition Center. All classes are held at the YMCA Healthy Living Center (address below) unless otherwise noted.

The following classes are held weekly at 6:30 p.m. on Tuesdays.

February 2012

- Feb. 7:** Diabetes – A Piece of the Puzzle
by Carolyn Stepan, ARNP, CDE
- Feb. 14:** Cabin Fever Fun – Exercise your Brain
by Cynthia Bowen, MA, CTRS
- Feb. 21:** Heart Disease..How Do All the Pieces Fit
by Beth Chia, ARNP
- Feb. 28:** Massage for Weight Loss?
by Anne Wallace, LMT, BSN

March 2012

- March 6:** Gluten Free Eating
by Bridget Marcus, MBBCh, MMED
- March 13:** Therapeutic Gardening
by Cynthia Bowen, MA, CTRS
- March 20:** Count This Not That-In Your Food Plan
by Cindy Conroy, MA, RD, LD
- March 27:** Omega 3's – Another Piece of the Puzzle
by Diane McIlhon, RD, LD

The following classes are led by Jill Sudak-Allison, Ph.D., LMHC, LMFT from 1:30-2:30 p.m.

February 2012

- Thursday, Feb. 2:** Stress Management
- Thursday, Feb. 9:** Humor
- Thursday, Feb. 16:** Binge Eating Disorder
- Tuesday, Feb. 21:** Intuitive Eating
- Tuesday, Feb. 28:** Honoring Your Body

March 2012

- Thursday, March 8:** Weight Control
- Tuesday, March 13:** Honoring Your Body
- Thursday, March 22:** Setting Compelling Goals
- Tuesday, March 27:** Relaxation

Saturday Cooking Demonstrations from 10-11 a.m.:

February 2012

- Feb. 4:** Using That Slow-Cooker

March 2012

- March 10:** Gluten Free Cooking
- March 31:** Families of Nuts and Their Benefits

