**HEALTH PROMOTIONS/ NUTRITION CLASSES at the 87th MEDICAL GROUP**

* **Healthy Eating**

Apr 3rd, May 1st & Jun 5th 0900-1100

Apr 15th, May 13th, & Jun 17th 1400-1600

 A class for anyone with a BMI>25, anyone looking to lose weight in a healthy manner, or anyone looking to learn general principles of better nutrition

* **Diabetes Nutrition**

Apr 10th, May 8th & Jun 12th 0900-1100 A class for anyone with Diabetes, anyone with Pre-Diabetes, or anyone looking to improve their blood glucose control through better nutrition

* **Healthy Heart**

Apr 24th, May 22nd & Jun 26th 0900-1100

For anyone with high blood pressure, anyone with high cholesterol, or anyone looking to learn more about nutrition for a healthy heart

* **Sleep Hygiene/ Stress Management**

Apr 11th, May 14th & Jun 18th 1200-1300

Stress management, proper nutrition and exercise all aid in the quality of your sleep. This course aims to help you understand how interaction with each support in your wellness

* **Fitness Test Prep**

Apr 22nd, May 20th 1200-1300

How to prepare your body for your Fitness Assessment from 3 months out all the way to the day before your test. Fitness, nutrition and stress management tips all included.

* **JB MDL Runs**

Begins March 13th

Every Wednesday 1200-1300 McGuire Fitness Center Track (no sign up required)

Join us from runs that vary in length and run improvement drills.

To register for a class call the **Appointment Line** at **1-866-377-2778 or Health Promotions 754-9327**. All classes are held in the Health Promotions Conference rm in the Optometry Suite on the 2nd floor of the Medical Clinic.