



YMCA HEALTHY LIVING CENTER

NUTRITION AND WELLNESS CLASSES

January 2010

Mercy Weight Loss & Nutrition Center classes

Mercy Weight Loss & Nutrition Center is pleased to offer the following classes taught by Mercy weight loss and wellness experts. To register for these classes, please call 358-9400 or stop by the Mercy Weight Loss & Nutrition Center.

The following classes are held weekly at 6:30 p.m. on Tuesdays.

Jan. 4: Menu planning: Plan in the New Year

Jan. 11: Gotta Go Gotta Go: Keep your active lifestyle don't let bladder issues stop you

Jan. 18: Muffin Mania: Recipe how-to's to update your favorite muffin recipes

Jan. 25: Weight Loss: Back to the basics of nutrition for healthy weight loss

The following classes are led by Jill Sudak-Allison, Ph.D., LMHC, LMFT.

Tuesday, Jan. 4: 10-11 a.m. Setting Compelling Goals

Tuesday, Jan. 11: 11:30 a.m. -12:30 p.m. Maintaining Our Goals

Wednesday, Jan 19: 1-2 p.m. Stress & Emotional Eating

Wednesday: Jan. 26: 4:30 -5:30 p.m. Relaxation

Additional class offerings and times:

Saturday, Jan. 8: 10-11 a.m.

Friday, Jan. 14: Noon-1 p.m.

Saturday, Jan. 29: 10-11 a.m.

The Art of using Leftovers

Gotta Go, Gotta Go! - Don't let bladder issues stop you!

Muffin Mania - Update your favorite muffin recipes



YMCA HEALTHY LIVING CENTER
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