



# JANUARY-JULY 2024 SCHEDULE

**FREE  
CLASSES**

The Lifestyle Coaching program provides evidence-based health education to help everyone learn lifestyle changes to improve health. Programs are offered on three platforms: virtual, video on demand and in-person. Classes are available to everyone in the community at no cost. Join us on your health journey by choosing the classes and platforms that meet your needs!

**Virtual Seminars – Join a group educational experience from anywhere via a meeting link that will be sent to your email.**

## Virtual Lunch and Learns

30-minute speed courses to improve your health and wellbeing. The meeting link will be sent to your email. Seminars will be scheduled from 12 - 12:30 p.m. with the following topics and dates:

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| <ul style="list-style-type: none"> <li>• <b>LONGEVITY LESSONS</b> <b>NEW!</b><br/>Tuesday, January 17</li> <li>• <b>MEDITERRANEAN LIFESTYLE</b><br/>Thursday, February 8</li> <li>• <b>DIETARY APPROACHES TO STOP HYPERTENSION</b><br/>Wednesday, February 21</li> <li>• <b>MINDFULNESS FOR BRAIN HEALTH</b><br/>Wednesday, March 13</li> <li>• <b>PLANT-FORWARD EATING</b><br/>Wednesday, March 27</li> </ul> | <ul style="list-style-type: none"> <li>• <b>MENU PLANNING</b><br/>Thursday, April 11</li> <li>• <b>REDUCING BARRIERS TO EXERCISE</b><br/>Wednesday, April 24</li> <li>• <b>BRAIN HEALTHY LIFESTYLES</b><br/>Wednesday, May 29</li> <li>• <b>S.A.D. – STANDARD AMERICAN DIET</b> <b>NEW!</b><br/>Wednesday, June 26</li> </ul> |
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## Virtual Evening Sessions

Comprehensive courses with time for discussion. The meeting link will be sent to your email. Seminars will be scheduled from 4:30 - 5:30 p.m. with the following topics and dates:

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| <ul style="list-style-type: none"> <li>• <b>MENU PLANNING</b><br/>Tuesday, January 23</li> <li>• <b>AMERICAN HEART ASSOC. LIFE'S ESSENTIAL 8™</b><br/>Tuesday, February 6</li> <li>• <b>S.A.D. – STANDARD AMERICAN DIET</b> <b>NEW!</b><br/>Thursday, March 21</li> <li>• <b>MEDITERRANEAN LIFESTYLE</b><br/>Tuesday, April 2</li> <li>• <b>LONGEVITY LESSONS</b> <b>NEW!</b><br/>Thursday, April 18</li> </ul> | <ul style="list-style-type: none"> <li>• <b>DASH-DIETARY APPROACHES TO STOP HYPERTENSION</b><br/>Tuesday, April 30</li> <li>• <b>S.A.D. – STANDARD AMERICAN DIET</b> <b>NEW!</b><br/>Thursday, May 9</li> <li>• <b>PLANT-FORWARD EATING</b><br/>Tuesday, June 4</li> <li>• <b>DASH-DIETARY APPROACHES TO STOP HYPERTENSION</b><br/>Thursday, June 20</li> </ul> |
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**Video on demand - View recorded sessions at your leisure via a YouTube video link that will be sent to your email.**

### **Video on Demand Weight Management Program**

Learn sustainable eating and activity patterns while focusing on behavior change challenges. This comprehensive 6-month program is available with biweekly video on demand viewing of the 12 lessons. Virtual meetings for additional content and support will be offered. New enrollments accepted monthly.

### **Video on Demand Heart Health Seminars**

The following Heart Healthy courses include two videos: Q&A with a cardiologist and a PowerPoint lesson with cooking demonstration. Registration is ongoing with video links and electronic handouts sent at the beginning of each month.

- **Mediterranean Lifestyle and Q&A** with Dr. Flores
- **American Heart Association Life's Essential 8™ and Q&A** with Dr. Rich
- **DASH - Dietary Approaches to Stop Hypertension and Q&A** with Dr. Pinto
- **Plant-Forward Eating and Q&A** with Dr. Linganna

### **Video on Demand Diabetes Lifestyle Coaching**

This 4-video series teaches the Association of Diabetes Care and Education Specialist (ACDES) 7 Behaviors for People with Diabetes. Topics include understanding medication, monitoring blood sugar, carbohydrate counting, and being active. Registration is ongoing with video links and electronic handouts sent at the beginning of each month.



## **IN-PERSON EVENTS**

**Tasting is believing! Enjoy a community setting with an onsite instructor for a presentation and cooking demo.**

### **BUTLER MEMORIAL HOSPITAL'S FOOD INSTITUTE AT THE BRADY STREET ENTRANCE**

- **LONGEVITY LESSONS**  
Tuesday, January 9 – 11:45 a.m. to 1 p.m.
- **AMERICAN HEART ASSOCIATION LIFE'S ESSENTIAL 8**  
Tuesday, February 6 - 4:15 to 5:30 p.m.
- **DIABETES LIFESTYLE COACHING – 2 CLASS SERIES**  
Tuesday, March 5 & 12 - 4:15 to 5:30 p.m.
- **MEDITERRANEAN LIFESTYLE**  
Tuesday, April 2 - 4:15 to 5:30 p.m.
- **DASH-DIETARY APPROACHES TO STOP HYPERTENSION**  
Tuesday, April 30 - 4:15 to 5:30 p.m.
- **PLANT-FORWARD EATING**  
Tuesday, June 4 - 4:15 to 5:30 p.m.

### **CLARION HEALTH AND WELLNESS CENTER'S RICHARD A. CLARK CONFERENCE ROOM AT TRINITY POINT**

- **MEDITERRANEAN**  
Thursday, January 11 – 11:45 a.m. to 1 p.m.
- **PLANT-FORWARD**  
Thursday, February 22 – 11:45 a.m. to 1 p.m.
- **S.A.D. STANDARD AMERICAN DIET**  
Thursday, March 21 - 4:15 to 5:30 p.m.
- **LONGEVITY LESSONS**  
Thursday, April 18 - 4:15 to 5:30 p.m.
- **DIABETES LIFESTYLE COACHING- 2 CLASS SERIES**  
Tuesday, May 14 & 21 - 4:15 to 5:30 p.m.
- **DASH-DIETARY APPROACHES TO STOP HYPERTENSION**  
Thursday, June 20 - 4:15 to 5:30 p.m.

## **REGISTER FOR CLASSES TODAY!**



**Scan QR code for more information and to register online,**  
or email [IHLifestyleCoaching@independence.health](mailto:IHLifestyleCoaching@independence.health)

**Questions? Call 724-284-4504.**

The Lifestyle Coaching programs are provided complimentary by Independence Health System.