

LUNCH & LEARN

JOIN US FOR A HEALTHY LIVING SERIES OF PROGRAMS
RANGING IN TOPICS FROM CALORIES TO ARTHRITIS

This information will help you lead a happier, healthier lifestyle

12 to 1 pm at the Saginaw YMCA • 1915 Fordney, Saginaw

A healthy lunch provided • Blood Pressure Screenings

Space is limited to the first 50 participants

Please call Health Connect at 1-844-907-8000 to make your reservations.

SELECT THE SESSIONS THAT MOST INTEREST YOU AND MAKE PLANS TO ATTEND

TUESDAY CALORIES IN & CALORIES OUT

JUNE 9 Presented by Danielle Schmidt, St. Mary's of Michigan Registered Dietitian

TUESDAY ENJOYING LIFE WITH ARTHRITIS

JULY 14 Presented by Dan Scheffer PT, MTC
Director, St. Mary's of Michigan Outpatient Rehabilitation

TUESDAY MAKING HEALTH CARE DECISIONS

AUGUST 11 Presented by David Wachowiak, St. Mary's of Michigan Chaplain

TUESDAY EXERCISE 101

SEPTEMBER 15 Presented by Jason Weigle, MS
Coordinator, Cardiopulmonary Rehabilitation at St. Mary's of Michigan

TUESDAY BEYOND THE MAMMOGRAM

OCTOBER 13 Presented by Ann Fodrey, BSN, Nurse Navigator at St. Mary's of Michigan

TUESDAY UNDERSTANDING HOME HEALTH CARE

NOVEMBER 10 Presented by Carrie Kevorkian, Reverence Home Health & Hospice

Believe
IN BETTER



ST. MARY'S
OF MICHIGAN

Healthy  Living
series