

ASCENSION GENESYS HEALTH CLUB

WELLNESS UNIVERSITY

April 2020

Date	Class	Time	Location	Speaker
Tuesday, April 14	Portion Control	6:00 p.m.	Birch Room	Christina Schumann, Registered Dietitian
Tuesday, April 21	Medication Safety	6:00 p.m.	Birch Room	Zach Landers RN, BSN Trauma Manager
Tuesday, April 28	Your Vacation Workout! Don't Forget to Bring it	6:00 p.m.	Birch Room	Josh Williams Certified Personal Trainer

WELLNESS UNIVERSITY IS FREE FOR MEMBERS!

Pre-registration is required

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

\$10 for non-members

 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!



Portion Control

In today's current food environment, the portion of food that we serve ourselves or that we are served 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. Presented by Christina Schumann, MPH, RD, ACE Certified Health Coach.

Medication Safety

Our clinical educator Zach Landers RN, BSN will be teaming up with an Ascension Pharmacist to discuss medication safety and how supplements, OTC medications and prescription medications may interact.

Your Vacation Workout

Don't take a vacation from your workout when you go on a trip. Come see what workout ideas Josh Williams, Certified Personal Trainer, has to pack-up and take with you on your vacation!

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