Six Weeks to Wellness

September 11 - October 16, 2012
6:00 – 7:00 P.M.
UTMC TALMADGE PRIMARY CARE

WEEK 1: Tuesday, September 11, 2012

Healthy Living, Healthy Weight – This physician led session will focus on how lifestyle and genetics impact your health. Each participant will complete a personal wellness profile, health screenings; including cholesterol, glucose, blood pressure, height and weight. Based on the health screening results, you will receive a personal wellness program that will be customized by the physician. Participants will meet one-on-one with a wellness coach to establish an individualized wellness program.

Presenter: Lawrence Monger, MD UTMC Family Physicians & Kim Palmer, Sales Manager YMCA/JCC

WEEK 2: Tuesday, September 18, 2012*

Healthy Eating – This session will focus on how to eat healthy on any budget. The class will be led by a registered dietitian and participants will establish menu planning and healthy eating goals.

Presenter: Kate Ormiston RD, LD UTMC Clinical Dietitian *Meet at The Andersons - Toledo Store

WEEK 3: Tuesday, September 25, 2012*

Fitness for Life – This session will focus on how to develop a safe fitness program. Personal trainers will be on hand to assist in fitness programming needs. Participants will learn the benefits of exercise. Staff from the YMCA and JCC of Greater Toledo will be onsite to share information on their local wellness centers.

Presenters: Kim Palmer, Sales Manager YMCA/JCC *Meet at the West YMCA

WEEK 4: Tuesday, October 2, 2012

Getting the Knots Out – This session will focus on the benefits of massage therapy, yoga, and Pilates. Participants will learn how relaxation and stress management techniques can improve their well-being.

Presenters: Vicki Feit, LMT, NCTMB & Michelle Peterson UT Rocket Wellness Coordinator

WEEK 5: Tuesday, October 9, 2012*

Wellness on the Go – This session will assist participants in developing fitness plans for at home or while traveling, along with tips for eating on the go. Healthy snacks and food sampling will be a part of this session.

Presenters: Kate Ormiston RD, LD UTMC Clinical Dietitian *Meet at The Andersons - Toledo Store

WEEK 6: Tuesday, October 16, 2012

Ageless Living – The final session will encourage the participants on how to commit to wellness for a lifetime.

Presenter: Lawrence Monger, MD UTMC Family Physicians

ROCKET WELLNESS SPECIAL...$220.00 PER PERSON* *(+$420.00 value)
Includes personal wellness profile, 1:1 wellness coaching sessions
To register for Six Weeks to Wellness please call 419.383.2700
Space is limited call today!