

Live Well Program – Education May 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
May 6 (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
May 13 (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
May 20 (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
May 6 (Mon) 6:00-7:00pm May 20 (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
May 7 (Tues) 6:00-7:00pm Part 3 May 21 (Tues) 6:00-7:00pm Part 4	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

NUTRITION

Date/Time	Topic – class description	Speaker/Location
May 2 (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
May 16 (Thurs) 2:30-3:30pm 5:30-6:30pm	Inflammation & Your Diet 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 nd fl Conf. Rm
May 6, 13, 20, 27 (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
May 8 (Wed) 6:00-7:00pm May 18 (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
May 1 (Wed) 10:00-11:00am May 15 (Wed) 10:00-11:00am May 29 (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.	