



## February 2019

### **Mental Health First Aid**

*Learn how to identify, understand and respond to signs of mental illnesses and substance use disorders.*

INHS Community Wellness Center

February 7<sup>th</sup>

8:00 am – 5:00 pm

FREE

### **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

Year-long program starting February 21st

5:30 – 6:30 pm

\$75; payment plans available

### **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

Fridays, February 15<sup>th</sup>-March 8<sup>th</sup> (four-week series)

10:00 – 11:30 am

\$40

## Registration is required:

Online: [courseregistration.inhs.org](http://courseregistration.inhs.org)

Phone: 509-232-8138

### **InBody 570 Test**

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

INHS Community Wellness Center

February 4<sup>th</sup>, 13<sup>th</sup>, or 28<sup>th</sup>

Various times (20 minute appointments)

\$20, fasting required

### **Know Your Numbers: Risk Factor Screening**

*Get screened for cholesterol, blood glucose, height, weight, waist circumference, and blood pressure.*

INHS Community Wellness Center

February 4<sup>th</sup>

Various times (20 minute appointments)

\$45

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

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

INHS Community Wellness Center

February 11<sup>th</sup>

Various times (15 minute appointments)

\$15

### **Living Well with Diabetes Workshops**

*Learn how to deal with symptoms of diabetes, healthy eating, exercise, proper use of medications, and how to work effectively with your healthcare provider.*

INHS Community Wellness Center

6-Week workshop starting February 4th

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

February 14<sup>th</sup> or 27<sup>th</sup>

Various times (20 minute appointments)

\$35, fasting required

### **Quit for Good – Tobacco Cessation**

Available through live, interactive webinar

Tuesdays, February 5<sup>th</sup>-26<sup>th</sup> (four-week series)

5:30 – 6:30 pm

FREE