



# SCHEDULE OF CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"><li>• <b><u>STEPS TO WELLNESS:</u></b> 10:00-11:30AM</li><li>• <b><u>GENTLE MOVEMENT</u></b> 5:00-6:00PM</li><li>• <b><u>DIABETES SUPPORT GROUP-</u></b> FIRST MONDAY OF EACH MONTH: 6:00-7:00PM</li><li>• <b><u>MINDFUL EATING</u></b> 5:30-7:00PM 5/19/2025-6/30/2025</li></ul>	<ul style="list-style-type: none"><li>• <b><u>MINDFULNESS &amp; MEDITATION:</u></b> 3:00-4:00PM</li><li>• <b><u>MINDFUL EATING MINDFUL SUPPORT GROUP:</u></b> 4:00-5:00PM <b><u>STARTS JUNE 10TH!</u></b></li><li>• <b><u>NUTRITION: FACT OR FICTION</u></b> 5:00-6:30PM 6/3/2025-7/8/2025</li></ul>	<ul style="list-style-type: none"><li>• <b><u>MOVEMENT AND HEALTH:</u></b> 10:00-11:00AM</li><li>• <b><u>MEAL PLANNING</u></b> 5:00-6:30PM 5/7/2025-6/11/2025</li><li>• <b><u>HEALTHY WEIGHT CLASS:</u></b> 5:30-7:00PM 5/14/2025-7/2/2025</li><li>• <b><u>HEALTHY WEIGHT CLASS:</u></b> 5:00-6:30PM 6/4/2025-7/23/2025</li><li>• <b><u>EAT TO LIVE: PREVENTING DIABETES &amp; HEART DISEASE</u></b> 5:30-7:00PM 7/16/2025-9/3/2025</li></ul>	<ul style="list-style-type: none"><li>• <b><u>STEPS TO WELLNESS:</u></b> 4:00-5:30PM</li></ul>

\*\*\*Ongoing Classes: available year-round

\*\*\*Series Classes: 6-8 weeks long



## JOIN US FOR OUR ONGOING CLASSES!

### STEPS TO WELLNESS

Classes include skill building on stress management, sleep, healthy eating, medications and supplements, and physical activity. An investigation of how the brain works and the newest research on goal setting. A good class for people who want help with stress management.

### MINDFULNESS AND MEDITATION

This class guides participants through the fundamentals of mindfulness and teaches essential techniques such as breathing exercises, gratitude, positive self-talk, savoring and meditation. This class creates a supportive environment for setting goals, action plans, and shares valuable insights on mindfulness and meditation practices. The class then engages in a meditation session, offering moments of relaxation and reflection.

### MOVEMENT AND HEALTH

A dynamic class to help discover the transformative benefits of physical activity and exercise on our well-being. Gain valuable insights into exercise techniques, then practice in class and receive guidance on setting goals and creating action plans to achieve your fitness aspirations. Be ready to work out with us!

### GENTLE MOVEMENT

This class is designed to help you unwind and recharge through easy, calming exercises that promote relaxation and mindfulness. With a focus on gentle stretches and soothing movements, you'll leave feeling refreshed, balanced, and more connected to your body. Perfect for all fitness levels, this class offers a peaceful way to release stress and restore your energy.

### DIABETES SUPPORT GROUP

Provides a supportive environment where individuals with Diabetes can receive up to date education on long-term diabetes management. This is a great class for folks who have completed our DSME class and seek a supportive space for check-ins and ongoing support. This class offers a valuable opportunity for growth and empowerment in managing diabetes effectively.

### MINDFUL EATING MINDFUL SUPPORT GROUP

The Mindful Eating Mindful Support Group is a safe and encouraging space where people struggling with disordered eating can connect with others who understand their experiences. It's centered around the principles of mindful eating, which emphasizes a non-judgmental awareness of physical and emotional cues related to food. the group provides: Peer Support, Mindful Eating Practices, Shared Learning

# JOIN US FOR OUR SERIES CLASSES!

## DIABETES WELLNESS 101

Evidence based program that focuses on nutrition, exercise, medication, and self-management.

## NUTRITION 101

Reviews different eating plans including the Mediterranean Plan, Plant Based Diet, Blue Zone Plans, Mind Diet, Anti-Inflammatory Plan, Keto Green, Intermittent Fasting and what the research says.

## MEAL PLANNING

Healthy meal planning skill building. Discover tips, apps, & more for shopping on a budget & preparing healthy meals

## EAT TO LIVE: PREVENTING DIABETES AND HEART DISEASE

Comprehensive information on understanding cardiovascular risk factors and strategies for improving health.

## HEALTHY WEIGHT

A group class to support long-term weight management. This class helps to better understand the factors that contribute to weight change and learn how to take steps to overcome them.

## MINDFUL EATING

Learn the relationship between eating and mindfulness and how marketing and cultural influences impact our views and connection with food.

## NUTRITION FACT OR FICTION

Evidence-based information from our nutrition professionals to sort out what's fact and what's fiction!

