



# HEALTHY LIVING EVENTS

## Kerry Nutrition Education Center

### MAY CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 Blood Pressures 4:30-7:00 PM	3	4	5
6	7	8 10 min PT screenings 9-10 AM & 2-3 PM	9	10 Protect your Joints while Spring Cleaning 10-10:45 AM	11	12
13	14	15	16	17	18	19
20	21 Blood Pressures 8-11 AM Eating with a Gluten Intolerance 6:30 PM	22	23 Cooking for 1 or 2 10:15-11:15 AM	24	25	26
27	28	29	30	31	1	2
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. Have an ache or pain and not sure if you should see your doctor or Physical Therapist? Sign up for a 10-minute spot at the front desk. The sign-up sheet will be at the front desk 2 weeks prior to the screening.

**Cooking for 1 or 2:** Join Angie Flickenger, a registered dietitian from UW-Extension for this cooking class on how to prepare healthy meals for just 1 or 2 people. Registration Required by Saturday, May 18th.

**\$15/Members; \$30/Community**

**Protect Your Joints While Spring Cleaning:** Do you have aches & pains after spring cleaning and preparing your yard? Do your hands and joints hurt after cleaning tasks? This free presentation will help teach you ways to protect your joints by performing these tasks properly and ways to conserve your energy to finish chores quicker and with less stress/injury. Led by Beloit Health System’s Justin Johnson, OTR/L and Chris Roddy COTA/L, CEAS III. with Beloit Health System’s, Brianne Gohlke, MS, RD, CD, LDN.

**Eating with a Gluten Intolerance:** Join Beloit Health System’s, Brianne Gohlke, MS, RD, CD, LDN as she talks about eating with a gluten intolerance. No sign-up required—come listen!

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