



## September 2020

### **Weight Management Information Session**

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

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

INHS Community Wellness Center  
September 2<sup>nd</sup>, 22<sup>nd</sup> or 30<sup>th</sup>  
Various times (20-minute appointments)  
\$45

### **InBody 570 Body Composition Test**

INHS Community Wellness Center  
September 4<sup>th</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 25<sup>th</sup> or 29<sup>th</sup>  
Various times (20-minute appointments)  
\$20, fasting required

### **MedGem Metabolism Test**

INHS Community Wellness Center  
September 10<sup>th</sup>  
9:30 – 10:30 am (45-minute appointments)  
\$35, fasting required

### **Mental Health First Aid**

INHS Health Training Facility  
September 11<sup>th</sup>  
8:00 am – 5:00 pm  
\$20

### **Babysitting Basics**

INHS Community Wellness Center  
September 12<sup>th</sup> or 26<sup>th</sup>  
9:00 am – 2:00 pm  
\$45

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

INHS Community Wellness Center  
September 14<sup>th</sup>  
3:00 – 3:30 pm (15-minute appointments)  
\$15

### **MedGem and InBody Test Package**

INHS Community Wellness Center  
September 14<sup>th</sup>  
9:15 – 10:45 am (45-minute appointments)  
\$50, fasting required

### **Group Lifestyle Balance Program**

INHS Community Wellness Center  
Year-long program starting September 23<sup>rd</sup>  
5:30 – 6:30 pm  
\$175

## Registration is required:

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