

## Live Well Program – Education March 2019

### Classes open to the Public

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

**See page 2 for locations.**

<b>DIABETES</b>		
<b>Date/Time</b>	<b>Topic – class description</b>	<b>Speaker/Location</b>
March 4 (Mon) 12:30-1:30pm 5:30-6:30pm	<b>What is Diabetes?</b> Basic pathophysiology, screening tools, risks for diabetes, complication prevention	M. Fisk Health & Fitness Center Conference Room B Room #205
March 11 (Mon) 12:30-1:30pm 5:30-6:30pm	<b>Managing Blood Sugars &amp; Other Health Risk Factors</b> Review of diabetes and nutrition therapy.	M. Fisk Health & Fitness Center Conference Room B Room #205
March 18 (Mon) 12:30-1:30pm 5:30-6:30pm	<b>Healthy Choices – Basics</b> Create your plate, balance protein/fats/carbs, food guide label, fad diets, calories count	M. Fisk Health & Fitness Center Conference Room B Room #205
March 25 (Mon) 12:30-1:30pm 5:30-6:30pm	<b>Choosing Better Carbs</b> Different types of carbs, glycemic index, impact on blood sugars, portions, snacks, dining out	M. Fisk Health & Fitness Center Conference Room B Room #205
<b>HEART</b>		
<b>Date/Time</b>	<b>Topic – class description</b>	<b>Speaker/Location</b>
March 4 (Mon) 6:00-7:00pm	<b>Your Heart from Head to Toe</b> 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
March 18 (Mon) 6:00-7:00pm		
March 5 (Tues) 6:00-7:00pm Part 3	<b>Cardiac Education</b> 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
March 19 (Tues) 6:00-7:00pm Part 4		

## NUTRITION

Date/Time	Topic – class description	Speaker/Location
March 7 (Thurs) 2:30-3:30pm 5:30-6:30pm	<b>Nutrition Toolbox</b> 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 <sup>nd</sup> fl Conf. Rm
March 21 (Thurs) 2:30-3:30pm 5:30-6:30pm	<b>Inflammation &amp; Your Diet</b> Learn the difference between acute and chronic inflammation; how obesity, digestion and immunities affect our bodies' inflammatory responses. Contrast the REAL Mediterranean Diet and Lifestyle vs. popular trends.	R. Peters Disney Family Cancer Center 2 <sup>nd</sup> fl Conf. Rm
March 4, 11, 18 and 25 (Mon) 6:00-7:00pm	<b>You &amp; Improved Weight Management Workshop</b> 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 <sup>nd</sup> fl Conf. Rm

## WELLNESS

Date/Time	Topic – class description	Speaker/Location
March 13 (Wed) 6:00-7:00pm  March 16 (Sat) 10:00-11:00am	<b>Ultimate You Time</b> 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
March 6 (Wed) 10:00-11:00am  March 20 (Wed) 10:00-11:00am	<b>Strength, Balance &amp; Flexibility</b> 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:

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