



October 2020

Weight Management Information Session

INHS Community Wellness Center
Mondays in October
12:00 – 1:00 pm or every other week at 5:30 – 6:30 pm
FREE

A1C Test and Pre-Diabetes Screening

INHS Community Wellness Center
October 1st, 12th or 29th
3:00 – 3:30 pm (15-minute appointments)
\$15

MedGem and InBody Test Package

INHS Community Wellness Center
October 1st, 12th or 29th
9:15 – 10:45 am (45-minute appointments)
\$50, fasting required

Group Lifestyle Balance Program

INHS Community Wellness Center
Year-long program starting October 5th
1:00 – 2:00 pm
\$175

Registration is required:

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

Blood Pressure Self-Management Program

INHS Community Wellness Center
Four-week series beginning October 5th
9:00 – 10:30 am
\$40

Quit for Good Tobacco Cessation

INHS Community Wellness Center
Four-week series beginning October 5th
11:00 am – 12:00 pm
Free

MedGem Metabolism Test

INHS Community Wellness Center
October 5th or 22nd
9:15 – 10:00 am (45-minute appointments)
\$35, fasting required

Know Your Numbers: Risk Factor Screening

INHS Community Wellness Center
October 6th or 21st
Various times (20-minute appointments)
\$45

InBody 570 Body Composition Test

INHS Community Wellness Center
October 7th, 13th, 20th or 28th
Various times (20-minute appointments)
\$20, fasting required

Mental Health First Aid

Now available virtually!
Online Course
October 9th
8:00 am – 2:00 pm
\$20

Babysitting Basics

INHS Community Wellness Center
October 24th
9:00 am – 2:00 pm
\$45