

ASCENSION GENESYS HEALTH CLUB

# WELLNESS UNIVERSITY

**October 2020**

Date	Class	Time	Location	Speaker
Tuesday, October 20th	<b>Getting Back on Track</b>	12:30 p.m.	Tennis Lounge	<b>Christina Schumann,</b> Registered Dietitian

- Masks are required
- Social distancing is required
- Class limit of 10 per state guidelines
- Open to members only

**WELLNESS UNIVERSITY IS FREE FOR MEMBERS!**

Pre-registration is required\*

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

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### **Getting Back on Track**

In this class we will be discussing how life during the COVID-19 pandemic has altered our health and wellness habits. If some of your healthy habits have been de-railed by COVID-19 then this class is for you. Topics that will be explored are: goal setting, plan development and foundations for a healthy diet and fitness routine. Presented by Christina Schumann, MPH, RD, ACE Certified Health Coach.