



JULY-DECEMBER 2023 VIRTUAL SCHEDULE

**FREE
CLASSES**

■ VOLUMETRICS WEIGHT MANAGEMENT PROGRAM

The Volumetrics Weight Management Program is available with video on demand viewing. Biweekly videos will be emailed to you for viewing at your convenience. Virtual support groups will be on the following dates:

Wednesdays – 5:30 pm - 6:30 pm

- July 12, 26
- August 9, 23
- September 6, 20
- October 4, 18
- November 1, 15, 29
- December 6, 20

■ DIABETES LIFESTYLE COACHING 4-WEEK SERIES

This 4 week series is based on ADCES7 Self-Care Behaviors for people with diabetes. You will learn about reducing risk, monitoring, taking medication, healthy eating, being active, and more!

Video on Demand Series with Virtual Support Group*

- Thursdays, July 6 & 13 – 4:30 pm - 5:30 pm
- Tuesdays, November 7 & 14 – 4:30 pm - 5:30 pm

Virtual Series

- Tuesdays, September 5, 12, 19, 26 – 5:00 pm - 6:00 pm

* Video on Demand Series – the Diabetes Lifestyle Coaching 4 lesson videos will be sent via email to view at your leisure and 2 virtual support groups will be available to discuss content and ask questions.

■ HEART HEALTHY SEMINARS MEDITERRANEAN LIFESTYLE

- Tuesday, August 1 – 4:30 pm - 5:30 pm
- Thursday, October 19 – 1:00 pm - 2:00 pm

DASH - Dietary Approaches to Stop Hypertension

- Tuesday, September 5 – 4:30 pm - 5:30 pm
- Thursday, November 16 – 1:00 pm - 2:00 pm

■ PLANT-FORWARD EATING

- Tuesday, August 17 – 4:30 pm - 5:30 pm
- Thursday, October 3 – 4:30 pm - 5:30 pm

■ AMERICAN HEART ASSOCIATION LIFE'S ESSENTIAL 8™

- Thursday, September 21 – 1:00 pm - 2:00 pm
- Tuesday, December 12 – 4:30 pm - 5:30 pm

■ MINDFULNESS FOR BRAIN HEALTH

Explore mindfulness and meditation benefits and techniques to lower your risk of heart and brain disease.

- Wednesday, September 27 – 12:00 pm - 1:00 pm

■ BRAIN HEALTHY LIFESTYLES

Learn key brain healthy lifestyles including how to socialize more, get active, eat better, and sleep well.

- Wednesday, October 25 – 12:00 pm - 1:00 pm

■ REDUCING BARRIERS TO PHYSICAL ACTIVITY

Daily physical activity improves health and well-being, join this seminar for information, support, and motivation to get moving.

- Tuesday, October 10 – 5:00 pm - 6:00 pm
- Tuesday, December 12 – 12:00 pm - 1:00 pm

■ MENU PLANNING

- Tuesday, July 18 – 12:00 pm - 1:00 pm
- Thursday, October 12 – 4:30 pm - 5:30 pm

■ NEW! STRESS MANAGEMENT

- Tuesday, September 19 – 5:00 pm - 6:00 pm

■ NICOTINE CESSATION

Learn about the science behind a successful quit attempt.

- Tuesday, August 15 – 12:00 pm - 1:00 pm
- Tuesday, November 14 – 5:00 pm - 6:00 pm



ON-SITE COOKING DEMOS

Tasting is believing! Independence Health System is hosting on-site cooking demos as a part of the Lifestyle Coaching curriculum at both the Butler and Clarion campuses. Learn delicious, economical recipes to help meet nutrition goals.

BUTLER

The following classes will host in-person cooking demos in the Food Institute found at Butler Memorial Hospital, Brady Street entrance:

- **MEDITERRANEAN LIFESTYLE**
Tuesday, August 1 – 4:30 pm - 5:30 pm
- **DASH - Dietary Approaches to Stop Hypertension**
Tuesday, September 5 – 4:30 pm - 5:30 pm
- **PLANT-FORWARD EATING**
Tuesday, October 3 – 4:30 pm - 5:30 pm
- **DIABETES LIFESTYLE COACHING SUPPORT GROUP**
Tuesdays, November 7 & 14 – 4:30 pm - 5:30 pm
- **AMERICAN HEART ASSOCIATION LIFE'S ESSENTIAL 8™**
Tuesday, December 12 – 4:30 pm - 5:30 pm

CLARION

The following classes will host in-person cooking demos at the Health and Wellness Center in the Richard A. Clark Conference Room at Trinity Point:

- **DIABETES LIFESTYLE COACHING SUPPORT GROUP**
Thursdays, July 6 & 13 – 4:30 pm - 5:30 pm
- **PLANT-FORWARD EATING**
Thursday, August 17 – 4:30 pm - 5:30 pm
- **AMERICAN HEART ASSOCIATION LIFE'S ESSENTIAL 8™**
Thursday, September 21 – 1:00 pm - 2:00 pm
- **MEDITERRANEAN LIFESTYLE**
Thursday, October 19 – 1:00 pm - 2:00 pm
- **DASH - Dietary Approaches to Stop Hypertension**
Thursday, November 16 – 1:00 pm - 2:00 pm

NEW!

Video on Demand

This will be available in the near future for the heart healthy seminars: Mediterranean, DASH, Plant-Forward Eating and AHA Life's Essential 8. Videos include Q&A with a cardiologist, PowerPoint lesson, cooking demonstration and electronic handouts. A Menu Planning video is also available. Please check our website frequently as we roll out this new viewing option.

Masters Cooking Classes

Coming Soon! An in-depth cooking experience on the Mediterranean eating plan. Participants will receive a cookbook, cooking demos with a take home ingredient kit, taste testing and more. Visit our website for more information, or to register. Space is limited!
Fee is \$50 per class.

REGISTER FOR CLASSES TODAY!



Scan QR code for more information and to register online,
or email BHSLifestyleCoaching@butlerhealthsystem.org

Questions? Call 724-284-4504.

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