



## March 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

Tuesdays, March 19<sup>th</sup> – April 9<sup>th</sup> (four-week series)

5:30 – 7:00pm

\$40

### **Babysitting Basics**

St. Luke's Rehabilitation Institute, Room 200

March 16<sup>th</sup>

9:00 am – 2:00 pm

\$45

### **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

6-Week workshops

Wednesdays, March 13<sup>th</sup> – April 17<sup>th</sup>

2:00 – 4:30 pm

FREE

## 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

March 8<sup>th</sup>, 13<sup>th</sup> or 26<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

March 12<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

March 21<sup>st</sup>

Various times (15 minute appointments)

\$15

### **MedGem Test**

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

INHS Community Wellness Center

March 12<sup>th</sup> or 28<sup>th</sup>

Various times (20 minute appointments)

\$35, fasting required

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

Available through live, interactive webinar

Thursdays, March 7<sup>th</sup> – 28<sup>th</sup> (four-week series)

3:00 – 4:00 pm

FREE