

ASCENSION GENESYS HEALTH CLUB

# WELLNESS UNIVERSITY

## March 2020

Date	Class	Time	Location	Speaker
Tuesday, March 10	<b>Healthy Eating: Where to Start</b>	6:00 p.m.	Birch Room	<b>Christina Schumann,</b> Registered Dietitian
Tuesday, March 24	<b>Lets Cook!</b>	12:00 p.m.	Birch Room	<b>Jennifer Lynch,</b> Certified Health Coach
Tuesday, March 24	<b>Meal Planning</b>	6:00 p.m.	Birch Room	<b>Christina Schumann,</b> Certified Health Coach

**WELLNESS UNIVERSITY IS FREE FOR MEMBERS!**

Pre-registration is required

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

\$10 for non-members

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### **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 goals in a way that makes them more achievable. This class is a must for those who tend towards all or nothing thinking or for those who yo-yo diet. This class will inspire lasting lifestyle changes one goal at a time.

### **Lets Cook!**

We will bring in a small appliance and some random food items and work to create something delicious!

### **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.