



<b>APRIL</b>				
<b>Date</b>	<b>Class</b>	<b>Time</b>	<b>Location</b>	<b>Speaker</b>
<b>Monday, April 1</b>	<b>Grocery Store Visit</b>	7:00 pm	Kroger	<b>Deborah Ryan,</b> Certified Health Coach
<b>Wednesday, April 10</b>	<b>Eat More Fiber</b>	10:00 am	Birch Room	<b>Christina Schumann,</b> Registered Dietitian
<b>Saturday, April 13</b>	<b>Mindfulness</b>	10:30 am	Birch Room	<b>Jennifer Lynch,</b> Certified Health Coach
<b>Tuesday, April 16</b>	<b>DASH Diet for Heart Health</b>	6:30 pm	Birch Room	<b>Christina Schumann,</b> Registered Dietitian
<b>Wednesday, April 24</b>	<b>DIY Fermented Foods</b>	6:30 pm	Cedar Room	<b>Jennifer Lynch,</b> Certified Health Coach

**WELLNESS UNIVERSITY IS FREE FOR MEMBERS!**

Preregistration is required

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

\$10 for non-members or \$15 with a guest pass

*\*Senior Limited members may attend all Wellness University classes.*



### **Grocery Store Visit:**

The place to start any weight loss program is in the GROCERY STORE! Join Debbie Ryan, Certified Health Coach, at Kroger's in Grand Blanc. Debbie will show you a back to basics approach to healthy eating that will last a lifetime. **Space is limited, therefore you must RSVP by calling the Health Coach office at (810) 606-7802 or emailing [Deborah.Ryan@ascension.org](mailto:Deborah.Ryan@ascension.org) if you are interested.** Please meet Debbie in the produce area at the front of the store.

**Speaker: Debbie Ryan, Certified Health Coach**

### **Eat More Fiber:**

If you are like most Americans you probably are not getting enough fiber in your diet. Fiber in the diet has many health benefits including but not limited to: promoting healthy gastrointestinal function; reducing risk of cardiovascular disease; aiding in blood sugar management; and promoting healthy weight. In this class you will learn tips to increase fiber in your diet and immediately be on your way to better health.

**Speaker: Christina Schumann, MPH, RD, Certified Health Coach**

### **Mindfulness:**

Mindfulness is the simple act of paying attention, on purpose, in the present moment. Whenever we bring awareness to what we're directly experiencing via our senses, or via our state of mind, we're being mindful. There is growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain. In this class we will learn more about mindfulness and discuss practical techniques to help us lead healthier, happier, intentional lives.

**Speaker: Jennifer Lynch, Certified Health Coach**

### **DASH Diet For Heart Health**

DASH stands for "Dietary Approaches to Stop Hypertension." Also known as high blood pressure, one in three adults have hypertension. High blood pressure raises your risk of heart disease, stroke, and kidney disease. Evidence shows the DASH eating style to be lower in sodium and higher in potassium, calcium, magnesium, and fiber. DASH creates a synergy between nutrients that helps lower blood pressure. DASH has been called a "diet for all diseases" and can benefit everyone.

**Speaker: Christina Schumann, MPH, RD, Certified Health Coach**

### **Fermented Foods**

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We know that fermented foods provide plenty of natural probiotics that help to keep our guts healthy. In this class, we will discuss and try several fermented foods and you will learn how to make them at home!

**Speaker: Jennifer Lynch, Certified Health Coach**



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