



MAY				
Date	Class	Time	Location	Speaker
Wednesday, May 8	Portion Control	10:00 am	Birch Room	Christina Schumann, Registered Dietitian
Tuesday, May 14	Meal Planning	6:30 pm	Birch Room	Christina Schumann, Registered Dietitian
Monday, May 20	Grocery Store Visit	7:00 pm	Kroger	Deborah Ryan, Certified Health Coach
Wednesday, May 29	Mindfulness	7:00 pm	Birch Room	Jennifer Lynch, 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.*



Portion Control:

In today's current food environment the portion of food that we are served or the portion that we serve our self is often much more than we need both in terms of macro nutrients and calories. Being more mindful of the portions we consume and exercising portion control is one of the most effective ways to achieve weight loss or weight management. In this class you will learn various portion control tactics.

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

Meal Planning Workshop:

Have you heard the expression that failing to plan is planning to fail? This adage definitely applies to healthy eating. In this class you will learn grocery shopping tips and techniques, and how best to stock your kitchen so that you can always put together a quick and healthy meal or snack. Come to class ready to learn about meal planning and be prepared to work on your meal plan. This class is perfect prior to your weekend grocery shopping trip! Bring your grocery list, paper and a writing utensil.

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

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 if you are interested.** Please meet Debbie in the produce area at the front of the store.

Speaker: Debbie Ryan, 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



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