HEALTHY LIVING WORKSHOPS

CALENDAR

Every Tuesday from 11am to 12pm

Oscar G. Johnson Second Floor Conference Room 2378

August

04 "Get Recommended Screening Tests & Immunizations" – Facilitated by: Darlene Johnson, RN
11 "Be Involved in Your Health Care" and "Be Safe" – Facilitated by: Deb Pate, LMSW
18 "Be Physically Active" – Jesse Gendron, LLMSW
25 "Eat Wisely and Strive for a Healthy Weight" – Facilitated by: Nancy Whitens, RD
Andrea Millan, RD CD CDE

September

01 "Manage Stress" - Facilitated by: Deb Pate, LMSW
08 "Be Tobacco Free" and "Limit Alcohol Use" – Facilitated by: Jesse Gendron, LLMSW
15 "Get Recommended Screening Tests & Immunizations" – Facilitated by: Darlene Johnson, RN
22 "Be Involved in Your Health Care" and "Be Safe" – Facilitated by: Deb Pate, LMSW
29 "Be Physically Active" – Jesse Gendron, LLMSW

October

06 "Eat Wisely and Strive for a Healthy Weight" – Facilitated by: Nancy Whitens, RD
Andrea Millan, RD CD CDE
13 "Manage Stress" - Facilitated by: Deb Pate, LMSW
20 "Be Tobacco Free" and "Limit Alcohol Use" – Facilitated by: Jesse Gendron, LLMSW
27 "Get Recommended Screening Tests & Immunizations" – Facilitated by: Darlene Johnson, RN

November

03 "Get Recommended Screening Tests & Immunizations" – Facilitated by: Darlene Johnson, RN
10 "Be Involved in Your Health Care" and "Be Safe" – Facilitated by: Deb Pate, LMSW
17 "Be Physically Active" – Jesse Gendron, LLMSW
24 "Eat Wisely and Strive for a Healthy Weight" – Facilitated by: Nancy Whitens, RND
Andrea Millan, RD CD CDE

December

01 "Manage Stress" - Facilitated by: Deb Pate, LMSW
08 "Be Tobacco Free" and "Limit Alcohol Use" – Facilitated by: Jesse Gendron, LLMSW

Classes will resume on January 5, 2016

Healthy Living