

# GAC UNIVERSITY

## UPCOMING CLASSES

### JANUARY

Date	Class	Time	Location	Speaker
Wednesday, January 2	Ditch the Resolution: Make it a Lifestyle.	7:00 pm	Birch Room	Jennifer Lynch, Certified Health Coach
Wednesday, January 9	Your Relationship with food and why it matters.	10:30 am	Birch Room	Christina Schumann, Registered Dietitian
Tuesday, January 15	Meal Planning Workshop.	6:30 pm	Birch Room	Christina Schumann, Registered Dietitian
Wednesday, January 16	Sugar: Cut it Out!!	7:00 pm	Birch Room	Jennifer Lynch, Certified Health Coach
Monday, January 21	Grocery Store Visit.	7:00 pm	Kroger	Debbie Ryan, Health Coach
Wednesday, January 30	Instant Pot Tips + Tried and True Recipes.	7:00 pm	Cedar Room	Jennifer Lynch, Certified Health Coach

### GAC UNIVERSITY IS FREE FOR MEMBERS!

Preregistration is required

\*Sign up at the Service Desk (810) 606-7300

\$10 for non-members or \$15 with a guest pass

*\*Senior Limited members may attend all GAC U classes.*



Stay up to date with GAC updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @GACfit and also stay in the loop by visiting us online at [www.genesysathleticclub.com](http://www.genesysathleticclub.com)!

**GENESYS**  
ATHLETIC CLUB

**Your relationship with food and why it matters:**

When we want to improve our diet, we focus primarily on WHAT we should eat. We develop meal plans and lists of foods that are allowed or forbidden. However often times the missing link to actually improve your diet is to look at your relationship with food. In this class we will explore how your relationship with food ultimately affects your food choices as well as your health/weight.

**Speaker: Christina Schumann, MPH, RD, Certified Health Coach**

**Meal Planning Workshop:**

Have you heard the expression that failing to plan is planning to fail? This adage definitely applies to healthy eating. In this class you will learn grocery shopping tips and techniques, and how best to stock your kitchen so that you can always put together a quick and healthy meal or snack. Come to class ready to learn about meal planning and be prepared to work on your meal plan. This class is perfect prior to your weekend grocery shopping trip! Bring your grocery list, paper and a writing utensil.

**Speaker: Christina Schumann, MPH, RD, Certified Health Coach**

**Ditch the Resolution: HAVING A FIXED PURPOSE; DETERMINED; BOLD; FIRM; STEADY; CONSTANT IN PURSUING A PURPOSE**

Did you resolve to be healthier in the new Year? While making a New Year's resolution is an honest attempt to improve, it all too often is temporary, forgotten, or tabled for later. Do you struggle with the "all or nothing" mindset? Learn how to recognize and overcome obstacles that sabotage balance. Let's resolve to make a lasting lifestyle improvement! We will focus on establishing realistic long/short term goals and how to persevere. Make wellness a priority all year, it's never too late to begin or improve!

**Speaker: Jennifer Lynch, Certified Health Coach**

**Sugar: Cut it Out!!!**

There is much of talk of the detriments of sugar. In this class we will have an open discussion about all types of sugar and sweeteners. We'll zero in on the potential health benefits of reducing sugar in our diets and provide resources to some unconventional items that are handy while cooking/baking and watching our waistline! Come to this class to share and receive healthy recipes and sample some good homemade products made to please those that love sweets!!

**Speaker: Jennifer Lynch, Certified Health Coach**

**GAC U: Grocery Store Visit:**

The place to start any weight loss program is in the GROCERY STORE! Join Debbie Ryan, Certified Health Coach, at Kroger's in Grand Blanc. Debbie will show you a back to basics approach to healthy eating that will last a lifetime. **Space is limited, therefore you must RSVP by calling the Health Coach office at 810-606-7802 or emailing [Deborah.Ryan@ascension.org](mailto:Deborah.Ryan@ascension.org) if you are interested.** Please meet Debbie in the produce area at the front of the store.

**Speaker: Debbie Ryan, Certified Health Coach**

**Crock Pot vs. Instant Pot:**

By now you've heard the wonders of the Instant Pot. We have our opinion and we're ready to share! Learn about the Instant Pot's many uses and how it varies from just using a slow cooker. We will put it to use during this class and will try something (vegetarian) fantastic before we leave! Go home with some new fool proof recipes and tricks for cooking food that is not only efficient, but tastes fantastic!!!! Tried and true recipes are welcome, bring your favorites!

**Speaker: Jennifer Lynch, Certified Health Coach**