

Live Well Program – Education February 2019

Classes open to the Public

Registration is required. Please reserve your spot at providence.org/livewell or call the Providence Health Resource Center at 1-888-432-5464. Class size is limited.

See page 2 for locations.

DIABETES		
Date/Time	Topic – class description	Speaker/Location
Feb 4 (Mon) 12:30-1:30pm 5:30-6:30pm	What is Diabetes? Basic pathophysiology, screening tools, risks for diabetes, complication prevention	M. Fisk Health & Fitness Center Conference Room B Room #205
Feb 11 (Mon) 12:30-1:30pm 5:30-6:30pm	Managing Blood Sugars & Other Health Risk Factors Review of diabetes and nutrition therapy.	M. Fisk Health & Fitness Center Conference Room B Room #205
Feb 18 (Mon) 12:30-1:30pm 5:30-6:30pm	Healthy Choices – Basics Create your plate, balance protein/fats/carbs, food guide label, fad diets, calories count	M. Fisk Health & Fitness Center Conference Room B Room #205
Feb 25 (Mon) 12:30-1:30pm 5:30-6:30pm	Choosing Better Carbs Different types of carbs, glycemic index, impact on blood sugars, portions, snacks, dining out	M. Fisk Health & Fitness Center Conference Room B Room #205
HEART		
Date/Time	Topic – class description	Speaker/Location
Feb 4 (Mon) 6:00-7:00pm	Your Heart from Head to Toe Overview of how your heart pumps and interacts with other organs in your body to function. You will have a better understanding of how certain disease states can affect heart health over time.	R. Sanoff Providence St Joseph Medical Center 1 North Uribe Conference Room #2
Feb 18 (Mon) 6:00-7:00pm		
Feb 5 (Tues) 6:00-7:00pm Part 1	Cardiac Education A cardiac education series that delves into cardiac risk factors, disease, treatment and management. Features relationship between heart disease and stroke. This class will also equip you with tools to take charge of your healthcare. Individual classes ok; full 4 week series encouraged.	P. Mockary Health & Fitness Center Conference Room B Room #205
Feb 21 (Thurs) 6:00-7:00pm Part 2		

NUTRITION

Date/Time	Topic – class description	Speaker/Location
Feb 7 (Thurs) 2:30-3:30pm 5:30-6:30pm	Diet Myths & Cancer Controversies Evidence based information on some of the more popular dietary-cancer concerns to debunk some myths and to defuse the confusion which creates false hopes or fears related to the consumption of certain foods. Review popular alternative cancer treatments. Uncover what research studies have shown vs. what media presents.	R. Peters Disney Family Cancer Center 2 nd fl Conf. Rm
Feb 21 (Thurs) 2:30-3:30pm 5:30-6:30pm	The Art of Being Aware Keep your arteries clear and your heart healthy with this informative class. Learn about factors that affect cholesterol, blood pressure levels and how healthy food choices can help you prevent heart disease.	R. Peters Disney Family Cancer Center 2 nd fl Conf. Rm
Feb 4, 11, 18, 25 (Mon) 6:00-7:00pm	You & Improved Weight Management Workshop A progressive and comprehensive eight week weight management workshop, providing you with nutrition tools, resources and healthy lifestyle strategies to make lasting change. Participants must attend all eight weeks. (February 4 – March 25)	R. Peters Disney Family Cancer Center 2 nd fl Conf. Rm

WELLNESS

Date/Time	Topic – class description	Speaker/Location
Feb 13 (Wed) 6:00-7:00pm Feb 16 (Sat) 10:00-11:00am	Ultimate You Time A practical workshop for meditation, mindfulness and stress management. Students learn ways to meditate, different types and practical applications of meditation, as well as the philosophies and scientific research supporting mediation.	S. Jacobs Burbank YMCA Annex Room 104
Feb 6 (Wed) 10:00-11:00am Feb 20 (Wed) 10:00-11:00am	Strength, Balance & Flexibility A strength, balance and flexibility workout using resistance bands, exercise balls, and Tai Chi sticks. All classes will begin with a light aerobic workout and conclude with a brief, interactive wellness conversation.	H. Verni Burbank YMCA Annex Room 104

Education Locations:

Burbank YMCA Annex 3413 W. Pacific Ave, Burbank, CA 91505	Providence St Joseph Medical Center 501 S. Buena St., Burbank, CA 91505
*Disney Family Cancer Center 181 S Buena Vista St, Burbank	Health and Fitness Center 3413 W. Pacific Ave, Burbank, CA 91505
NOTE: All class locations above denoted with an asterisk (*) DO NOT offer free parking. Street parking or paid parking are available.	