



**FEBRUARY**

Date	Class	Time	Location	Speaker
Saturday, February 5	<b>Overtraining &amp; Under Recovery*</b> *Raffle for attendees. Drawing at conclusion of class. 1 winner (1 FREE Personal Training session).	6:00 pm	Birch Room	<b>Aric Sperling,</b> Certified Personal Trainer
Wednesday, February 6	<b>Healthy Eating—Where to Start</b>	10:30 am	Birch Room	<b>Christina Schumann,</b> Registered Dietitian
Monday, February 11	<b>Grocery Store Visit</b>	7:00 pm	Kroger	<b>Debbie Ryan,</b> Health Coach
Tuesday, February 12	<b>Portion Control</b>	6:30 pm	Birch Room	<b>Christina Schumann,</b> Registered Dietitian
Tuesday, February 19	<b>How to Create a Workout Plan to Reach Your Goals*</b> *Raffle for attendees. Drawing at conclusion of class. 1 winner (1 FREE Personal Training session).	6:30 pm	Birch Room	<b>Charis Haschig,</b> ACE Certified Personal Trainer
Saturday, February 23	<b>Mindfulness</b>	10:00 am	Birch Room	<b>Jennifer Lynch,</b> Certified Health Coach

**WELLNESS 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 Wellness University classes.*



### **Overtraining & Under-Recovery\***

Discussing time spent in the gym, are you doing more harm than good? Is the amount of work you are putting in having diminishing effects on your results? Sometimes less is more. This class will cover some key warning signs to look for that may mean you are doing too much.

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**Speaker: Aric Sperling, Certified Personal Trainer**

### **Healthy Eating — Where To Start!**

"Eating healthier" is a goal many of us have had at least once. In this class we will discuss how to set specific healthy-eating goals in a way that makes them more achievable. This class is a must for those who tend towards all-or-none thinking or for those who yo-yo diet. This class will inspire lasting lifestyle changes one goal at a time.

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

### **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**

### **Portion Control**

In today's current food environment the portion of food that we are served or the portion that we serve ourselves is often much more than we need both in terms of macro nutrients and calories. Being more mindful of the portions we consume and exercising portion control is one of the most effective ways to achieve weight loss or weight management. In this class you will learn various portion control tactics.

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

### **How to Create a Workout Plan to Reach Your Goals\***

Knowledge is power! Don't be dependent on apps, programs, or other people to determine what your workout program should look like. In this class you will learn how to organize your daily and weekly workouts to align with your personal focus and goals. We will be discussing different variables of a training program, such as a type, time, intensity, and frequency. You will get a chance to practice organizing your own workouts to make sure they are safe, effective, focused, and fun.

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**Speaker: Charis Haschig, Certified Personal Trainer and Health Coach. B.S. Kinesiology**

### **Mindfulness**

Mindfulness is the simple act of paying attention, on purpose, in the present moment. Whenever we bring awareness to what we're directly experiencing via our senses, or via our state of mind, we're being mindful. There is growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain. In this class we will learn more about mindfulness and discuss practical techniques to help us lead healthier, happier, intentional lives.

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



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