



JANUARY - MARCH 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!

IN-PERSON EVENTS *Virtual participation available

Tasting is believing! Enjoy a community setting with an on-site instructor for a presentation and cooking demo.

- **VOLUMETRICS**
Butler Memorial & Clarion Hospitals
Wednesday, January 15 – 5 to 6 p.m.
Wednesday, February 12 – 5 to 6 p.m.
Wednesday, March 12 – 5 to 6 p.m.
- **HEALTHY COOKING DEMO**
Butler Memorial Hospital
Thursday, February 6 – 12 to 12:30 p.m.
- **TOTAL JOINT REPLACEMENT NEW!**
Butler Memorial Hospital
Same day knee replacements.
Dr. Muzzonigro will provide an informational session with the opportunity for Q&A.
Tuesday, March 25 - 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 a group educational experience from anywhere via a meeting link that will be sent to your email.

- **REDUCING BARRIERS TO EXERCISE**
Tuesday, January 7 – 12 to 12:30 p.m.
- **MEDITERRANEAN DIET**
Wednesday, March 12 – 12 to 12:30 p.m.
- **DASH DIET**
Tuesday, February 4 – 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.