

ASCENSION GENESYS HEALTH CLUB

WELLNESS UNIVERSITY

SEPTEMBER

Date	Class	Time	Location	Speaker
Tuesday, Sept 10	Intuitive Eating	6:30 pm	Birch Room	Christina Schumann, Registered Dietitian
Thursday, Sept 12	Sweat Talk	6:30 pm	Court 5	Michelle Ender, Certified Personal Trainer
Wednesday, Sept 25	Meal Planning	10:00am	Birch Room	Christina Schumann, Registered Dietitian

WELLNESS UNIVERSITY IS FREE FOR MEMBERS!

Preregistration is required

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

\$10 for non-members

Senior limited members may attend all Wellness University classes

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!



Intuitive Eating:

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

Sweat Talk:

Have you been looking for a smaller community of people in this bigger community at Ascension Genesys Health Club to connect with over the same fitness goals and lifestyle similarities? The mission behind Sweat Talk is to bring members and non-members together in a casual space where you can ask our Certified Personal Trainers questions, get to know other members who may not have met before, and sample some tasty bites! Each class will have a different topic of discussion, but questions of all types are welcome.

Speaker: Michelle Ender, BS, CPT, and 200 RYT

Meal Planning:

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