



# HEALTHY LIVING EVENTS

## Kerry Nutrition Education Center

### APRIL CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4 Blood Pressures 4:30-7:00 PM	5	6 Friday Night Healthy Hour	7
8	9	10 PT Injury Screenings 9-10 AM 2-3 PM	11	12 Nutrition & Exercise Talk 5:30 PM	13	14
15	16 Nutrition & Hydration for the aging population 10-11 AM	17	18	19	20	21 The Body Project 9:30-10:30 AM*
22	23 Blood Pressures 8-11 AM	24	25 Kids in the Kitchen 6:30-7:30 PM	26 Anxiety Talk 6 PM	27	28 The Body Project 9:30-10:30 AM
29	30	1	2	3	4	5 The Body Project 9:30-10:30 AM

**SIGN UP REQUIRED**

**NO SIGN UP REQUIRED**

**Blood Pressures:** Beloit Health System will have a RN taking blood pressures –no registration required!

**Injury Screenings:** Free 10-minute screening with a Beloit Health System’s Physical Therapist. Sign up is required – sign-up sheet will be at the front desk 2 weeks prior to the screening.

**Kids in the Kitchen:** Join Angie Flickenger, a registered dietitian from UW-Extension for this FUN healthy cooking class for kids. Registration Required by Friday, April 20th. \$15/Members; \$30/Community

**Friday Night Healthy Hour:** Join Kathy Larson for a night of Restorative Yoga & Tea. Yoga: 5:30-6:30 PM with Tea & Conversation from 6:30-7:30 PM. Registration Required! \$15/Members \$30/Community.

**Nutrition & Hydration for the aging population:** Make sure you’re getting the nutrients you need with Beloit Health System’s, Brianne Gohlke, MS, RD, CD, LDN.

**Anxiety:** Terra Green, APNP from Beloit Health System will give answer questions and treatments on anxiety.

**The Body Project:** For the teenage girl ages 14-18. Kortney Karnok, Body Image Expert, will lead the girls through a 4-week session on improving body satisfaction. \$35/Members; \$60/Community. \*First class will be held in the Conference Room due to Healthy Kids Day.

**Nutrition & Exercise:** Dietician Intern, Margo Grover will talk through the best foods to fuel your body with for exercise and answer any questions you may have.

For any questions, please contact Ashley Hoverson at [ahoverson@statelineymca.org](mailto:ahoverson@statelineymca.org).