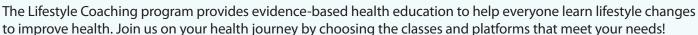


LIFESTYLE COACHING

JANUARY - MARCH 2025 SCHEDULE



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.
- Butler Memorial Hospital, Butler

Health and Wellness Center, Clarion Food Institute, Brady Street Entrance The Dr. Richard A. Clark Conference Room and Demo Kitchen, First Floor

TOTAL JOINT REPLACEMENT NEW!

Same day knee replacements.

Dr. Muzzonigro will provide an

informational session with the

Tuesday, March 25 - 5 to 6 p.m.

Butler Memorial Hospital

opportunity for Q&A.

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!

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.



FREE CLASSES