



May 2019

Babysitting Basics

St. Luke's Rehabilitation Institute, Room 200
May 18th
9:00 am – 2:00 pm
\$45

A1C Tests and Pre-Diabetes Screening

*A simple blood test and discussion with a Registered Dietitian/
Certified Diabetes Educator.*
INHS Community Wellness Center
May 7th and 20th
Various times (15-minute appointments)
\$15

Quit for Good Tobacco Cessation

Spokane Teaching Health Center, Room 212
Four-week series beginning May 6th
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
May 16th
\$50, 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
May 16th
Various times (20-minute appointments)
\$45

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 May
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
May 2nd or 21st
Various times (20-minute appointments)
\$20, fasting required

MedGem Test

The MedGem is a precise metabolism analysis test.
INHS Community Wellness Center
May 21st
Various times (20-minute appointments)
\$35, fasting required

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
Wednesdays, May 29th – June 19th (four-week series)
5:30 – 7:00 pm
\$40

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
Six-week workshop beginning May 22nd
9:30 – 12:00 pm
FREE

Mental Health First Aid

*Learn how to identify, understand and respond to signs of
mental illnesses and substance use disorders.*
INHS Community Wellness Center
May 20th
8:00 am – 5:00 pm
FREE

Registration is required:

Online: courseregistration.inhs.org
Phone: 509-232-8138