



APRIL - JUNE 2025 SCHEDULE

**FREE
CLASSES**

The Lifestyle Coaching program provides evidence-based health education to help everyone learn lifestyle changes to improve health. Join us on your health journey by choosing the classes and platforms that meet your needs!

LIFESTYLE COACHING **EVENTS** *Virtual participation available

Enjoy a community setting with an on-site instructor for a presentation.

- **VOLUMETRICS***
Butler Memorial & Clarion Hospitals
Wednesday, April 9 – 5 to 6 p.m.
Wednesday, May 14 – 5 to 6 p.m.
Wednesday, June 11 – 5 to 6 p.m.
- **ASK A DIETITIAN NEW!**
Butler Memorial Hospital
Monday, May 5 – 12 to 1 p.m.
- **BEING GENTLE WITH YOURSELF: HELPERS NEED HELP TOO**
Virtual
Wednesday, April 30 – 5 to 6 p.m.
- **MATERNAL ANXIETY NEW!**
Butler Memorial Hospital - **IN-PERSON ONLY**
Thursday, May 29 – 5 to 6 p.m.

Butler Memorial Hospital, Butler
Food Institute, Brady Street Entrance

Health and Wellness Center, Clarion
The Dr. Richard A. Clark Conference Room and Demo Kitchen, First Floor

MINI **SESSIONS**

Join us from anywhere for a group learning session. Just register and we will send you a link!

- **BEHAVIORAL ACTIVATION: POSITIVITY FROM ENGAGEMENT**
Thursday, April 24 – 12 to 12:30 p.m.
- **BRAIN HEALTHY LIFESTYLES**
Wednesday, May 21 – 12 to 12:30 p.m.
- **DASH DIET**
Tuesday, June 3 – 12 to 12:30 p.m.
- **PLANT BASED**
Wednesday, June 18 – 12 to 12:30 p.m.
- **MENU PLANNING**
Monday June 23 – 12 to 12:30 p.m.

Videos on Demand - View recorded sessions at your leisure by **scanning the QR code** or **visiting** <https://www.independence.health/lifestylecoachingvideos>.

REGISTER FOR CLASSES TODAY!

Questions? Call 724-284-4504.



Scan QR code for more information and to register online,
or email LifestyleCoaching@independence.health

The Lifestyle Coaching programs are provided complimentary by Independence Health System.