



## OCTOBER - DECEMBER 2024 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.**

**Butler Memorial Hospital, Butler**  
Food Institute, Brady Street Entrance

- **MEDITERRANEAN LIFESTYLE**  
Tuesday, October 1 - 4:15 to 5:30 p.m.
- **DIABETES MANAGEMENT AND COOKING DEMO**  
Thursday, November 7 - 4:15 to 5:30 p.m.

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

- **LONGEVITY LESSONS**  
Thursday, October 24 - 4:15 to 5:30 p.m.
- **DIABETES MANAGEMENT AND COOKING DEMO**  
Thursday, November 14 - 4:15 to 5:30 p.m.

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### LUNCH & **LEARNS**

Join a group educational experience from anywhere via a meeting link that will be sent to your email.

- **MENU PLANNING**  
Thursday, October 10 - 12 to 12:30 p.m.
- **BRAIN HEALTHY LIFESTYLE**  
Thursday, October 31 - 12 to 12:30 p.m.

- **OSTEOPOROSIS NEW!**  
Presented by Tri Rivers Musculoskeletal Center  
A partnership with UPMC and Butler Health System  
Friday, November 15 - 12 to 12:30 p.m.
- **STANDARD AMERICAN DIET**  
Wednesday, December 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/video-center/lifestyle-coaching/>.

**REGISTER FOR CLASSES TODAY!**

Questions? Call 724-284-4504.



Scan QR code for more information and to register online,  
or email [IHLifestyleCoaching@Independence.Health](mailto:IHLifestyleCoaching@Independence.Health)

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