



YMCA Healthy Living Center events

June 2010

The YMCA Healthy Living Center is a unique partnership between Mercy Medical Center – Des Moines and the YMCA of Greater Des Moines. Integrating the medical expertise of Mercy health care providers with the proven wellness practices of the YMCA, the Healthy Living Center is an innovative facility dedicated to rehabilitation and wellness. All classes are held at the YMCA Healthy Living Center located at 12493 University Ave., Clive.



A member of Mercy Health Network

Cardiac Nutrition Class

This three-part series offers nutrition and wellness information to people with heart disease or those at risk of developing heart disease. Cooking demonstrations and recipe makeovers will help participants learn how to make heart-healthy food choices.

Tuesdays, May 25, June 1 and 8, 12:30-1:30 p.m.

Free to YMCA members, \$55 for non-members enrolling in the three-part series or \$20 per class.

Nutrition and Headaches Class

Sponsored by Mercy Weight Loss & Nutrition Center, this class will explore the connection between what you eat and how you feel.

Tuesday, June 22, 5:30-6:30 p.m.

Friday, June 25, noon-1 p.m.

Free to YMCA members

Mercy Physical Therapy and IMT Des Moines Marathon

Distance Runners' Educational Course

Whether you run 5Ks, 10Ks or full marathons, Mercy's team of experts will get you ready for your first or next big race. This four-part informational series in partnership with the IMT Des Moines Marathon will safely and effectively prepare runners who are just beginning or give experienced veterans the edge. Class size is limited, pre-registration is encouraged.

Thursdays, June 17, July 15, Aug. 19 and Sept. 16, 6:30-8 p.m.

\$20 for all four sessions

To register, please e-mail mercyoutpatientrehab@mercydesmoines.org

To register for classes or for more information, please call **226-YMCA (226-9622)** or visit **www.healthydm.com**