

Live Well Program – Education June 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.

HEART		
Date/Time	Topic – class description	Speaker/Location
June 3 (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
June 17 (Mon) 6:00-7:00pm		
June 4 (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.	P. Mockary Health & Fitness Center Conference Room B Room #205
June 18 (Tues) 6:00-7:00pm Part 2		
NUTRITION		
Date/Time	Topic – class description	Speaker/Location
June 13 (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
June 22 (Thurs) 2:30-3:30pm 5:30-6:30pm	Nutrition Toolbox A comprehensive look at overall nutrition and wellness: the impact and health benefits of real foods vs. processed foods. Discover practical tips regarding market shopping, portion control, meal planning and reading food labels.	R. Peters Disney Family Cancer Center 2 nd fl Conf. Rm
June 10, 17, 24 (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. (May 6 – June 24)	R. Peters Disney Family Cancer Center 2 nd fl Conf. Rm
WELLNESS		
Date/Time	Topic – class description	Speaker/Location
June 12 (Wed) 6:00-7:00pm	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
June 15 (Sat) 10:00-11:00am		

June 5 (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
June 19 (Wed) 10:00-11:00am		

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.	