



MARCH

Date	Class	Time	Location	Speaker
Wednesday, March 6	Sugar—Cut it Out!!	7:00 pm	Cedar Room	Jennifer Lynch, Certified Health Coach
Tuesday, March 12	Carbs, Proteins and Fats Explained	6:30 pm	Birch Room	Christina Schumann, Registered Dietitian
Wednesday, March 13	Body Image	7:00 pm	Birch Room	Jennifer Lynch, Certified Health Coach
Wednesday, March 20	Intuitive Eating: The Basics	10:00 am	Birch Room	Christina Schumann, Registered Dietitian
Wednesday, March 27	Weight Loss Motivation	10:00 am	Birch Room	Deborah Ryan 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.*



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: Carbs, Proteins and Fats Explained:

Carbohydrates, proteins and fats are the basic macro nutrients that our bodies require. Unfortunately, the dieting industry can leave us confused and misinformed. In this class you will learn the role carbs, proteins and fats play in our diets and how to choose the more wisely for health, energy and weight management.

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

Body Image:

Society bombards us with images of the ideal body. Unfortunately, this image can often times be unachievable. This class will help you recognize the untruths in today's imagery and point you in the direction of what really defines beauty. Discover whether or not you or someone you love struggles with a negative body image and learn what you can do to help. We all play a part in how others feel and this is an important message; bring your friends, daughters and even your neighbor's daughters!

Speaker: Jennifer Lynch, Certified Health Coach

Intuitive Eating: The Basics:

Intuitive Eating is a way of eating that honors and respects the body's needs and the body's ability to communicate those needs. This approach to eating is a very different approach to eating and nutrition. For many people this approach can result in a better relationship with food as well as one's body. If you are tired of dieting, trying the latest fad diet, thinking about your diet and how to achieve weight loss then you should attend this class and discover freedom from dieting.

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

Weight Loss Motivation:

Who doesn't need more motivation to change habits, leading into healthier lifestyle? How can we maintain a point of consistency and strength, when will-power fails us? Motivation fires us up to the starting point and takes us beyond. Momentum carries us, on and on, well past the finish line—into life. Do you want to be empowered and equipped for the everyday journey of wellness? Let's change the struggles of "weight loss" from a cycle of frustration and failure—to intuitive, positive choices and confidence.

Let's kindle that passion from within—for success in areas of both weight loss and healthy living. Come to engage, learn skills, strategize, alter attitudes and cultivate momentum...to keep us on track for a lifetime.

Speaker: Debbie Ryan, Certified Health Coach

