



## April 2019

### **Blood Pressure Self-Management Program**

*Learn what you can do to monitor and manage your blood pressure for a healthy heart.*

INHS Community Wellness Center  
Four-week series beginning April 18<sup>th</sup>  
10:00 – 11:30 am  
\$40

### **A1C Tests and Pre-Diabetes Screening**

*A simple blood test and discussion with a Registered Dietitian/ Certified Diabetes Educator.*

INHS Community Wellness Center  
April 17<sup>th</sup>  
Various times (15 minute appointments)  
\$15

### **Quit for Good**

Spokane Teaching Health Clinic  
Four-week series beginning April 8<sup>h</sup>  
11:00 am – 12:00 pm  
Free

### **MedGem and InBody Test Bundle**

*Have a MedGem and InBody test done at the same appointment.*

INHS Community Wellness Center  
April 18<sup>th</sup>  
\$50

### **Weight Management Information Session**

*Learn more about our different weight management programs, costs, class schedules, and how to get started.*

INHS Community Wellness Center  
Various dates throughout April  
12:00 – 1:00 pm or 5:30 – 6:30 pm  
Free

### **InBody 570 Test**

*The InBody machine gives you a complete picture of your body composition.*

INHS Community Wellness Center  
April 5<sup>th</sup> or 25<sup>th</sup>  
Various times (20-minute appointments)  
\$20, fasting required

### **Living Well with Chronic Conditions Workshops**

*Learn how to manage your ongoing health condition. This is an interactive workshop that discusses nutrition, frustration, fatigue, medications, decision making and how to work effectively with your healthcare provider.*

INHS Community Wellness Center  
Six-week workshop beginning April 15<sup>th</sup>  
2:00 – 4:30 pm  
Free

### **MedGem Test**

*The MedGem is a precise metabolism analysis – find out how many calories your body uses per day.*

INHS Community Wellness Center  
April 23<sup>rd</sup>  
Various times (20-minute appointments)  
\$35, fasting required

### **Group Lifestyle Balance**

*This program provides education, encouragement and the tools necessary to help individuals lose weight and reach their healthy lifestyle goals.*

INHS Community Wellness Center  
Yearlong program beginning April 24<sup>th</sup>  
1:00 – 2:00 pm  
\$175

## **Registration is required:**

Online: [courseregistration.inhs.org](http://courseregistration.inhs.org)  
Phone: 509-232-8138