

Live Healthy, Cook Healthy Be Healthy



FREE HEALTHY LIVING CLASSES *OPEN TO THE PUBLIC*

Mercy Weight Loss & Nutrition Center is pleased to offer the following classes to the public (at no cost!) taught by weight loss and wellness experts. All classes are held at the Mercy Health and Fitness Center unless noted otherwise in the schedule below.

Questions? Contact Mercy Weight Loss & Nutrition Center at (515) 358-9400.

The following classes are held on the indicated Tuesdays at 5:30 p.m.

October 9	Exploring Qigong	Kevin Thoren
October 23	<u>Cooking Demo:</u> Varieties of Squash	Katie Paulson, MS, RDN, LD
November 13	Diabetes: What Can I Eat?	Cris Glenn, RDN, LD
November 27	<u>Cooking Demo:</u> Leftovers Makeover	Katie Paulson, MS, RDN, LD
December 11	Sink Into a Drink: A Look at Liquid Calories	Katie Paulson, MS, RDN, LD