

Preventive Cardiology



Fall 2008



Education Series

	TIME	TOPIC	SPEAKER
Wednesday Oct 1	11:00	Coffee Break Stretching	Meredith Peterson, M.S. Health Educator
Wednesday Oct 8	11:00	Lower Cholesterol	Meredith Peterson, M.S. Health Educator
Wednesday Oct 15	11:00	Food Additives	Meredith Peterson, M.S. Health Educator
Wednesday October 22	11:00	Improving Sleep	Meredith Peterson, M.S. Health Educator
Wednesday October 29	11:00	Abs Express	Sean Luu & Scott Barnes Exercise Specialists
Wednesday Nov 5	11:00	Eating Healthy When Eating Out	Meredith Peterson, M.S. Health Educator
Wednesday Nov 12	11:00	Stress Management	Meredith Peterson, M.S. Health Educator
Wednesday Nov 19	11:00	Healthy Holidays	Meredith Peterson, M.S. Health Educator
Wednesday Dec 3	11:00	Boost your Immune System	Meredith Peterson, M.S. Health Educator
Wednesday Dec 10	11:00	Recipe Makeover	Meredith Peterson, M.S. Health Educator

Note: Classes will be held in the Tyler conference room on the 4th floor 4A440.

Some weeks may change (**look for signs and posted arrows**). For more information, contact Meredith Peterson 581-4182 meredith.peterson@hsc.utah.edu

Classes are **FREE** and everyone is encouraged to attend.

There will be no class on Wed, Nov 26th

Fall Education Series Topics

Coffee Break Stretching

Tight joints? Lower back pain? Stiff muscles? The body is not meant for long periods of sitting. Join us to learn stretches to ease tension and prevent injury.

Lower Cholesterol

Is your cholesterol higher than it should be? Join us to learn ways to lower your cholesterol and improve your overall health.

Food Additives

Have you ever wondered about the added chemicals and preservatives in most packaged foods? Join us to learn more about the safety of common food additives?

Sleep Improvement

Are you tired of being tired? To learn more about the science of sleep, join us for a class designed to help explain and overcome sleep problems. We will be discussing the physiology of sleep and tips for improving length and quality of sleep

Abs Express

Exercise specialists will demonstrate a variety of abdominal exercises to strengthen core muscles important for balance, posture and back health.

Eating Healthy When Eating Out

Do you find yourself eating out more often than you would like? Preventive Cardiology will be offering a class with tips for making healthier choices at a variety of restaurants.

Stress Management

Please join us for an informative seminar covering the effects of stress. It is an excellent opportunity to learn some stress management methods and practice relaxation techniques

Healthy Holidays

The holidays are full of many traditions. The annual holiday weight gain and tension headaches do not need to be among them. Please join us to learn helpful strategies and revised recipes to prevent winter weight gain and holiday stress.

Boost Your Immune System

Cold and Flu season is here. If you would like to protect yourself and reduce your risk, Please join us to learn ways to fortify your immune system.

Recipe Makeover

Do you want to learn some techniques and tips for improving your family recipes? Please join us to learn how to increase the nutrition while maintaining the taste