



YMCA Healthy Living Center events

March, 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

Diabetes at a Glance

This is a general informational session that will provide an overview of what diabetes is and the basic tools to manage the disease. It is open to people living with diabetes and/or family members wanting to learn more. This does not replace a comprehensive diabetes education program

March 4, 5-6 p.m.

Free to YMCA members, \$15 for non-members

DIET: Decisions In Eating Thoughtfully

This class explores a simple approach to eating healthfully—for the rest of your life.

March 23, 5-6 p.m.

Free to YMCA members, \$15 for non-members

Headache Prevention is Possible: Tools to Help You with the Challenge

This educational session sponsored by Mercy will take a dynamic look at the causes, treatment and prevention of headaches; discuss how certain food may trigger headaches; exercises and stretches that may help prevent headaches and stress reduction methods.

March 27, 9:30-11:30 a.m.

To register, please call (515) 358-0002 or e-mail vstickel@mercydesmoines.org

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